









DISCLAIMER:

Our kitchen handles common allergens like gluten, soy, milk, eggs, fish, and seafood.



		01/10 Wednesday	02/10 Thursday	03/10 Friday
Nutrition Infor	mation (Per 100g)			
Meal A			Lo Hon Style Braised Vegetables with Rice (Vegan)	Spinach & Bell Pepper Frittata with Potatoes (Vegetarian)
			134 kcal	131 kcal
Meal B			Tandoori Chicken with Roasted Potatoes	Hawaiian Pizza
			147 kcal	187 kcal
Carving			Herb & Lemon Baked Salmon Fillet with Mashed Potatoes	N/A
			148 kcal	
Chef Special			Chicken & Chorizo Paella	Teriyaki Chicken with Rice
			162 kcal	139 kcal
Daily Vegetable			Cauliflower & Green Bean	Choi Sum & Carrot



Allergens and descriptive icons are displayed on our daily menu, helping students to make informed dietary choices



















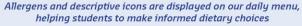






	13/10 Monday	14/10 Tuesday	15/10 Wednesday	16/10 Thursday	17/10 Friday
Nutrition Information (Per 100g)					
Meal A			Mac & Cheese (Vegetarian)	Moroccan Lentil Stew with Herbed Potatoes (Vegan)	Margherita Pizza (Vegetarian)
			197 kcal	131 kcal	185 kcal
Meal B			Lemongrass Chicken with Roasted Potatoes	Chicken Marbella with Rice	Steamed Chicken & Cordyceps Flower with Rice
			140 kcal	149 kcal	138 kcal
Carving			Jambo Cheese Pork Chop Burger with French Fries	Texas Style Roasted Beef with Herbed Potatoes	N/A
			207 kcal	137 kcal	
Chef Special			Malaysian Style Curry Fish Fillet with Rice	Smoked Salmon Spaghetti Carbonara	Shredded Chicken Fried Rice
			168 kcal	159 kcal	176 kcal
Daily Vegetable			Green Cabbage & Carrot	Cauliflower & Green Bean	Choi Sum & Carrot
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From cage-free eggs to low-carbon footprint produce, sustainability is incorporated throughout our menus



	20/10 Monday Indian – Ethnic Gourmet	21/10 Tuesday	22/10 Wednesday	23/10 Thursday	24/10 Friday
Nutrition Information (Per 100g)					
Meal A	Indian Fried Noodle with Samosa (Vegan)	E-fu Noodle & Mushroom with Vegetable Dumpling (Vegetarian)	Vegetable Moussaka with Roasted Potatoes (Vegetarian)	Pineapple Omni Meat Fried Rice (Vegan)	Taiwanese Tofu with Rice (Vegetarian)
	206 kcal	178 kcal	134 kcal	161 kcal	142 kcal
Meal B	Gobi Masala (Cauliflower Curry) (Vegetarian)	Orange Teriyaki Pork Chop with Rice	Corn & Chicken in Creamy Sauce with Pasta	Chicken A La King with Pasta	Pepperoni Pizza
	149 kcal	139 kcal	157 kcal	167 kcal	175 kcal
Carving	Beef Masala Curry with Garlic Naan Bread	Pan Fried Grouper Fillet with Mashed Potatoes	Braised Pork Knuckle with Rice	Cordon Bleu Chicken with Herbed Potatoes	N/A
	152 kcal	149 kcal	145 kcal	182 kcal	
Chef Special	Chicken Dum Biryani	Sweet & Sour Chicken with Rice	Thai Style Seafood Pineapple Fried Rice	Teriyaki Duck Breast with Rice	Banger & Mash
	166 kcal	198 kcal	187 kcal	142 kcal	189 kcal
Daily Vegetable	Cabbage & Shitake Mushroom	Broccoli & Corn	Green Cabbage & Carrot	Cauliflower & Green Bean	Choi Sum & Carrot
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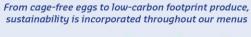






















	27/10 Monday	28/10 Tuesday	29/10 Wednesday	30/10 Thursday	31/10 Friday
Nutrition Information (Per 100g)					
Meal A	Teriyaki Tofu with Red Rice (Vegan)	Mac & Cheese (Vegetarian)		Italian Zucchini & Tomato Vegetables with Pasta (Vegan)	Baked Broccoli & Cauliflower in Creamy Sauce with Pasta (Vegetarian)
	132 kcal	197 kcal		129 kcal	158 kcal
Meal B	Asparagus & Mushroom Frittata with Potatoes (Vegetarian)	Grilled Pork Chop with Onion Gravy & Herbed Potatoes		Pork Cutlet in Tomato Sauce with Rice	Ginger Pork with Rice
	132 kcal	146 kcal		186 kcal	149 kcal
Carving	Mexican Chicken Wrap with Roasted Potatoes	Fish & Chips		Beef & Enoki Mushroom with Vegetable Rice	N/A
	138 kcal	207 kcal		132 kcal	
Chef Special	Italian Beef Stew with Pasta	Butter Chicken with Rice		Shanghai Fried Noodle with Shredded Pork	Smoked Salmon Fried Rice
	143 kcal	158 kcal		152 kcal	164 kcal
Daily Vegetable	Cabbage & Shitake Mushroom	Broccoli & Corn		Cauliflower & Green Bean	Choi Sum & Carrot



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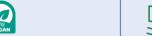












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