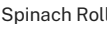
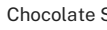


# Junior School Lunch Menu

| Week Days            | Monday<br>28-Sep-26                                                                                     | Tuesday<br>29-Sep-26                                                                                       | Wednesday<br>30-Sep-26                                                                                | Thursday<br>01-Oct-26                                                                                | Friday<br>02-Oct-26                                                                               |
|----------------------|---------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| Morning Break        |                                                                                                         |                                                                                                            |                                                                                                       |                                                                                                      |                                                                                                   |
| <b>Morning Snack</b> | Egg Salad Sandwich<br> | Whole Wheat Croissant<br> | Pizza Margherita<br> | Fruit Yoghurt<br> | Apple Puff<br> |
| <b>Fruit</b>         | Selection of Fruits                                                                                     | Selection of Fruits                                                                                        | Selection of Fruits                                                                                   | Selection of Fruits                                                                                  | Selection of Fruits                                                                               |
| <b>Beverage</b>      | Milk<br>               | Milk<br>                  | Milk<br>             | Milk<br>          | Milk<br>       |

|                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Lunch Menu           |                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Salad</b>         | Assorted Greens, Vegetables & Composed Salads                                                                                                                                                                                                                                                                                                                                                                                                              | Assorted Greens, Vegetables & Composed Salads                                                                                                                                                                                                                                                                                                                                                                                                        | Assorted Greens, Vegetables & Composed Salads                                                                                                                                                                                                                                                                                                                                                                                                   | Assorted Greens, Vegetables & Composed Salads                                                                                                                                                                                                                                                                                                                                                                                                                          | Assorted Greens, Vegetables & Composed Salads                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Fruits</b>        | Selection of Fruits                                                                                                                                                                                                                                                                                                                                                                                                                                        | Selection of Fruits                                                                                                                                                                                                                                                                                                                                                                                                                                  | Selection of Fruits                                                                                                                                                                                                                                                                                                                                                                                                                             | Selection of Fruits                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Selection of Fruits                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Asian Noodles</b> | Guay Jub<br>                                                                                                                                                                                                                                                                                                                                                              | Sukhothai Noodles<br>                                                                                                                                                                                                                                                                                                                                               | Rice Noodles with Pork & Pork Balls<br>                                                                                                                                                                                                                                                                                                                        | Yen Ta Fo<br>                                                                                                                                                                                                                                                                                                                                                                       | Pork Ramen<br>                                                                                                                                                                                                                                                                                                                                |
| <b>Main Asian</b>    | Fried Boiled Eggs with Tamarind Sauce<br><br>Green Chicken Curry<br><br>Steamed Jasmine Rice<br>                                                                                                   | Chicken Teriyaki<br><br>Miso Soup with Tofu<br><br>Steamed Jasmine Rice<br>                                                                                                                  | Chicken Penang Curry<br><br>Stir Fried Pork in Oyster Sauce<br><br>Steamed Jasmine Rice<br>                                                                                             | Chinese Orange Chicken<br><br>Tom Kha Chicken<br><br>Steamed Jasmine Rice<br>                                                                                                                            | Thai Style Grilled Chicken<br><br>Tom Saap with Minced Pork<br><br>Sticky & Steamed Jasmine Rice<br>                                                               |
| <b>Main Western</b>  | Spaghetti Bolognese<br><br>Chicken Cottage Pie<br><br>Mashed Potatoes<br><br>Steamed Carrots & Green Beans<br> | Baked Fish & Dill Sauce<br><br>Roasted Pork with Honey<br><br>Roasted Potatoes<br><br>Glazed Carrots<br> | Chili con Carne<br><br>Crispy Chicken Buger<br><br>Potato Wedges<br><br>Suteed Mixed Vegetables<br> | Italian Meat Balls<br><br>Pork in Mushroom Cream Sauce<br><br>Mashed Potatoes<br><br>Suteed Broccoli & Carrots<br> | Chicken Gyros<br><br>Fish & Chips<br><br>French Fries<br><br>Garden Peas<br> |
| <b>Vegetarian</b>    | Baked Cauliflower & Cheese<br><br>Mapo Tofu<br><br>                                                                                                                                               | Vegetable Lasagna<br><br>Mexican Bean Chili<br><br>                                                                                                                                         | Penne & Mushroom Cream Sauce<br><br>Mini Vegetable Burger<br><br>                                                                                                                      | Spaghetti Napoli<br><br>Tofu Sweet & Sour<br><br>                                                                                                                                                       | Potato-Leek Gratin<br><br>Poached Eggs with Vegetables<br><br>                                                                                                    |
| <b>Live Cooking</b>  | Glass Noodle Spicy Salad with Minced Pork<br>                                                                                                                                                                                                                                                                                                                           | Stir-fried Macaroni with Chicken<br>                                                                                                                                                                                                                                                                                                                              | Pad See-Ew with Pork<br>                                                                                                                                                                                                                                                                                                                                     | Pasta with Chicken and Pesto Sauce<br>                                                                                                                                                                                                                                                                                                                                            | Minced Pork Omelet<br>                                                                                                                                                                                                                                                                                                                      |

|                        |                                                                                                    |                                                                                                     |                                                                                                        |                                                                                                           |                                                                                                           |
|------------------------|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| Afternoon Break        |                                                                                                    |                                                                                                     |                                                                                                        |                                                                                                           |                                                                                                           |
| <b>Afternoon Snack</b> | Butter Cake<br> | Spinach Roll<br> | Chocolate Stick<br> | Blueberry Muffin<br> | Pork Steamed Bun<br> |
| <b>Beverage</b>        | Milk<br>        | Milk<br>         | Milk<br>            | Milk<br>             | Milk<br>             |

## 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



Tree Nuts



Celery



Fish



Lupin



Milk



Pork



Peanuts



Gluten



Crustaceans



Sesame



Mustard



Chicken



Soy



Eggs



Molluscs



Sulfur Dioxide



Mushroom