



















Weekly Food Menu

Early Years: T&C and J&C

Mon 11/05	Tue 12/05	Wed 13/05	Thu 14/05	Fri 15/05
<i>Morning Snacks</i>				
Cereal with Yogurt Whole Milk & Fruits 	Egg on Toast Whole Milk & Fruits	Thai Rice Soup with Minced Chicken Whole Milk & Fruits 	Cheese Sandwich Whole Milk & Fruits	Cracker with Cream Cheese Whole Milk & Fruits 
<i>Lunch</i>				
Roasted Chicken and Potatoes Steamed Rice Scrambled Egg Mixed Vegetables Soup 	Stir-Fried Chicken with Crispy Holy Basil Steamed Rice Thai Omelette Egg Tofu Soup with Seaweed  	Pasta Bolognese with Chicken Steamed Rice Boiled Egg Roasted Potato	Fish Fingers Steamed Rice Steamed Egg Mashed Potato 	Noodle Soup with Minced Pork Steamed Rice 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>				
Cereal with Yogurt Whole Milk & Fruits 	Egg on Toast Whole Milk & Fruits	Thai Rice Soup with Minced Chicken Whole Milk & Fruits 	Cheese Sandwich Whole Milk & Fruits	Cracker with Cream Cheese Whole Milk & Fruits
<i>Lunch</i>				
Roasted Chicken and Potatoes Steamed Rice Scrambled Egg Mixed Vegetables Soup 	Stir-Fried Chicken with Crispy Holy Basil Steamed Rice Thai Omelette Egg Tofu Soup with Seaweed  	Pasta Bolognese with Chicken Steamed Rice Boiled Egg Roasted Potato  	Fish Fingers Steamed Rice Steamed Egg Mashed Potato  	Noodle Soup with Minced Pork Steamed Rice 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



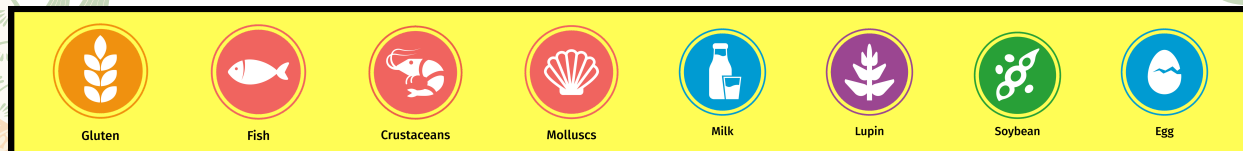
Weekly Food Menu

Grades 1 - 10

Mon 11/05	Tue 12/05	Wed 13/05	Thu 14/05	Fri 15/05
<i>Morning Snacks</i>				
Cereal with Yogurt Whole Milk & Fruits 	Egg on Toast Whole Milk & Fruits	Thai Rice Soup with Minced Chicken Whole Milk & Fruits 	Cheese Sandwich Whole Milk & Fruits	Cracker with Cream Cheese Whole Milk & Fruits 
<i>Lunch</i>				
Chinese Spice Stew Pork Chinese Spice Stew Egg Steamed Rice Roasted Chicken and Potatoes Chinese Spice Stew Tofu Mixed Vegetables Soup Noodle Soup with Shredded Chicken Stir-fried Broccoli	Stir-Fried Chicken with Holy Basil (Pad Krapao) Fried Egg Steamed Rice Marinated Chicken Wings Stir-Fried Protein with Holy Basil (Pad Krapao) Egg Tofu Soup with Seaweed Japanese Udon Soup with Pork Onion Ring	Green Curry with Pork Boiled Egg Steamed Rice Pasta Bolognese with Chicken Green Curry with Tofu Skin Green Curry Soup Thai Sukiyaki with Chicken Roasted Potato	Fish Finger Steamed Egg Steamed Rice Chicken Biryani Tofu Biryani Potato Soup Noodle with Braised Pork Mashed Potato	Stir Fried Mixed Vegetables with Chicken Thai Omelette Steamed Rice Pizza Day Stir Fried Mixed Vegetables Clear Soup Noodle with Minced Pork Corn Salsa
<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>				
Cheese Sandwich	Cracker with Cream Cheese	Crouton Sticks	Banana oat bars	Cereal with Yogurt

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.



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.