

Let's make a greener choice this school year!

Help protect the environment by choosing our planet-friendly dishes. Here's how we're making a difference:

**Sustainable Dish**

Our new menu features dishes with a lower environmental footprint! To qualify as a sustainable dish, the dish will either contain ingredients from one of the categories below:

Cage-Free Eggs			Sustainable Seafood
Seasonal Vegetables			Future 50 Foods

**Plant-forward Meal**

Eating more plant-based ingredients means a healthier planet! We design most of our dishes with **70% plant-based ingredients** and **30% animal-based ingredients** – balancing taste and sustainability. Full vegetarian options are still available daily.



**Future 50 Foods**

Curious about Future 50 Foods? This global list includes nutrient-rich vegetables, grains, legumes, seeds, and nuts that boost nutrition while reducing the environmental impact of our food supply.



Download the full report here



Share your thoughts!

We look forward to hearing from you!



Traffic light guide

Our menu is planned based on the Traffic Light Guide. Read more here:



All about allergens

Please note that our kitchen handles and prepares the following allergens:

If your child has specific dietary needs, kindly inform our catering team in advance.



**Disclaimer** (i) Whilst every care has been taken to ensure the cross contamination is minimal within our kitchens, circumstances may arise which are out of our control and could alter the accuracy of the allergen information provided. We would therefore recommend that you do not rely solely on this information. This does not affect your statutory rights. (ii) The cooking oil in the deep fryer and the broth in the noodle pots are used to cook allergen-containing foods, potentially transferring allergens between different food products. Kindly consult a food service team member if you have any questions about food allergies before placing your order.

# Lunch Menu Dec 2025



Monday

Tuesday

Wednesday



Friday

1 Dec

2 Dec

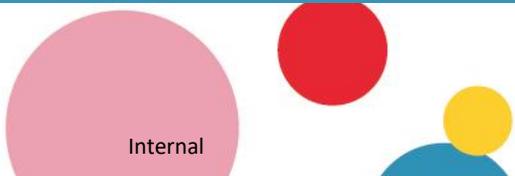
3 Dec

4 Dec

5 Dec

\$20 (250g soup + Garlic Bread \$15 (180g soup)	Spiced Pumpkin Soup 	Cream of Mushroom 	Tomato Soup 	Cauliflower Soup 	X
Meal A \$39	Mexican Style Shredded Pork with Mixed Vegetables	Beef Goulash 	Chicken Masala 	Banger Sausage (Pork) & Mash 	Sustainable Dish Miso Fish Fillet 
Meal B \$39 	Sustainable Dish Stir-fried Vegetarian Ham with Four Season Bean & Mushroom 	Vegetarian Singaporean Stir-fried Vermicelli 	Sustainable Dish Japanese Braised Teriyaki Eggplant & Tofu 	Sustainable Dish Quesadilla with Corn, Bean, Mixed Vegetables & Cheese 	Vegetable Tagine 
Chef Special \$45	Shrimp & Broccoli with (Nut-free) Pesto Sauce 	Baked Pork Chop Rice with Tomato Sauce 	Irish Beef Stew 	Sole Meunière with Lemon Caper Butter Sauce 	Sustainable Dish Shrimp Avocado Salad with Lemon Mayonnaise Dressing 
Starch Apply for all Meal A or B	Fusilli Corn Rice	Creamy Potato Pumpkin Mash Rice	Mixed Basmati & Brown Rice Roasted Potato	Mixed Grain Rice Mashed Potato	Roasted Potatoes Carrot Rice
Soup Noodle \$42	Swiss Sauce Chicken Wing Rice Noodles w/ Chicken Broth	Fish Balls Noodles in Tomato Fish Soup 	Vietnamese Lemongrass Pork Chop Noodles Soup 	Beef Balls w/ Rice Noodles 	X
Vegetables 	Broccoli & Carrot	Cabbage & Bean	Cauliflower & Corn	Assorted Sautéed Vegetables	Herb Roasted Carrots and Corn

	Eat More 適宜 Eat Moderately 限量 Eat Less 少量	Vegetarian 素食 Sustainable Seafood 可持續海鮮 Egg Alert 含蛋類 Dairy Alert 含奶類 Soy Alert 含大豆	Fish Alert 含魚類 Shellfish Alert 含貝殼類海鮮 Peanut Alert 含花生 Tree Nuts Alert 含堅果 Wheat Alert 含小麥
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# Lunch Menu Dec 2025

Monday

Tuesday

Wednesday



Friday

8 Dec

9 Dec

10 Dec

11 Dec

12 Dec

\$20 (250g soup + Garlic Bread ) \$15 (180g soup)	Holiday	Carrot Soup	Cream of Corn	Cream of Mushroom	x
Meal A \$39		Nut-free Pesto Chicken with Roasted Vegetables	Hawaiian Pizza	Chicken Steak in Rosemary Gravy	Japanese Curry Pork Cutlet Rice
Meal B \$39		Sustainable Dish  HK Style Stir-fried Tomato and Egg	Korean Vegetable Japchae Noodles	Broccoli Mac & Cheese	Sustainable Dish  Roasted Vegetables Pesto Pasta
Chef Special \$45		Sustainable Dish  Fish with Green Thai Curry	Baked Chicken Parma	Honey Glazed Gammon Ham with Apple Sauce	Sustainable Dish  Thai Grilled Chicken Salad with Asian Slaw in Bang Bang Dressing (non-spicy)
Starch Apply for all Meal A or B		Penne  Mix Brown Rice	Mixed Grain Rice Sweet Corn	Mashed Potato  Mixed Grain Rice	Mixed Grain Rice Spaghetti
Soup Noodle \$42		Japanese Braised Pork Cartilage Ramen	Taiwanese Beef Stew Rice Noodles w/ Beef Broth	Shanghai Style Wonton with Noodle Soup	x
Vegetables		Broccoli & Corn	Cabbage & Bean	Roasted Mediterranean Vegetables	Zucchini & King Mushroom



Eat More  
 適宜  
 Eat Moderately  
 限量  
 Eat Less  
 少量

Vegetarian  
 素食  
 Sustainable Seafood  
 可持續海鮮

Egg Alert  
 含蛋類  
 Dairy Alert  
 含奶類  
 Soy Alert  
 含大豆

Fish Alert  
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 Wheat Alert  
 含小麥

Internal

