Foundation and Key Stage One Weekly Lunch & Snack Menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Rice Option	White Rice, Brown Rice	White Rice, Brown Rice	White Rice, Brown Rice	White Rice, Brown Rice	Mixed Rice (red, white, brown)
Pasta Option	(V) Broccoli-Pesto Fusilli & Plain Pasta	(V) Spaghetti Carbonara	(V) Spaghetti with Tomato Sauce	(V) Macaroni Cheese	(V) Plain Penne
International Option	Chicken Schnitzel	Boneless Fish Fingers	(V) Jacket Potato Baked Beans & Cheddar Cheese	Mini Beef Burgers Cheese Slices	Salmon Teriyaki (Week 1 & 3) Chicken Teriyaki (Week 2 & 4)
Asian Option	Pork Pad Kra Pow	Chicken in Gravy (Lad Na) with Crunchy Egg Noodles	(V) Pad Thai with Tofu	Chicken in Dark Soy Sauce	(V) Stir fried Rice Noodles with Egg
Clean Protein Option	Boiled Chicken (no bones or skin)	Roast Pork Slices	Boiled Chicken (no bones or skin)	Roast Chicken Slices	Boiled Chicken (no bones or skin)
Egg Option	Boiled Egg	Omellete	Boiled Quail Egg	Fried Egg	Boiled Egg
Fresh Vegetables	Cucumber Sticks	Carrot Sticks	Cherry Tomatoes	Cucumber Sticks	Carrot Sticks
Cooked Vegetables	Boiled Corn, Bean Sprouts	Peas, Steamed Cauliflower	Stir fried Baby Corn & Brocolli, Edamame Beans	Stir fried Pumpkin & Egg, Steamed Cabbage	Boiled Carrots, Corn and Peas
Soup of the Day	(V) Miso Soup with Seaweed & Silken Tofu	(V) Egg Drop Noodle Soup	(V) Thai Clear Soup with Veggies and Egg Tofu (Gaeng Jud)	5-Spice Brown Soup with Chicken & Quail Egg (Kai Palo)	(V) Plain Rice Congee Rice Congee with Chicken
Bread Option	Brown Bread	Ciabatta	Brown Bread	Soft Burger Buns	Dinner Roll
Fruit (Dessert)	Banana & Yogurt	Yogurt with Mix Berries (Week 1&3) Yogurt with Passionfruit (Week 2&4)	Pineapple & Papaya	Dragon Fruit	Yogurt with Mix Berries (Week 1&3) Yogurt with Passionfruit (Week 2&4)
From the Main Menu Week 1	(V) Russian Dumplings Russian Dumplings with Chicken	Garlic & Pepper Chicken	Oven Roasted Paprika Chicken	(V) Pumpkin-Carrot Soup	(V) Tofu Satay Chicken Satay (off the stick)
From the Main Menu Week 2	(V) Mini Bean Burgers	(V) Veggie Nuggets	Grilled Veal Sausages	Italian Meatballs in Tomato Sauce	(V) Vegetable Tempura (V) Falafels & Pita Bread
From the Main Menu Week 3	(V) Cream of Asparagus Soup	Slow Cooked Pork Leg	Pork in Oyster Sauce	Fried Chicken Strips (V) Broccoli-Cheddar-Potato Soup	Garlic & Pepper Chicken Canned Tuna
From the Main Menu Week 4	(V) Pineapple Fried Rice	Oven Baked Tandoori Chicken	Pizza Bolognese / Tuna (V) Veggie Pizza	Beef Lasagne Chicken Adobo	Cabbage Sprouts Stir fried with Crispy Pork Belly
Foundation & Key Stage 1 AM Snack	Mini Banana Muffin & Carrot sticks Milk or Soy Milk	Boiled Quail Eggs Papaya, Pineapple & Milk or Soy Milk	Veggie Sticks with Cream Cheese Dip Banana & Milk or Soy Milk	Flapjacks and Yogurt	Corn on the Cob and Milk or Soy Milk
Foundation & Key Stage 1 PM Snack	Watermelon & Milk or Soy Milk	Apples & Milk or Soy Milk	Mango & Milk or Soy Milk	Papaya, Pineapple & Milk or Soy Milk	Bananas & Milk or Soy Milk

School lunches and snacks may contain trace amounts of allergens not specifically listed on the menu, menu cards, or ingredient information.
If your child has severe allergies or specific dietary requirements, we recommend preparing their food at home and sending them to school with a packed lunch and snack box.