

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
Morning Break					
Morning Snack	Egg Salad Sandwich 	Whole Wheat Croissant 	Pizza Margherita 	Fruit Yoghurt 	Apple Puff 
Fruit	Selection of Fruits	Selection of Fruits	Selection of Fruits	Selection of Fruits	Selection of Fruits
Beverage	Milk 	Milk 	Milk 	Milk 	Milk 

Lunch Menu					
Main Asian	Fried Boiled Eggs with Tamarind Sauce  Steamed Carrots & Green Beans Steamed Jasmine Rice	Chicken Teriyaki  Miso Soup with Tofu  Steamed Jasmine Rice	Stir Fried Pork in Oyster Sauce  Fried Egg  Steamed Jasmine Rice	Chinese Orange Chicken  Tom Kha Chicken  Steamed Jasmine Rice	Thai Style Grilled Chicken  Minced Pork Omelet  Steamed Jasmine Rice
Main Western	Spaghetti Bolognese  Chicken Cottage Pie  Mashed Potatoes 	Baked Fish & Dill Sauce  Roasted Pork with Honey  Glazed Carrots	Crispy Chicken Burger  Potato Wedges  Suteed Mixed Vegetables	Italian Meat Balls  Pork in Mushroom Cream Sauce  Suteed Broccoli & Carrots	Chicken Gyros  Fish & Chips  French Fries & Garden Peas
Vegetarian	Baked Cauliflower & Cheese 	Vegetable Lasagna 	Penne & Mushroom Cream Sauce 	Spaghetti Napoli 	Poached Eggs with Vegetables 

Afternoon Break					
Afternoon Snack	Butter Cake 	Spinach Roll 	Chocolate Stick 	Blueberry Muffin 	Pork Steamed Bun 
Beverage	Milk 	Milk 	Milk 	Milk 	Milk 

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