

Lunch 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 Apple Puff 	Ham & Cheese Croissant Blueberry Danish 	Pizza Snail Vanilla Cookie 	Sausage Roll Banana & Oat Muffin 	Cheese Stick Coconut Sangkaya Puff
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

Lunch 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   	Tuna Puff   	Spelt & Raspberry Muffin   	Crab Stick Puff   	Choco Chip Custard Puff   
	Ham & Cheese Croissant   	Pizza Pastry   	Chicken Sausage Roll   	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	Chicken Nachos    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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Mushroom



Lunch 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	Coco & Oat Cookie 	Ham & Cheese Croissant 	Hawaiian Danish 	Sausage Roll 	
	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	 Pizza Day
Main Western	Chicken Stew Glazed Carrots Mashed Potatoes 	Spaghetti Bolognese Mixed Vegetables in Soy Sauce Potato Wedges 	Italian Roasted Chicken Garden Vegetables Mashed Potatoes 	Meat Balls Steamed Broccoli Rosemary Potatoes 	
Main Asian	Fried Fish & Garlic Steamed Rice 	Grilled Chicken Satay Steamed Rice 	Chicken Teriyaki Steamed Rice 	Stir Fried Fish with Celery Steamed Rice 	
Main Vegetarian	Spinach Lasagna Chickpea Cauliflower Curry 	Pineapple Fried Rice Indian Chickpea Sweet Potato Stew 	Mexican Bean Stew Chana Masala 	Napolitana Pasta Chickpea Pumpkin Curry 	
Egg	Scrambled Eggs with Chives 	Palo Egg 	Thai Style Omelet 	Shakshuka 	
Noodle Soup	Shoyu Ramen 	Tom Yom Noodles with Chicken 	Instant Noodles with Braised Chicken 	Maccaroni with Chicken Soup 	

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