

Lunch Menu

13-17 Apr 2026

Category	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Staff Training Day	Vegetable Samosa 	Blueberry Muffin 	Chicken Nuggets 	Double Chocolate Cookie 
Salad & Fruit Bar	Staff Training Day	Assorted Salad & Fresh Fruit Bar	Assorted Salad & Fresh Fruit Bar	Assorted Salad & Fresh Fruit Bar	Assorted Salad & Fresh Fruit Bar
Meal A	Staff Training Day	Beef Teriyaki with Rice 	Roasted Char Siu with Rice 	Curry Chicken with Rice 	Stir-fried Pork in Shallot Sauce with Rice 
Meal B	Staff Training Day	3 Sisters Enchiladas (V) 	Aloo Gobi with Rice (V) 	Stir-fried Tomato & Egg with Red Rice (V) 	Thai Red Curry with Tofu (V) 
Chef's Choice	Staff Training Day	Baked Fish Lemon Butter Sauce with Mashed Potato 	Beef Lasagna 	Steamed Squid with Vermicelli 	Fish & Chips 
Veggie/Starch	Staff Training Day	Sauteed Broccoli 	Roasted Cauliflower 	Dry-fried Green Beans 	Buttered Sweet Corn 
Soup	Staff Training Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day



AISL Food Project














(V) Suitable for lacto-ovo vegetarians

Please kindly note that items on this menu may change or be unavailable at certain times.

Supper Menu

13-17 Apr 2026

Category	Monday	Tuesday	Wednesday	Thursday	Friday
Salad & Fruit Bar	Staff Training Day	Assorted Salad & Fresh Fruit Bar	Assorted Salad & Fresh Fruit Bar	Assorted Salad & Fresh Fruit Bar	
Meal A	Staff Training Day	Pork Goulash with Rice 	Hainanese Chicken with Oily Rice 	Pepperoni Pizza 	
Meal B	Staff Training Day	Pad Thai Noodles with Tofu (V) 	Assorted Vegetables Tempura with Rice (V) 	Margarita Pizza (V) 	
Chef's Choice	Staff Training Day	Seafood Laksa Noodle in Soup 	Pork Dumpling with Soup Yellow Noodle in Guangdong Style 	Curry Fish Ball Ho Fan with Soup 	
Veggie/Starch	Staff Training Day	Baby Cabbage in Broth 	Steamed Luffa with Garlic 	Roasted Zucchini 	
Soup	Staff Training Day	Soup of the Day	Soup of the Day	Soup of the Day	



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Lunch Menu

20-24 Apr 2026

Category	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Spring Roll 	Teriyaki Chicken with Pickle Onion Ciabatta 	Waffle Fries 	Ham & Mushroom Pizza 	Gluten Free Sea Salt Brownie 
Salad & Fruit Bar	Assorted Salad & Fresh Fruit Bar	Assorted Salad & Fresh Fruit Bar	Assorted Salad & Fresh Fruit Bar	Assorted Salad & Fresh Fruit Bar	Assorted Salad & Fresh Fruit Bar
Meal A	Roasted Lemongrass Chicken with Rice 	Baked Pork Chop & Pineapple in Tomato Sauce with Rice 	Butter Chicken with Rice 	Teriyaki Pork with Rice 	Beef Stew with Rice 
Meal B	Vegan Mapo Tofu with Rice (V) 	Vegan mee goreng (V) 	Steamed Egg & Mushroom with Red Rice (V) 	Pad Thai with Tofu (V) 	Vegetarian Lasagna (V) 
Chef's Choice	Seafood Paella 	Mediterranean Baked Fish with Herbs Potato 	Yeung Chow Fried Rice 	Baked Ziti 	Fish & Chips 
Veggie/Starch	Broccoli 	Fried Vegetable Medley 	Roasted Pumpkin	Wok-fried Choy Sum 	Buttered Sweet Corn 
Soup	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day


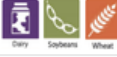
















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Supper Menu

20-24 Apr 2026

Category	Monday	Tuesday	Wednesday	Thursday	Friday
Salad & Fruit Bar	Assorted Salad & Fresh Fruit Bar	Assorted Salad & Fresh Fruit Bar	Assorted Salad & Fresh Fruit Bar	Assorted Salad & Fresh Fruit Bar	
Meal A	Thai Green Chicken Curry with Rice 	Roasted Duck Breast in Gravy with Mashed Potato 	Cordon Bleu with Pomodoro Pasta 	Roasted Gammon Ham in Honey Glaze with Potato Wedges 	
Meal B	Grilled Zucchini & Mushroom with Tomato Sauce Pasta (V) 	Fried Eggplant & Golden Garlic with Rice (V) 	Vegetable Quesadilla with Guacamole (V) 	Straw Mushroom, Vegetable & Tofu with Red Rice (V) 	
Chef's Choice	Pork & Pickle Vegetable Vermicelli with Soup in Hong Kong Style 	Roasted Thai Pork Jowl Noodle in Soup 	Grilled Assorted Sausage with Pasta in Tomato Soup 	Cuttlefish Ball & Seaweed Ho Fan with Soup 	
Veggie/Starch	Herb Crusted Baked Tomatoes 	Baby Bok Choy 	Napa Cabbage with Broth 	Vichy Carrot 	
Soup	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	



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Lunch Menu

27 Apr - 1 May 2026

Category	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Tater Tots	Beef & Mushroom Pie 	Dumpling 	Sweet Potato Fries 	
Salad & Fruit Bar	Assorted Salad & Fresh Fruit Bar	Assorted Salad & Fresh Fruit Bar	Assorted Salad & Fresh Fruit Bar	Assorted Salad & Fresh Fruit Bar	
Meal A	Char Siu Chicken with Rice 	Beef Teriyaki with Rice 	Roasted Thai Chicken with Rice 	Korean Chicken with Kimchi & Rice 	
Meal B	Shanghai Fried Noodles 	Thai Pork Fried Rice 	Baked Fish in Dill Cream sauce with Mashed Potato 	Mexican Ground Beef Taco 	
Chef's Choice	Baked Vegetable Curry & Cheese with Rice (V) 	Vegetable Alfredo Pasta (V) 	Vegan Paella (V) 	Vegetarian Meat Ball Aglio e Olio Pasta (V) 	
Veggie/Starch	Sauteed Baby Choy Sum 	Dry-fried Green Beans 	Shanghai Brassica 	Buttered Sweet Corn 	
Soup	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	














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Supper Menu

27 Apr - 1 May 2026

Category	Monday	Tuesday	Wednesday	Thursday	Friday
Salad & Fruit Bar	Assorted Salad & Fresh Fruit Bar	Assorted Salad & Fresh Fruit Bar	Assorted Salad & Fresh Fruit Bar		
Meal A	Teriyaki Salmon with Rice 	Chicken Parmesan with Mashed Potato 	Crispy Pork Belly with Rice 		
Meal B	Braised E-Fu Noodle with Mushroom (V) 	Lentils Bean with Garlic Bread (V) (Future 50 Foods) 	Vegan Meat Fried Rice (V) 		
Chef's Choice	Oden Udon 	Tomato & Minced Pork with Rice Vermicelli in Soup 	Kimchi & Fish Cake Noodle in Soup 		
Veggie/Starch	Stir-fried Chinese Lettuce 	Sauteed Mushroom	Roasted Pumpkin 		
Soup	Soup of the Day	Soup of the Day	Soup of the Day		



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