























Weekly Food Menu

Early Years: T&C and J&C

Mon 26/01	Tue 27/01	Wed 28/01	Thu 29/01	Fri 30/01
<i>Morning Snacks</i>				
Cinnamon Bun Whole Milk & Fruits 	Macaroni Soup with Chicken Whole Milk & Fruits	Eggs on Toast Whole Milk & Fruits 	Crackers with Cream Cheese Whole Milk & Fruits	Banana Bread Whole Milk & Fruits 
<i>Lunch</i>				
Fried Rice with Pork Scrambled Egg Egg Tofu Soup 	Grilled Chicken Papaya Salad Clear Soup  	Thai Garlic Chicken Thai Omlet Mixed Vegetables Soup 	Fish Finger Scrambled Egg Mashed Potato 	Noodle Soup with Minced Chicken Boiled Egg Noodle Soup  
<i>Salad & Fruit</i>				
Assorted Vegetables Seasonal fruit	Assorted Vegetables Seasonal fruit	Assorted Vegetables Seasonal fruit	Assorted Vegetables Seasonal fruit	Assorted Vegetables Seasonal fruit




Early Years: P&U - Excellence

<i>Morning Snacks</i>				
Cinnamon Bun Whole Milk & Fruits 	Macaroni Soup with Chicken Whole Milk & Fruits	Eggs on Toast Whole Milk & Fruits 	Crackers with Cream Cheese Whole Milk & Fruits	Banana Bread Whole Milk & Fruits 
<i>Lunch</i>				
Fried Rice with Pork Scrambled Egg Egg Tofu Soup 	Grilled Chicken Papaya Salad Clear Soup  	Thai Garlic Chicken Thai Omlet Mixed Vegetables Soup  	Fish Finger Scrambled Egg Mashed Potato  	Noodle Soup with Minced Chicken Boiled Egg Noodle Soup  
<i>Salad & Fruit</i>				
Assorted Vegetables Seasonal fruit	Assorted Vegetables Seasonal fruit	Assorted Vegetables Seasonal fruit	Assorted Vegetables Seasonal fruit	Assorted Vegetables Seasonal fruit











Weekly Food Menu

Grades 1 - 10

Mon 26/01	Tue 27/01	Wed 28/01	Thu 29/01	Fri 30/01
<i>Morning Snacks</i>				
Cinnamon Bun Whole Milk & Fruits 	Macaroni Soup with Chicken Whole Milk & Fruits	Eggs on Toast Whole Milk & Fruits 	Crackers with Cream Cheese Whole Milk & Fruits	Banana Bread Whole Milk & Fruits 
<i>Lunch</i>				
Pork Fried Rice Scrambled Egg Homemade Chicken Burger Fried Rice Egg Tofu Soup Noodle with Braised Chicken Corn Salsa	Grilled Chicken (Gai Yang) Steamed Egg Pasta Bolognese with Minced Chicken Grilled Tofu Clear Soup Noodle with Minced Pork Papaya Salad	Thai Red Curry with Chicken Fried Egg Chicken Steak with Gravy Thai Red Curry with Tofu Mixed Vegetables Soup Noodle Soup with Braised Pork Stir Fried Cabbage with Fish Sauce	Thai Red Curry with Chicken Fried Egg Chicken Steak with Gravy Thai Red Curry with Tofu Mixed Vegetables Soup Noodle Soup with Braised Pork Stir Fried Cabbage with Fish Sauce	Stir Fried Chicken with Mixed Vegetable Boiled Egg Pasta Aglio e Olio with Ham Stir Fried Protein with Mixed Vegetable Egg Drop Soup Noodle Soup with Minced Chicken Homemade Potato Wedges
<i>Salad & Fruit</i>				
Assorted Vegetables with Dressing Seasonal Fruit	Assorted Vegetables with Dressing Seasonal Fruit	Assorted Vegetables with Dressing Seasonal Fruit	Assorted Vegetables with Dressing Seasonal Fruit	Assorted Vegetables with Dressing Seasonal Fruit
<i>After School Club Snacks</i>				
Cracker with Creamcheese	Pizza Toast	Buttered Corn	Yogurt with Cereal	Banana oat bars

Food Allergen Information

Please note that we are a nut-free campus; therefore, no dishes contain nuts. For other allergies, food will be notated with the relevant symbol if it contains that ingredient.

							
Gluten	Fish	Crustaceans	Molluscs	Milk	Lupin	Soybean	Egg



Available each day for lunch:

Eggs & steamed rice.

Noodle Station: a variety of noodle dishes cooked daily.

Salad bar selection: lettuce, tomato, cucumber, egg, carrot, onion, corn, and other fruit and vegetables served daily.