HARROW
LITTLE LIONS KINDER

Lunch Menu - November 2026

epicure Catering

	Category	Monday	Tuesday	Wednesday	Thursday	Friday
week 1 2-6th	Meal A	Garlic Sauteed Chicken with Rice	Apple Roasted Pork with Rice	Fish Lemon & Basil with Rice	Beef Bolognese with Pasta	Croque-Monsieur
	Veggie/ Starch	Steamed Baby Choy Sum	Roasted Chinese Cauliflower	Indian Lettuce	Sauteed Green Beans	Buttered Corn
week 2 9-13th	Meal A	Teryiaki Pork with Rice	Mushroom Chicken with Rice	Coconut "Curry" Fish with Rice	Roasted Pork Cream & Paprika with Rice	Beef Lasagna
	Veggie/ Starch	Carrot Vichy	Baby Bok Choy	Vegetable Medley	Steamed Baby Choy Sum	Garlic Broccoli
week 3 16-20th	Meal A	Hainan Chicken with Rice	Pork Char Siu with Rice	Turnip Beef Marmite with Rice	Mediteranean Style Tuna with Pasta	Chicken Cordon Bleu with Rice
	Veggie/ Starch	Roasted Chinese Cauliflower	Baby Bok Choy	Carrot Vichy	Indian Lettuce	Sauteed Green Beans
week 4 23-27th	Meal A	Pork Honey & Lemon with Rice	Sauteed Chicken Casserole with Rice	Beef Ball Provencale with Pasta	Steamed Fish Lemon Garlic Butter with Rice	Yeung Chow Fried Rice
	Veggie/ Starch	Buttered Corn	Garlic Broccoli	Roasted Cauliflower	Vegetable Medley	Steamed Baby Choy Sum
week 5 30th	Meal A	Parmesan Chicken with Rice				
	Veggie/ Starch	Indian Lettuce				
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.

HARROW LITTLE LIONS KINDER

Lunch Menu - November 2026

(Specific Dietary Requirements)

picure Catering

	Category	Monday	Tuesday	Wednesday	Thursday	Friday
week 1 2-6th	Meal A	Grilled Chicken with Rice	Sauteed Pork with Rice	Poached Chicken with Rice	Roasted Pork with Pasta	Pan-fried Chicken with Rice
	Veggie/ Starch	Baby Choy Sum	Cauliflower	Indian Lettuce	Green Beans	Corn Salad
week 2 9-13th	Meal A	Sauteed Pork Bell Pepper with Rice	Grilled Chicken Herbs with Rice	Roasted Pork with Rice	Poached Chicken with Rice	Grilled Pork with Pasta
	Veggie/ Starch	Carrot	Baby Bok Choy	Vegetable Medley	Steamed Baby Choy Sum	Garlic Broccoli
week 3 16-20th	Meal A	Grilled Chicken Herbs with Rice	Sauteed Pork Bell Pepper with Rice	Grilled Chicken with Rice	Sauteed Pork with Pasta	Pan-fried Chicken with Rice
	Veggie/ Starch	Roasted Chinese Cauliflower	Baby Bok Choy	Carrot	Indian Lettuce	Sauteed Green Beans
week 4 23-27th	Meal A	Roasted Pork with Rice	Grilled Chicken Herbs with Rice	Sauteed Pork Bell Pepper with Pasta	Pan-fried Chicken with Rice	Sauteed Pork with Rice
	Veggie/ Starch	Corn	Garlic Broccoli	Roasted Cauliflower	Vegetable Medley	Steamed Baby Choy Sum
week 5 30th	Meal A	Grilled Chicken with Rice				
	Veggie/ Starch	Indian Lettuce				
Week 1-5	Fruit	Cut Fruit	Cut Fruit	Cut Fruit	Cut Fruit	Cut Fruit

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(Sustainable)

(Spicy)

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