

EYC Lunch Menu - October 2026

	Category	Monday	Tuesday	Wednesday	Thursday	Friday
week 1 28th- 2nd	Meal A				Public Holiday	Staff Training
	Veggie/ Starch				Public Holiday	Staff Training
week 2 5-9th	Meal A	Chicken with Rice 	Beef Udon 	Steamed Fish Lemon Coriander with Rice 	Char Siu Pork with Rice 	Beef Burger with Potato Wedge 
	Veggie/ Starch	Green Beans 	Cauliflower 	Vegetable Medley 	Garlic Broccoli	SweetCorn
week 3 12-16th	Meal A	Hainanese Chicken with Rice 	Mushroom & Pork with Rice 	Sweet & Sour Fish with Rice 	Beef Bolognese with Pasta 	Yeung Chow Rice 
	Veggie/ Starch	Baby Bok Choy 	Vegetable Medley 	SweetCorn	Green Beans 	Broccoli
week 4 19-23th	Meal A	Public Holiday	Baked Ziti 	Pork Udon 	BBQ Chicken & Rice 	Chicken Strips 
	Veggie/ Starch	Public Holiday	Pumpkin	Broccoli 	Vegetables 	Cauliflower 
week 5 26-30th	Meal A	Soy Sauce Chicken with Rice 	Fish Lemon & Basil with Rice 	Chicken & Pineapple Rice 	Char Siu Pork with Rice 	Beef Lasagna with Garlic Bread 
	Veggie/ Starch	Garlic Broccoli	Vegetable Medley 	Carrot Vichy 	Broccoli 	SweetCorn
Week 1-5	Fruit	Cut Fruit	Cut 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.