

Weekday	MON	TUE	WED	THU	FRI
Date	5.10.2026	6.10.2026	7.10.2026	8.10.2026	9.10.2026
Morning Snack	BUTTER CROISSANT   	PINEAPPLE LAVA   	MINI CHOCOLATE STICK   	RAISIN SNAIL   	SUGAR PUFF   
Salad Bar	CHICKPEA & VEGGIE SALAD chickpeas , mixed lettuce , japanese cucumber , cherry tomatoes , sweet corn , carrot , red capsicum , boil egg , avocado dressing 	CAESAR SALAD tomato salsa , mixed lettuce , carrots , japanese cucumber , boiled egg , red beans , sweet corn , caesar dressing  	CHIPOTLE RANCH DRESSING red onion , carrots , cherry tomatoes , red beans , sweet corn , japanese cucumber , chipotle ranch dressing 	MEXICAN MADNESS marinated tempeh , red onions , jalapeno salsa , sweet corn , red bean , chopped salad , cherry tomato , avocado dressing   	LEMON DRESSING SALAD iceberg , japanese cucumber , red bean , red onion , cherry tomato , sweet corn , carrots , boiled egg , lemon dressing 
Fruits	SELECTED SEASONAL FRUITS 	SELECTED SEASONAL FRUITS 	SELECTED SEASONAL FRUITS 	SELECTED SEASONAL FRUITS 	SELECTED SEASONAL FRUITS 
International	HAM CABONARA   	CHICKEN STEW 	PORK IN ROSÉ SAUCE  	BREADED FISH & MAYO   	CHICKEN SCHNITZEL   
	ROASTED CHICKEN & GARLIC BUTTER 	GRILLED PORK & CAFÉ DE PARIS SAUCE  	CHICKEN BBQ  	CHICKEN COTTAGE PIE   	BEEF STROGANOFF  
Side Dish	SPINACH LASAGNA  	MAC & CHEESE  	RATATOUILLE BAKE & FETA CHEESE 	VEGETABLE & RED BEAN NACHOS  	CAULIFLOWER GRATIN 
Asian	STIR-FRIED CHICKEN & ASPARAGUS  	STIR-FRIED PORK & SWEET CHILLI   	CHICKEN SATAY   	BOILED CHICKEN & SOY SAUCE  	STIR-FRIED CHICKEN & CHICKPEAS   
	PORK & VEGETABLE CHINESE STEW   	CHIICKEN MASSAMAN   	PORK PALO  	PORK PANANG   	CHICKEN TOM YUM   
Side Dish	STIR-FRIED GLASS NOODLE & EGG   	YAKISOBA  	GLASS NOODLES SALAD    	PAD SEE EW 	PAD THAI TOFU  
Vegetarian	GRILLED ASPARAGUS 	SAUTÉED BROCCOLI & CRISPY GARLIC 	ROASTED HONEY CARROT	ROASTED MIXED VEGETABLE	SAUTÉED SWEET CORN & GREN PEAS 
	STIR-FRIED PUMPKIN & BASIL  	STIR-FRIED KALE & PLANT BASE CRISPY PORK 	SITR-FRIED MIXED VEGETABLE IN MUSHROOM SAUCE 	PLANT BASE CRISPY PORK KRAPAO  	TOFU PALO 
Noodles	ROLLED RICE NOODLES & PORK IN FIVE SPICE BROTH    	PORK UDON    	CHICKEN KHAO SOI     	BEEF BOAT NOODLES   	SHREDDED CHICKEN & EGG NODDLES    
Side Dish Potatoes	FRENCH FRIES	ROASTED POTATO	MASHED POTATOES 	BAKED POTATOES	POTATO WEDGES
Side Dish Rice	EGG FRIED RICE  	JASMINE RICEBERRY	ORGANIC BROWN RICE	PILAF RICE 	TRAIN FRIED RICE  
Afternoon Snack	COCONUT YOGURT 	JAM SANDWICH   	CUSTARD & BREAD   	VEGETABLE SPRINGROLL  	JAM SANDWICH   

