

EYC Lunch Menu - September 2026

	Category	Monday	Tuesday	Wednesday	Thursday	Friday
week 1 1st-4th	Meal A	Sweet & Sour Pork with Rice 	Carbonara 	Char Siu with Rice 	Roasted Chicken in Tomato Sauce with Rice 	Hotdog with Fries 
	Veggie/ Starch	Choy Sum 	Wok-fried Broccoli 	Cauliflower 	Dry-fried Green Beans 	Butter Sweet Corn 
week 2 7-11th	Meal A	Char Siu Chicken with Rice 	Ham & Cheese with Pita Bread 	Roasted Chicken in Brown Sauce with Rice 	Stir-fried Udon with Pork 	Fish & Chips 
	Veggie/ Starch	Choy Sum 	Broccoli 	Butter & Herbs Carrot 	Baby Bok Choy 	Shanghai Brassica 
week 3 14-18th	Meal A	BBQ Chicken with Rice 	Bacon with Mac & Cheese 	Roasted Pork Jowl with Rice 	Spaghetti Bolognese with Garlic Bread 	Baked Ziti 
	Veggie/ Starch	Choy Sum 	Dry-Fried Green Beans 	Butter Sweet Corn 	Wok-fried Broccoli 	Choy Sum 
week 4 21-25th	Meal A	Char Siu Rice 	Minced Pork Pita Bread with Rice 	Chicken Teriyaki with Rice 	Baked Ziti 	Custard Bun, Dumpling, Ham & Cheese Sandwich 
	Veggie/ Starch	Broccoli 	Pumpkin 	Carrot 	Cauliflower 	Spring Roll, Orange, Mochi 
week 5 28-30th	Meal A	Chicken & Pineapple Rice 	Beef Udon 	Hainanese Chicken with Rice 		
	Veggie/ Starch	Green Beans 	Broccoli 	Carrot & Corn 		
Week 1-5	Fruit	Cut Fruit	Cut Fruit	Cut Fruit		



AISL Food Project



(Sustainable)



(Spicy)



Beef



Pork



Chicken



Crustaceans



Fish



Eggs



Dairy



Soy



Gluten



Mustard



Oat



TreeNuts



Sesame



Lupin



Celery

(V) Suitable for lacto-ovo vegetarians

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