



MAKE YOUR VOICE HEARD
Every voice matters

GIVE YOUR FEEDBACK TO US



SCAN THIS QR CODE SPEAK TO A STAFF MEMBER

MENU MECHANISM

NO NUTS All our meals are Nuts Free

CAGE FREE All our eggs are Cage Free

LOCAL MADE Discover Locally Made products

LOW CARBON Savor Low Carbon footprint produce

50 FUTURE FOOD Ingredients good for Planet & Health

GO & ENJOY (Green light)

OK BUT THINK (Yellow light)

BE CAUTIOUS (Red light)

All our menus are reviewed by our nutritionists and tailored to the nutritional requirements of specific age groups.

Our **Food Traffic Light** will guide students in making informed meal choices.

ALLERGEN ALERT & FOOD ICONS

ALLERGEN DAIRY ALLERGEN EGG ALLERGEN GLUTEN VE VEGETARIAN VE VEGAN MILD SPICY ALLERGEN SHELLFISH

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DISCLAIMER:

Our kitchen handles common allergens like gluten, soy, milk, eggs, fish, and seafood. While we take every precaution to minimize cross-contamination within our kitchens, it may arise due to factors beyond our control and could alter the accuracy of allergen information provided.

	MONDAY 4 th	TUESDAY 5 th	WEDNESDAY 6 th	THURSDAY 7 th	FRIDAY 8 th
Asian Main	Steamed Chicken with Black Fungi on Rice 雲耳蒸鸡配白饭 	Pork and Zucchini Braised Rice 節瓜豬肉焗飯 	Three Cups Chicken with Rice 三杯鸡配白饭 	Vietnam Salt and Pepper Pork Chop Rice 越南椒鹽豬扒飯 	Steamed Pumpkin with Pork Loin on Rice 南瓜蒸豬里脊配白饭
Western Main	Pasta Bolognese 肉醬意粉 	Creamy Chicken Supreme Rice 白汁鸡皇飯 	Roasted Pork Loin with Mashed Potatoes 烤豬里脊配土豆泥 	Tuna Pasta with White Sauce 白汁吞拿魚意粉 	Roasted Chicken with Mushroom Sauce and Potatoes 蘑菇醬烤鸡配土豆
Daily Special Menu	Grilled Porkchop with Onion Sauce with Red Rice 煎豬扒洋葱汁紅米飯 	Baked Fish Fillet with Miso & Seaweed, with Rice 味噌海苔烤鱼柳配白饭 	Braised Beef with Gravy & Potato 燴牛肉配薯仔 	Chicken Kebabs with Roasted Vegetables & Pita Bread 烤蔬菜鸡肉配皮塔餅 	Fish and Chips 炸魚薯條
Vegetarian	Korean Styled Rice Cake 韓式年糕 	Braised Tofu with Mushroom Sauce on Rice 紅燒豆腐配蘑菇汁配白饭 	Mushroom and Chive E-Fu Noodles 香菇韭菜伊面 	Vietnam Fried Rice with Vegetarian Corn, and Mixed Beans 越南炒飯配玉米和雜豆 	Shanghai Fried Thick Noodles 上海粗炒
Dessert/ Fruit	Orange 橙 	Red Bean Pudding 紅豆糕 	Cantaloupe 哈密瓜 	Sponge Cake with Chocolate Sauce 朱古力海棉蛋糕 	Watermelon 西瓜



Allergens and descriptive icons are displayed on our daily menu, helping students to make informed dietary choices



From cage-free eggs to low-carbon footprint produce, sustainability is incorporated throughout our menus



May 11 - 15

LUNCH MENU FOR PRIMARY



	MONDAY 11 th	TUESDAY 12 th	WEDNESDAY 13 th	THURSDAY 14 th	FRIDAY 15 th
Asian Main	Eggplant & Minced Pork with Rice 茄子免治肉碎配白饭 	Chicken Fillet with Celery and Rice 西芹鸡柳配白饭 	Braised Beef Brisket with Radish on Rice 蘿蔔炆牛腩配白饭 	Sweet and Sour Fish Fillet with Rice 咕嚕魚塊配白饭 	Steamed Sliced Pork with Pickled Mustard Tuber with Rice 榨菜蒸肉片配白饭
Western Main	Baked Fish Fillet with Tomato Sauce on rice 烤魚柳配蕃茄汁配白饭 	German Sausage with Mashed Potatoes 德國香腸配土豆泥 	Roasted Duck Breast with Orange Sauce and Potatoes 橙汁烤鴨胸配土豆 	Pan-Fried Pork Loin & Tomato Sauce with Pasta 香煎豬里脊配蕃茄醬意面 	Fish Piccata With Pasta 意式香煎魚柳配意大利面
Daily Special Menu	Japanese Curry Chicken with Rice 日式咖喱鸡配白饭 	Grilled Beef Corn and Bean Quesadilla 香烤牛肉, 玉米和豆墨西哥餡餅 	Malaysian Curry Chicken with Rice 馬拉咖喱鸡配白饭 	Hainanese Chicken with Lemongrass Rice 海南鸡配香茅饭 	Classic Hot Dog with Roasted Potatoes 經典熱狗配烤土豆
Vegetarian	Stir-Fried Mixed Vegetables with Udon 雜菜炒烏冬 	Vegetable Macaroni Cheese with French Baguette 蔬菜芝士通粉配法式面包 	Indonesian Stir-Fried Noodles with Vegetables 蔬菜印尼炒面 	Stir-Fried Short Rice Noodles with Vegetables 蔬菜炒銀針粉 	Char Kway Teow (Stir-Fried Rice Noodles) 炒貴刁
Dessert/ Fruit	Apple 蘋果 	Mango Pudding 芒果布丁 	Orange 橙 	Mini Egg Tart 迷你蛋挞 	Cantaloupe 哈密瓜



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May 18 - 22

LUNCH MENU FOR PRIMARY



MONDAY 18th

TUESDAY 19th

WEDNESDAY 20th

THURSDAY 21st

FRIDAY 22nd

Asian Main

Braised Pork with Corn & Egg Sauce and Rice
粟米肉粒配白饭

Yeung Chau Fried Rice with Ham & Chicken
扬州炒饭(火腿,鸡肉)

Steamed Minced Pork with Preserved Vegetables and Rice
梅菜蒸肉餅配白饭

Honey Glazed Pork with Brown Rice
蜜汁叉燒配糙米饭

Pineapple & Chicken Fried Rice
菠萝鸡肉炒饭

Western Main

Roasted Chicken Breast with Spinach Cream Sauce & Potato
烤鸡胸配菠菜奶油酱和土豆

Beef Goulash with Red Rice
炖牛肉配红米饭

Baked Pasta with Minced Beef and Vegetables with Brown Sauce
碎牛肉时蔬焗意面配酱汁

Grilled Duck Breast with Orange Sauce with Potato
橙汁烤鸭胸配土豆

Herbs Meat Ball With Tomatoes Sauce & Pasta
香草肉丸配蕃茄酱意大利面

Daily Special Menu

Beef Rendang with Basmati Rice
巴東牛肉配印度香饭

Teriyaki Chicken with Seaweed Rice
照烧鸡配海苔饭

Lemon Chicken with Steamed Rice
西檸鸡配白饭

Roasted Chicken Honey Mustard with Couscous
蜜糖燒鸡配小米

Beef Burger with Fries
牛肉漢堡配薯條

Vegetarian

Pasta with Wild Vegetarian Mushroom & Tomato Sauce
野菌蕃茄意大利面

Stir-fried Rice Noodles with Mixed Vegetables
三絲炒瀨粉

Xiamen Fried Rice Noodles
廈門炒米粉

Korean styled Mushroom Fried Bean Vermicelli
韓式香菇炒粉絲

Singaporean Fried Rice Noodles
星洲炒米

Dessert/ Fruit

Watermelon
西瓜

Cream Puff
忌廉泡芙

Orange
橙

Jelly Candy
啫喱糖

Apple
蘋果



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	MONDAY 25 th	TUESDAY 26 th	WEDNESDAY 27 th	THURSDAY 28 th (P1-P3 only)	FRIDAY 29 th (P1-P3 only)
Asian Main		Beijing-Style Dry-Fried Chicken Balls with Rice 京式乾燒雞球配白飯 	Taiwanese Minced Pork and Mushroom with Rice 台式肉燥飯 	Peking Pork Chop with Steamed Rice 京都肉排配白飯 	Steamed Chicken and Pumpkin Cubes with Rice 南瓜蒸雞肉飯
Western Main		Pasta Arrabiata with Minced Pork 茄蓉猪肉末意大利面 	Pasta with Chicken & Cherry Tomato 鸡肉車厘茄意粉 	Roasted Chicken Herbs with Roasted Potato 烤鸡肉配烤土豆泥 	Beef Bolognese 肉醬意粉
Daily Special Menu	The day following the Birthday of the Buddha				
Vegetarian		German Sausage with Mashed Potatoes 德國香腸配土豆泥 	Roasted Fish Fillet with Sweet Corn Tomato Salsa & Mashed Potatoes 玉米蕃茄莎莎烤魚柳配土豆泥 	Teriyaki Beef with Steamed Rice 照燒牛肉配白飯 	Fish Burger with Roasted Potatoes 魚柳漢堡包配烤土豆
		Japanese Miso Eggplant Tofu with Rice 日式味噌茄子豆腐配白飯 	Vegetables Mee Goreng 蔬菜印尼炒面 	Mushroom Pasta with Truffle Cream 黑松露奶油野菌意面 	Vegetables Pad Thai 泰式炒金邊粉
Dessert/Fruit		Cantaloupe 哈密瓜 	Osmanthus Cake 桂花糕 	Apple 蘋果	Sponge Cake 海棉蛋糕



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