

Lunch 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	Coco & Oat Cookie	Ham & Cheese Croissant	Hawaiian Danish	Sausage Roll	Nom Sod Custard Puff
	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	Spaghetti Bolognese	Italian Roasted Chicken	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	Pani Puri
	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice
Main Vegetarian	Spinach Lasagna	Pineapple Fried Rice	Mexican Bean Stew	Napolitana Pasta	Aoo Gobi
	Chickpea Cauliflower Curry	Indian Chickpea Sweet Potato Stew	Chana Masala	Chickpea Pumpkin Curry	
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

Lunch 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	Chicken Ham & Cheese Puff	Chocolate Stick	Vanilla & Raisin Cookie	Crabstick Puff	Sugar Puff
	Spelt & Raspberry Muffin	Coconut Twist	Vanilla Cup Cake	Croissant & Caramel Topping	Pineapple 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	Grilled Chicken Breast	Chicken Fricasse	Grilled Fish with Balsamic Sauce	Chicken Fajitas	Fish & Chips
	Roasted Pumpkin & Cauifilower	Garden & Peas & Sweet Corn	Garden Vegetables	Sweet Corn & Carrots	Garden Peas & Carrots
	Roasted Potatoes	Mashed Potatoes	Fried Potatoes & Spring Onions	Potato Wedges	French Fries
Main Asian	Stir Fried Chicken in Oyster Sauce	Stir Fried Fish with Bell Peppers	Chinese Orange Chicken	Fried Chicken	Egg & Chicken Palo
	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice
Main Vegetarian	Crispy Baked Pasta	Vegetarian American Fried Rice	Pasta Alfredo	Vegetarian Japanese Curry	Stir Fried Bean Sprouts with Tofu
	Palak Paneer	Lentil Curry	Chana Saag	Vegan Pumpkin Curry with Tofu	Chickpea Eggplant Curry
Egg	Egg Drop Soup	Steamed Egg with Spinach	Thai Style Omelet	Boiled Egg Salad	Egg & Chicken Palo
Noodle Soup	Chicken Jajangmyeon	Chicken Khao Soi	Braised Chicken Udon	Maccaroni with Chicken Soup	Veggie Egg Noodles with Chicken Ball Soup

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- Fish
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- Sesame
- SO_2 Sulfur Dioxide
- Milk
- Mustard
- Mushroom

Lunch 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	Sausage Roll	Cheese Stick
	Apple Puff	Blueberry Danish	Vanilla Cookie	Banana & Oat Muffin	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

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- Sesame
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- Milk
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- Mushroom

Lunch 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	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	Chicken Nachos	Beef & Carrot Stew	Grilled Fish A La Provence	Fish & Chips
	Roasted Pumpkin, Cauliflower, & Snow Peas	Vegetables in Soy Sauce	Glazed Carrots	Sauteed Spinach	Garden Peas & Cauliflower
	Roasted Potatoes	Parsley Potatoes	Fried Potatoes & Spring Onions	Potato Gratin	French Fries
Main Asian	Hong Kong Noodles with Chicken	Fried Fish with Tamarind Sauce	Hainanese Chicken Rice	Chinese Orange Chicken	Stir Fried Chicken & Bell Peppers
	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice
Main Vegetarian	Man N' Cheese	Mexican Bean Chili	Thai Style Omelette	Sweet & Sour Tofu	Stir Fried Hong Kong Kale with Red Sauce
	Chana Saag	Vegan Palak Paneer with Tofu	Chickpea & Eggplant Curry	Carrot Ginger Soup	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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Beef · *Pork* · *Chicken* · *Tree Nuts* · *Peanuts* · *Soy* · *Celery* · *Gluten* · *Eggs* · *Fish* · *Crustaceans* · *Molluscs* · *Lupin* · *Sesame* · *Sulfur Dioxide* (SO_2) · *Milk* · *Mustard* · *Mushroom*