



Lunch Menu A



Week day Date	Monday	Tuesday	Wednesday	Thursday	Friday
Salad	Salad	Salad	Salad	Salad	Salad
Main Western	Spaghetti Pork Bolognese	Honey Garlic Chicken	Pasta Aglio e Olio with Bacon	BBQ Pork	Mini Pork Burger
Main Western	Chicken Pop	Grilled Fish with Garlic Butter	Chicken Parmesan	Creamy Seafood with Spinach	Fish & Chips
Main Thai	Steamed Fish with Soy Sauce	Pork Tonkatsu	Grilled Fish with Teriyaki Sauce	Hong Kong Fried Rice	Chicken and Gravy on Rice
Main Thai	Green Chicken Curry	Yakisoba	Japanese Steamed Egg with Crabsticks	Chicken in Clear Soup	Tom Saap Moo
Vegetables	Broccoli, Carrot, Pumpkin	Baby Corn, Carrot, French Beans	Roasted Potatoes	Garden Vegetables	Grilled Sweet Corn
Vegetarian	Pasta Garlic Mushroom	Stir Fried Textured Vegetable Protein with Basil	Tofu Panang Curry	Veggie Fried Rice	Veggie Burger
Vegetarian	Green Tofu Curry	Stir Fried Bok Choy with Tofu	Baked Macaroni and Cheese	Tofu BBQ	Spicy Thai Mixed Mushroom Salad
Potatoes	Natural Cut Potatoes	Roasted Potatoes	Baked Potatoes	Potato Wedges	French Fries
Noodles	Egg Noodles with Chinese BBQ Red Pork	Macaroni Soup with Chicken	Minced Pork and Fish Balls Noodles	Chicken Guay Jub	Yen Ta Fo
Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits
Dessert					Ice Cream

A



Lunch Menu B



Week day Date	Monday	Tuesday	Wednesday	Thursday	Friday
Salad	Salad	Salad	Salad	Salad	Salad
Main Western	Pork Stew	Chicken Carbonara Pasta	Swedish Pork Balls	Baked Mac & Cheese with Ham	Chicken Nuggets
Main Western	Fish in Batter	Roasted Pork with Mushroom Sauce	Grilled Fish	Fish with Tomato and Basil	Fish Provençal
Main Thai	Minced Chicken with Basil	Sausage with Red Sauce	Stir-Fried Chicken with Fantastic Five	Chicken Teriyaki	Braised Chinese Pork Leg
Main Thai	Thai Omelet	Stir Fried Seafood with Curry Powder	Stir-Fried Mixed Vegetables with Shrimp Balls	Japanese Pork Curry	Boiled Egg Salad with Minced Chicken
Vegetables	Cauliflower, Carrot, Garden Peas	Braised Cabbage	Carrot, French Beans, Baby Corn	Vichy Carrot	Mixed Vegetables
Vegetarian	Mushroom in Batter	Pasta Pesto	Swedish Veggie Ball	Pasta with Tomato Sauce	Tofu with Red Curry
Vegetarian	Tofu with Sam Rod Sauce	Sweet and Sour Tofu	Stir-Fried Tofu with Chili Paste	Japanese Tofu Curry	Corn Cake
Potatoes	Rosemary Potatoes	Sauteed Potatoes	Maxim Potatoes	Anna Potatoes	French Fries
Noodles	Chicken Khao Soi	Braised Chicken Noodles	Pork Ramen	Sukiyaki	Shredded Chicken Noodles
Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits
Dessert					Ice Cream

B



Lunch Menu C



Week day Date	Monday	Tuesday	Wednesday	Thursday	Friday
Salad	Salad	Salad	Salad	Salad	Salad
Main Western	Spaghetti Chicken and Sausage with Tomato Sauce	Pork Stroganoff	Pasta with Ham, Garlic, and Mushroom	Chicken Cottage Pie	Honey Mustard Roasted Pork
Main Western	Fish with Lemon Cream Sauce	Grilled Fish	Marinated Fish	Braised Pork	Deep Fried Fish
Main Thai	Stir Fried Pork with Kimchi	Stir Fried Macaroni with Chicken	Korean Fried Chicken	Fried Minced Chicken with Corn	Grilled Chicken with Sticky Rice
Main Thai	Stewed Egg	Tom Kha Gai	Stir Fried Fish with Ginger	Pork Panang Curry	Larb Moo
Vegetables	Broccoli, Sweet Corn, Carrot	Vichy Carrot and Garden Peas	Mixed Vegetables	Garden Vegetables	Mixed Vegetables
Vegetarian	Baked Mac and Cheese	Pasta with Creamy Mushroom Sauce	Korean Fried Sponge Tofu	Chu-Chee Tofu	Som Tum
Vegetarian	Stir Fried Tofu with Kimchi	Tofu and Mushroom with Japanese Sauce	Stir-fried Textured Vegetable Protein with Chili	Stir Fried Tofu with Soy Sauce	Fried Enoki Mushroom
Potatoes	Natural Cut Potatoes	Mashed Potatoes	Parmentier Potatoes	Potatoes with Onion	Roasted Potatoes
Noodles	Minced Chicken Noodles	Pork U-don	Thai Pork Boat Noodles	Macaroni Chicken Soup	Shrimp Balls Noodles
Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits
Dessert					Ice Cream

C



Lunch Menu D



Week day Date	Monday	Tuesday	Wednesday	Thursday	Friday
Salad	Salad	Salad	Salad	Salad	Salad
Main Western	Parmesan Herb-Crusted Chicken	Chicken Lasagna	Chopped Pork Loin Steak with Onion Sauce	Pasta Pesto with Roasted Chicken	Roasted Chicken with Maple Sauce
Main Western	Baked Fish	Fish Steak	Grilled Fish with Hollandaise Sauce	Pork Escalopes	Fish Fingers
Main Thai	Hong Kong Pork Style	Stir Fried Pork with Red Chili and Long Beans	Hainanese Chicken Rice	American Fried Rice	BBQ Red Pork on Rice
Main Thai	Pad Thai with Egg	Fried Egg	Green Melon in Clear Soup	Fried Chicken	Thai Spicy Mixed Salad
Vegetables	Baked Cauliflower	Grilled Vegetables	Creamed Spinach	Braised Cabbage	Mixed Vegetables
Vegetarian	Hong Kong Style Tofu	Veggie Lasagna	Sweet and Sour Tofu	Stir Fried Glass Noodles	Indian Chickpea Masala
Vegetarian	Mushroom with Curry Powder	Stir Fried Textured Vegetable Protein with Chili	Stir Fried Textured Vegetable Protein with Mixed Vegetables	Massaman Tofu Curry	Fried Tofu with Tamarind Sauce
Potatoes	Anna Potatoes	Boiled Potatoes	Roasted Potatoes	Sauteed Potatoes	Natural Cut Potatoes
Noodles	Egg Noodles with Pork	Sukhothai Noodles	Kiam-Yi with Pork	Tom Yum Noodles	Rad Na
Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits
Dessert					Ice Cream

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