

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

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