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	Category	Monday	Tuesday	Wednesday	Thursday	Friday
week 1 05-09th	Meal A	Mexican Chicken Casserole with Rice 	Char Siu Pork with Rice   	Fish Gratin with Cheese    	Braised Beef Rib Brown Sauce with Rice   	Yeung Chow Fried Rice     
	Veggie/ Starch	Garlic Broccoli  	Baby Bok Choy	Stir Fry Green Bean  	Chinese Cauliflower	Baby Choy Sum  
week 2 12-16th	Meal A	BBQ Pork with Rice   	Beef Provencal with Pasta  	Fish Potato Pie  	Hainan Chicken with Rice   	Ground Beef with Pita Bread/Rice
	Veggie/ Starch	Vichy Carrot 	Grilled Corn	Garlic Broccoli  	Baby Bok Choy	Indian Lettuce  
week 3 19-23th	Meal A	Chicken & Mushroom with Rice  	Char Siu Pork with Rice   	Fish Tomato Sauce with Rice 	Corn & Chicken with Rice  	Beef Bolognese with Pasta  
	Veggie/ Starch	Cauliflower Gratin 	Baby Choy Sum  	Garlic Broccoli  	Vichy Carrot 	Stir-fried Green Bean  
week 4 26-30th	Meal A	Pineapple Pork with Rice 	Chicken & Pasta Casserole   	Fish & Lemon Sauce with Rice  	Beef Turnip Brown Sauce with Rice     	Chicken Ham & Cheese     
	Veggie/ Starch	Indian Lettuce  	Baby Bok Choy	Chinese Cauliflower	Buttered Corn 	Garlic Broccoli  
Week 1-4	Fruit	Cut Fruit	Cut Fruit	Cut Fruit	Cut Fruit	Cut Fruit



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

























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Suitable for lacto-ovo vegetarians

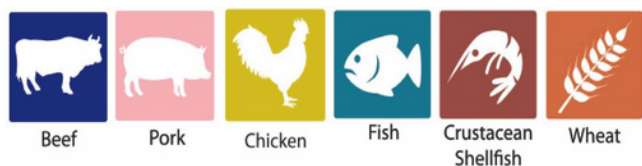
Lunch Menu

Specific Dietary Requirements

January 2026

	Category	Monday	Tuesday	Wednesday	Thursday	Friday
week 1 05-09th	Meal A	Chicken & Corn with Rice 	Pork Chop with Rice 	Chicken Broccoli Fricasee 	Garlic Pork with Rice 	Chicken Fried Rice 
	Veggie/ Starch	Broccoli	Baby Bok Choy	Stir-fried Green Bean 	Corn	Baby Choy Sum
week 2 12-16th	Meal A	Pork Chop with Rice 	Garlic Chicken & Bell Pepper with Rice 	Pork with Mash Potato 	Hainan Chicken with Rice 	Pork with Pita Bread 
	Veggie/ Starch	Carrot	Grilled Corn	Garlic Broccoli 	Baby Bok Choy	Indian Lettuce
week 3 19-23th	Meal A	Chicken & Corn with Rice 	Carrot & Onion Pork with Rice 	Roasted Chicken with Rice 	Pork with Rice 	Chicken with Rice 
	Veggie/ Starch	Cauliflower	Baby Choy Sum	Broccoli	Cauliflower	Butter Sweet Corn 
week 4 26-30th	Meal A	Pork & Bell Pepper with Rice 	Chicken & Carrot with Pasta 	Pork Chop with Rice 	Chicken Broccoli Fricasee 	Garlic Pork with Rice 
	Veggie/ Starch	Indian Lettuce	Baby Bok Choy	Chinese Cauliflower	Corn	Garlic Broccoli 
Week 1-4	Fruit	Cut Fruit	Cut Fruit	Cut Fruit	Cut Fruit	Cut Fruit

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