








Australian International School Primary Lunch Menu Aug 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
	3/8	4/8	5/8	6/8	7/8
A	Fusilli Carbonara 	Italian Chicken Cacciatore with Rice	Beef Goulash with Pasta	Red Pesto Fish with Boiled Potato 	Honey Mustard Roasted Chicken with Spaghetti
B	Dorai karē– Japanese Beef Curry (Raisns) with Rice	Tuna Mayo Sandwich with Salad  	Fried Chicken and Chinese Zucchini with Rice	Shanghainese Fried Noodle with Shredded Chicken	King Dou Pork with Rice
C 	Espinacas con garbanzos– Spain Chickpea & Spinach with Boiled Potato	Mixed Vegetables Bolognese Spaghetti	Pesto Broccoli Pizza with Herb Potato 	Japanese Mixed Veg Mild Curry with Sweet Corn Rice	Vegetarian Pineapple Fried Rice 

Go! Eat as much as you want. **Slow!** "Sometimes Food!" **Whoa!** Once in a while.

Highlighted in respective colour on the Hot Meal choice

Dairy Alert



Egg Alert



Seafood Alert



Shellfish Alert











Spicy Alert



Vegetarian Choice



Australian International School Primary Lunch Menu Aug 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
	10/8	11/8	12/8	13/8	14/8
A	Penne Bolognese	Coq Au Vin (Chicken) with Fusilli	Pepperoni and Cheese Pizza with Roasted Potato 	Pollo al ajillo– Spanish Garlic Chicken with Pasta	Tuna Pasta Baked  
B	Vietnamese Lemongrass Chicken with Rice	Ham and Cheese Tomato and Lettuce Sandwich with Salad 	Baked Turmeric Fish with Dill with Rice 	HK Style Stir Fried Beef Broccoli with Sweet Corn Rice	HK Style Pork Chop with Onion Sauce served w/ Rice
C 	Cheese Baked Cauliflower with Pasta 	Vegetable Paella	Pesto Broccoli with Conchiglie(Shell Pasta)	Braised Enoki Mushroom & Egg Bean Curd with Sweet Corn Rice 	Stir Fried Sun Dried Tomato & Olive with Pasta

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Australian International School Primary Lunch Menu Aug 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
	17/8	18/8	19/8	20/8	21/8
A	Tuscan Pork Stew with Spaghetti	Beef Lasagna 	Hunter's Chicken with Penne	Mediterranean Baked Fish with Mash Potato  	Roasted Beef and Lettuce Sandwich with Salad
B	Chicken, Lettuce and Egg Fried Rice 	Honey Glazed BBQ Pork with Red Rice	Pan Fried Black Pepper Beef & Onion with Rice (Spicy) 	Sweet and Sour Pork with Rice	Braised Chicken & Potato with Rice
C 	Ratatouille with Pasta	Teriyaki Eggplant and Tofu with Red Rice	Pizza Napoletana with Herb Potato 	Vegan Oyster Sauce Braised Broccoli, Cauliflower and Mushroom with Rice	Spinach & Tomato Frittata with Herbs Potato 

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Australian International School Primary Lunch Menu Aug 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
	24/8	25/8	26/8	27/8	28/8
A	Chakhokhbili—Georgian Tomato Stewed Chicken with Pasta	Roasted Pork Loin & Herb Gravy with Green Peas Penne	Hawaiian Pizza with Butter Potato 	Kokotxas— Spain Poached Fish with Crushed Potato 	Pasta alla Pork Sausage
B	Stir Fried Ham in Sweet Soy Sauce with Macaroni	Lemongrass Chicken with Red Rice	Da j a j mashwi— Saudi Arabian Paprika Chicken with Rice	Minced Beef Nasi Goreng	Stir Fried Beef & Cauliflower with Rice
C 	Impossible Minced Pork Bolognese Penne	Grilled Garlic Tofu with Green Bean Rice	Mushroom Stroganoff with Rice	Japanese Fried Udon with Seasonal Vegetables	Shakshouka—Tunisia Bake Tomato & Egg with Rice

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Shellfish Alert





Spicy Alert



Vegetarian Choice



Australian International School Primary Lunch Menu Aug 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
	31/8				
A	Pork Scallopini (Lemon & Capers) with Red Rice				
B	Japaese Fried Penne with Chicken and Teriyaki Sauce				
C 	Vegetarian Lasagna 				

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Egg Alert



Seafood Alert



Shellfish Alert



Spicy Alert



Vegetarian Choice

