



	Category	Monday	Tuesday	Wednesday	Thursday	Friday
week 1 02nd-06th	Meal A	BBQ Chicken with Rice 	Coriander & Tomato Fish with Rice 	Pineapple Pork with Rice 	Turnip Beef Marmite with Pasta 	Brasilian Chicken Croquettes
	Veggie/Starch	Vichy Carrot 	Steamed Broccoli 	Sauteed Baby Bok Choy 	Stir-fried Green Beans 	Vegetables Fried Rice
week 2 09-13th	Meal A	Pork & Mushroom Sauce with Rice 	Hainan Chicken with Rice 	Beef Provencal with Pasta 	Coconut "Curry" Fish with Rice 	Shredded Pork with Pita Bread/Rice
	Veggie/Starch	Indian Lettuce 	Baby Bok Choy 	Cauliflower Gratin 	Roasted Cherry Tomato 	Grilled Corn
week 3 16-20th	Meal A	Sauteed Garlic Butter Chicken with Rice 	Char Siu Pork with Rice 	Tartare Fish Cake with Rice 	Chicken Provencal with Rice 	Beef Lasagna
	Veggie/Starch	Roasted Vegetable Medley 	Sauteed Baby Bok Choy 	Steamed Broccoli 	Vichy Carrot 	Stir-fried Green Beans
week 4 23-27th	Meal A	Creamy Lemon Pork with Rice 	Roasted Paprika Chicken Brown Sauce with Rice 	Thai Minced Beef with Rice 	Baked Fish Tomato Sauce with Pasta 	Yeung Chow Fried Rice
	Veggie/Starch	Vegetable Riviera 	Vegetables Fried Rice 	Indian Lettuce 	Baby Choy Sum 	KTTL Corn Salad
Week 1-4	Fruit	Cut Fruit	Cut Fruit	Cut Fruit	Cut Fruit	Cut Fruit



AISL Food Project



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

(V) Suitable for lacto-ovo vegetarians



Lunch Menu March 2026

(Specific Dietary Requirements)



	Category	Monday	Tuesday	Wednesday	Thursday	Friday
week 1 02nd-06th	Meal A	Grilled Broccoli Chicken with Rice 	Sauteed Pork Chop with Rice 	Roasted Chicken with Rice 	Sauteed Pork & Carrot with Rice 	Grilled Chicken with Rice
	Veggie/ Starch	Carrot	Broccoli	Baby Bok Choy	Green Bean	Vegetable Fried Rice
week 2 09-13th	Meal A	Tomato Pork with Rice 	Hainan Chicken with Rice 	Roasted Pork with Rice 	Broccoli Chicken with Rice 	Carrot & Eggplant Pork with Rice
	Veggie/ Starch	Indian Lettuce	Baby Choy Sum	Cauliflower Gratin	Roasted Cherry Tomato	Grilled Corn
week 3 16-20th	Meal A	Garlic Sautéed Chicken with Rice 	Stir-Fried Pork & Bell Pepper with Rice 	Roasted Chicken with Rice 	Herb Sautéed Pork with Rice 	Sliced Salsa Chicken with Rice
	Veggie/ Starch	Roasted Vegetable Medley	Sauteed Baby Bok Choy	Steamed Broccoli	Roasted Carrot	Stir-fried Green Beans
week 4 23-27th	Meal A	Chicken Escalope with Rice 	Tomato Pork with Rice 	Sauteed Carrot Chicken with Rice 	Coriander Pork Chop with Rice 	Chicken Fried Rice
	Veggie/ Starch	Vegetables Fried Rice 	Chinese Cauliflower	Indian Lettuce	Baby Choy Sum	KTTL Corn Salad
Week 1-4	Fruit	Cut Fruit	Cut Fruit	Cut Fruit	Cut Fruit	Cut Fruit



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