



HARROW
LITTLE LIONS KINDERGARTEN

Lunch Menu - September 2026



	Category	Monday	Tuesday	Wednesday	Thursday	Friday
week 1 31th-04th	Meal A	BBQ Chicken with Rice   	Roasted Pork with Orange Sauce & Rice 	Fish Tomato & Basil with Rice   	Roasted Herb Chicken with Rice 	Beef Bolognese with Pasta  
	Veggie/Starch	Steamed Baby Bok Choy	Indian Lettuce  	Garlic Broccoli	Carrot Vichy 	Garlic Green Beans
week 2 7-11th	Meal A	Pork Char Siu with Rice   	Mushroom Chicken with Rice  	Braised Beef Rib Brown Sauce with Rice   	Minced Pork Thai Style with Rice    	Tuna Lasagna    
	Veggie/Starch	Baby Bok Choy	Steamed Chinese Cauliflower	Vegetable Medley	Steamed Baby Bok Choy  	Buttered Corn 
week 3 14-18th	Meal A	BBQ Chicken with Rice   	Roasted Pork with Prune Sauce & Rice    	Fish Lemon & Basil with Rice  	Braised Beef & Carrot with Pasta   	Minced Pork Pita Bread with Rice    
	Veggie/Starch	Carrot Vichy 	Indian Lettuce  	Steamed Broccoli	Garlic Green Beans  	Baby Choy Sum
week 4 21-25th	Meal A	Hainan Chicken with Rice 	Mushroom Pork with Rice   	Coconut "Curry" Fish with Rice   	Sauteed Thai Minced Pork with Rice   	Beef Lasagna   
	Veggie/Starch	Steamed Chinese Cauliflower	Buttered Corn 	Steamed Baby Bok Choy  	Vegetable Medley	Carrot Vichy 
week 5 28-30th	Meal A	Roasted Herb Chicken with Rice    	Apple Pork with Rice  	Mediterranean Tuna/ Pasta     		
	Veggie/Starch	Indian Lettuce  	Garlic Green Beans  	Garlic Broccoli		
Week 1-5	Fruit	Cut Fruit	Cut Fruit	Cut Fruit	Cut Fruit	Cut Fruit



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.



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(Specific Dietary Requirements)



	Category	Monday	Tuesday	Wednesday	Thursday	Friday
week 1 31th- 04th	Meal A		Bell Pepper Pork with Rice 	Sauteed Garlic Chicken/Rice 	Roasted Pork & Shallot with Rice 	Chicken with Pasta  
	Veggie/ Starch		Indian Lettuce  	Garlic Broccoli	Sauteed Carrot	Green Beans
week 2 7-11th	Meal A	Roasted Pork with Rice 	Sauteed Chicken with Rice 	Grilled Pork with Rice 	Roasted Chicken with Rice 	Sauteed Pork with Pasta  
	Veggie/ Starch	Steamed Baby Choy Sum  	Steamed Chinese Cauliflower	Steamed Vegetable Medley	Steamed Baby Bok Choy  	Roasted Corn
week 3 14-18th	Meal A	Roasted Chicken with Rice 	Sauteed Pork with Rice 	Grilled Chicken with Rice 	Roasted Pork with Rice 	Sauteed Chicken with Rice 
	Veggie/ Starch	Carrot	Indian Lettuce  	Steamed Broccoli	Garlic Green Beans  	Baby Choy Sum
week 4 21-25th	Meal A	Sauteed Chicken with Rice 	Roasted Pork with Rice 	Grilled Chicken with Rice 	Sauteed Pork with Rice 	Grilled Pork with Rice
	Veggie/ Starch	Steamed Chinese Cauliflower	Corn	Steamed Baby Bok Choy  	Vegetable Medley	Carrot
week 5 28- 30th	Meal A	Grilled Chicken with Rice 	Sauteed Pork with Rice 	Roasted Chicken with Rice 		
	Veggie/ Starch	Indian Lettuce  	Green Beans	Garlic Broccoli		
Week 1-5	Fruit	Cut Fruit	Cut Fruit	Cut Fruit	Cut Fruit	Cut Fruit



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(Spicy)



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