

Lunch Menu

28 - 30 September 2026

Category	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Ham Twist Bun 	Tater Puff 	Cookie 		
Salad & Fruit Bar	Assorted Salad & Fresh Fruit Bar	Assorted Salad & Fresh Fruit Bar	Assorted Salad & Fresh Fruit Bar		
Meal A	Portuguese-Style Braised Sliced Beef 	Seafood Pasta with Pesto Sauce 	Baked Ziti 		
Meal B	Black Pepper Pork Fillet 	Steamed Chicken with Cordyceps Flower 	Scrambled Eggs with BBQ Pork 		
Chef's Choice	Japanese Egg Tofu in Tomato Sauce (V) 	Plant-Based Meat & Green Beans with Shiitake Mushroom Sauce (V) 	Stir-Fried Celtuce with Black Fungus & Chinese Yam (V) 		
Veggie/Starch	Stir-Fried Cabbage with Garlic 	Spinach in Superior Broth 	Dry-Fried Green Beans 		
Soup	Soup of the Day	Soup of the Day	Soup of the Day		



AISL Food Project



(Sustainable)



(Spicy)



(V) Suitable for lacto-ovo vegetarians

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