

Early Year Menu



Week Days	Monday 14-Sep-26	Tuesday 15-Sep-26	Wednesday 16-Sep-26	Thursday 17-Sep-26	Friday 18-Sep-26
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Morning Break					
Morning Snack	Whole Wheat Croissant with Berry Topping   	Ham & Cheese Croissant    	Pizza Snail  	Banana & Oat Muffin   	Cheese Stick   
Beverage	Milk or Water 	Milk or Water 	Milk or Water 	Milk or Water 	Milk or Water 
Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit

Lunch Menu					
Salad /Fruits	Salad & Fruits Bar	Salad & Fruits Bar	Salad & Fruits Bar	Salad & Fruits Bar	Salad & Fruits Bar
Main Western	Fried Fish with Mayonnaise Sauce   Glazed Carrots  Roasted Potatoes	Beef Lasagna     Stir Fried Vegetables in Soy Sauce   Potato Gratin 	Honey Mustard Chicken    Garden Vegetables  Mashed Potatoes 	Spaghetti Beef Bolognese   Steamed Broccoli  Rosemary Potatoes	Grilled Chicken   Larb with Mushrooms    Stir Fried Glass Noodles  
Main Asian	Roasted BBQ Chicken    Steamed Rice	Stir Fried Minced Chicken with Basil     Steamed Rice	Stir Fried Squid with Oyster Sauce and Bell Peppers   Steamed Rice	Korean BBQ Chicken     Steamed Rice	Larb with Minced Chicken    Steamed Rice
Main Vegetarian	Pad Thai with Tofu    Vegetable Pakora 	Kung Pao Tofu   Chana Masala	Baked Spinach & Cheese   Rajma Chawal	Vegetable Fried Rice    Tofu Tikka Masala  	Som Tum  Aloo Gobi 
Egg	Stir Fried Cucumber with Eggs  	Fried Boiled Egg with Tamarind Sauce   	Thai Style Omelette   	Japanese Steamed Egg with Leek  	Steamed Egg with Leek  
Noodle Soup	Shoyu Ramen   	Yen Ta Fo with Chicken     	Instant Noodles with Braised Chicken   	Maccaroni with Chicken Soup   	Egg Noodles with Chicken Ball Soup    

Allergen Labels

With allergy-friendly options, diverse international menus, and well-balanced choices, students are free to explore, enjoy, and develop a healthy relationship with food every day.



Beef



Pork



Chicken



Tree Nuts



Peanuts



Soy



Celery



Gluten



Eggs



Fish



Crustaceans



Molluscs



Lupin



Sesame



Sulfur Dioxide



Milk



Mustard



Mushroom

Early Year Menu



Week Days	Monday 21-Sep-26	Tuesday 22-Sep-26	Wednesday 23-Sep-26	Thursday 24-Sep-26	Friday 25-Sep-26
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Morning Break					
Morning Snack	Banana & Oat Muffin   	Pizza Pastry  	Spelt & Raspberry Muffin   	Cinnamon Snail  	Strawberry Lava  
Beverage	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
Fruit	Seasonal Fresh Fruit 	Seasonal Fresh Fruit 	Seasonal Fresh Fruit 	Seasonal Fresh Fruit 	Seasonal Fresh Fruit 

Lunch Menu					
Salad /Fruits	Salad & Fruits Bar	Salad & Fruits Bar	Salad & Fruits Bar	Salad & Fruits Bar	Salad & Fruits Bar
Main Western	Roasted Chicken Breast & Gravy  Roasted Pumpkin, Cauliflower, & Snow Peas Roasted Potatoes	Stir Fried Maccaroni & Chicken    Vegetables in Soy Sauce  Parsley Potatoes	Beef & Carrot Stew   Glazed Carrots  Fried Potatoes & Spring Onions	Grilled Fish A La Provence  Sauteed Spinach Potato Gratin	Fish & Chips   Garden Peas & Cauliflower French Fries
Main Asian	Hong Kong Noodles with Chicken    Steamed Rice	Fried Fish with Tamarind Sauce    Steamed Rice	Hainanese Chicken Rice  Steamed Rice	Chinese Orange Chicken    Steamed Rice	Stir Fried Chicken & Bell Peppers    Steamed Rice
Main Vegetarian	Man N' Cheese   Chana Saag	Mexican Bean Chili  Vegan Palak Paneer with Tofu	Thai Style Omelette   Chickpea & Eggplant Curry	Sweet & Sour Tofu   Carrot Ginger Soup	Stir Fried Hong Kong Kale with Red Sauce   Lentil Curry
Egg	Shashuka 	Stir Fried Pumpkin with Eggs   	Thai Style Omelet   	Chicken Ham Scrambled Egg   	Fried Boiled Egg with Tamarind Sauce   
Noodle Soup	Shoyu Ramen   	Thai Vermicelli with Green Chicken Curry   	Braised Chicken Udon   	Maccaroni with Chicken Soup   	Veggie Egg Noodles with Chicken Ball Soup    

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Lupin



Sesame



Sulfur Dioxide



Milk



Mustard



Mushroom



Early Year Menu



Week Days	Monday 28-Sep-26	Tuesday 29-Sep-26	Wednesday 30-Sep-26	Thursday 01-Oct-26	Friday 02-Oct-26
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Morning Break					
Morning Snack	Carrot & Lemon Muffin	Chocolate Croissant	Chocolate Chip Cookie	Blueberry Muffin	
Beverage	Milk or Water	Milk or Water	Milk or Water	Milk or Water	
Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	

Lunch Menu					
Salad /Fruits	Salad & Fruits Bar	Salad & Fruits Bar	Salad & Fruits Bar	Salad & Fruits Bar	
Main Western	Chicken Stew	Spaghetti Bolognese	Chicken Cottage Pie	Meat Balls	
	 Glazed Carrots	 Mixed Vegetables in Soy Sauce	 Garden Vegetables	 Steamed Broccoli	
	 Mashed Potatoes	 Potato Wedges	 Mashed Potatoes	 Rosemary Potatoes	
Main Asian	Fried Fish & Garlic	Grilled Chicken Satay	Chicken Teriyaki	Stir Fried Fish with Celery	
	 Steamed Rice	 Steamed Rice	 Steamed Rice	 Steamed Rice	
Main Vegetarian	Spinach Lasagna	Pineapple Fried Rice	Mexican Bean Stew	Napolitana Pasta	
	 Chickpea Cauliflower Curry	 Indian Chickpea Sweet Potato Stew	 Chana Masala	 Chickpea Pumpkin Curry	
Egg	Scrambled Eggs with Chives	Palo Egg	Thai Style Omelet	Shakshuka	
			 Thai Style Omelet		
Noodle Soup	Shoyu Ramen	Tom Yom Noodles with Chicken	Instant Noodles with Braised Chicken	Maccaroni with Chicken Soup	
					

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