

Lunch Menu

5 - 9 October 2026

Category	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Potato Wedge  	Wholewheat Roll with Minced Chicken Mayo & Cucumber     	Chicken Nugget   	Pancake with Honey    	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	Portuguese-Style Seafood Paella   	Peking-Style Sweet & Sour Pork Chops    	Middle Eastern Tomato Beef Stew   	Hungarian Chicken Paprikash   	Bolognese with French Fries    
Meal B	Korean Braised Beef in Soy Sauce   	Butter Chicken  	Mac & Cheese with Pumpkin Cream Sauce   	Hong Kong-Style Western Fried Rice   	Japanese Honey Miso Salmon Rice with Ikura    
Chef's Choice	Aloo Gobi (V)  	Black Truffle & Wild Mushroom Pasta (V)  	Braised Plant-Based Lion's Head Meatballs (V)  	Stir-Fried Tomato & Eggs (V)  	Mixed Vegetables in Portuguese Curry (V)  
Veggie/Starch	Stir-Fried A-Choy with Garlic  	Chinese Cabbage in Superior Broth  	Stir-Fried Cauliflower with Garlic  	Poached Lettuce with Soy Sauce  	Stir-Fried Pumpkin Slices with Maple Syrup  
Soup	Soup of the Day	Soup of the Day	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.