

# Early Year Menu

| Week Days | Monday 02-Nov-26 | Tuesday 03-Nov-26 | Wednesday 04-Nov-26 | Thursday 05-Nov-26 | Friday 06-Nov-26 |
|---|---|---|---|---|---|
| | Morning Break | | | | Pizza Day |
| Morning Snack | Carrot & Lemon Muffin | Chocolate Croissant | Chocolate Chip Cookie | Blueberry Muffin | Pinky Croissant |
| 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 | Chicken Stew<br>Glazed Carrots<br>Mashed Potatoes | Spaghetti Bolognese<br>Mixed Vegetables in Soy Sauce<br>Potato Wedges | Chicken Cottage Pie<br>Garden Vegetables<br>Mashed Potatoes | Meat Balls<br>Steamed Broccoli<br>Rosemary Potatoes | |
| Main Asian | Fried Fish & Garlic<br>Steamed Rice | Grilled Chicken Satay<br>Steamed Rice | Chicken Teriyaki<br>Steamed Rice | Stir Fried Fish with Celery<br>Steamed Rice | Pani Puri<br>Steamed Rice |
| Main Vegetarian | Spinach Lasagna<br>Chickpea Cauliflower Curry | Pineapple Fried Rice<br>Indian Chickpea Sweet Potato Stew | Mexican Bean Stew<br>Chana Masala | Napolitana Pasta<br>Chickpea Pumpkin Curry | Aoo Gobi |
| Egg | Scrambled Eggs with Chives | Palo Egg | Thai Style Omelet | Shakshuka | Samosa |
| Noodle Soup | Shoyu Ramen | Tom Yom Noodles with Chicken | Instant Noodles with Braised Chicken | Maccaroni with Chicken Soup | Chicken Ball Noodles |

## 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
- $SO_2$ Sulfur Dioxide
- Milk
- Mustard
- Mushroom

# Early Year Menu

| Week Days | Monday 09-Nov-26 | Tuesday 10-Nov-26 | Wednesday 11-Nov-26 | Thursday 12-Nov-26 | Friday 13-Nov-26 |
|---|---|---|---|---|---|
| **Morning Break** | | | | | |
| **Morning Snack** | Spelt & Raspberry Muffin | Coconut Twist | Vanilla Cup Cake | Croissant & Caramel Topping | Sugar 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** | Grilled Chicken Breast<br>Roasted Pumpkin & Cauifilower<br>Roasted Potatoes | Chicken Fricasse<br>Garden & Peas & Sweet Corn<br>Mashed Potatoes | Grilled Fish with Balsamic Sauce<br>Garden Vegetables<br>Fried Potatoes & Spring Onions | Chicken Fajitas<br>Sweet Corn & Carrots<br>Potato Wedges | Fish & Chips<br>Garden Peas & Carrots<br>French Fries |
| **Main Asian** | Stir Fried Chicken in Oyster Sauce<br>Steamed Rice | Stir Fried Fish with Bell Peppers<br>Steamed Rice | Chinese Orange Chicken<br>Steamed Rice | Fried Chicken<br>Steamed Rice | Egg & Chicken Palo<br>Steamed Rice |
| **Main Vegetarian** | Crispy Baked Pasta<br>Palak Paneer | Vegetarian American Fried Rice<br>Lentil Curry | Pasta Alfredo<br>Chana Saag | Chinese Egg Tofu Soup<br>Vegan Pumpkin Curry with Tofu | Stir Fried Bean Sprouts with Tofu<br>Chickpea Eggplant Curry |
| **Egg** | Egg Drop Soup | Steamed Egg with Spinach | Thai Style Omelet | Boiled Egg Salad | Egg & Chicken Palo |
| **Noodle Soup** | Chicken Jajangmyeon | Wide Egg Noodles with Chicken Soup | Braised Chicken Udon | Maccaroni with Chicken Soup | Veggie Egg Noodles with Chicken Ball Soup |

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Beef, Pork, Chicken, Tree Nuts, Peanuts, Soy, Celery, Gluten, Eggs, Fish, Crustaceans, Molluscs, Lupin, Sesame, Sulfur Dioxide ($SO_2$), Milk, Mustard, Mushroom

# Early Year Menu

| Week Days | Monday 16-Nov-26 | Tuesday 17-Nov-26 | Wednesday 18-Nov-26 | Thursday 19-Nov-26 | Friday 20-Nov-26 |
|---|---|---|---|---|---|
| **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<br>Glazed Carrots<br>Roasted Potatoes | Beef Lasagna<br>Stir Fried Vegetables in Soy Sauce<br>Potato Gratin | Honey Mustard Chicken<br>Garden Vegetables<br>Mashed Potatoes | Spaghetti Beef Bolognese<br>Steamed Broccoli<br>Rosemary Potatoes | Grilled Chicken<br>Larb with Mushrooms<br>Stir Fried Glass Noodles |
| **Main Asian** | Roasted BBQ Chicken<br>Steamed Rice | Stir Fried Minced Chicken with Basil<br>Steamed Rice | Stir Fried Squid with Oyster Sauce and Bell Peppers<br>Steamed Rice | Korean BBQ Chicken<br>Steamed Rice | Larb with Minced Chicken<br>Steamed Rice |
| **Main Vegetarian** | Pad Thai with Tofu<br>Vegetable Pakora | Kung Pao Tofu<br>Chana Masala | Baked Spinach & Cheese<br>Rajma Chawal | Vegetable Fried Rice<br>Tofu Tikka Masala | Som Tum<br>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 |

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- Beef
- Pork
- Chicken
- Tree Nuts
- Peanuts
- Soy
- Celery
- Gluten
- Eggs
- Fish
- Crustaceans
- Molluscs
- Lupin
- Sesame
- $SO_2$ Sulfur Dioxide
- Milk
- Mustard
- Mushroom

# Early Year Menu

| Week Days | Monday 23-Nov-26 | Tuesday 24-Nov-26 | Wednesday 25-Nov-26 | Thursday 26-Nov-26 | Friday 27-Nov-26 |
|---|---|---|---|---|---|
| **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<br>Roasted Pumpkin, Cauliflower, & Snow Peas<br>Roasted Potatoes | Stir Fried Maccaroni & Chicken<br>Vegetables in Soy Sauce<br>Parsley Potatoes | Beef & Carrot Stew<br>Glazed Carrots<br>Fried Potatoes & Spring Onions | Grilled Fish A La Provence<br>Sauteed Spinach<br>Potato Gratin | Fish & Chips<br>Garden Peas & Cauliflower<br>French Fries |
| **Main Asian** | Hong Kong Noodles with Chicken<br>Steamed Rice | Fried Fish with Tamarind Sauce<br>Steamed Rice | Hainanese Chicken Rice<br>Steamed Rice | Chinese Orange Chicken<br>Steamed Rice | Stir Fried Chicken & Bell Peppers<br>Steamed Rice |
| **Main Vegetarian** | Man N' Cheese<br>Chana Saag | Mexican Bean Chili<br>Vegan Palak Paneer with Tofu | Thai Style Omelette<br>Chickpea & Eggplant Curry | Sweet & Sour Tofu<br>Carrot Ginger Soup | Stir Fried Hong Kong Kale with Red Sauce<br>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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