

Early Year Menu



Week Days	Monday 05-Oct-26	Tuesday 06-Oct-26	Wednesday 07-Oct-26	Thursday 08-Oct-26	Friday 09-Oct-26
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Morning Break					
Morning Snack	Spelt & Raspberry Muffin	Coconut Twist		Croissant & Caramel Topping	
Beverage	Milk or Water	Milk or Water		Milk or Water	
Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit		Seasonal Fresh Fruit	

Lunch Menu					
Salad /Fruits	Salad & Fruits Bar	Salad & Fruits Bar		Salad & Fruits Bar	
Main Western	Grilled Chicken Breast	Chicken Fricasse		Chicken Fajitas	
	Roasted Pumpkin & Cauliflower	Garden & Peas & Sweet Corn		Sweet Corn & Carrots	
	Roasted Potatoes	Mashed Potatoes		Potato Wedges	
Main Asian	Stir Fried Chicken in Oyster Sauce	Stir Fried Fish with Bell Peppers		Fried Chicken	
	Steamed Rice	Steamed Rice		Steamed Rice	
Main Vegetarian	Crispy Baked Pasta	Vegetarian American Fried Rice		Chinese Egg Tofu Soup	
	Palak Paneer	Lentil Curry		Vegan Pumpkin Curry with Tofu	
Egg	Egg Drop Soup	Steamed Egg with Spinach		Boiled Egg Salad	
Noodle Soup	Chicken Jajangmyeon	Wide Egg Noodles with Chicken Soup		Maccaroni with Chicken 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