







Australian International School Primary Lunch Menu July 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
	27/7	28/7	29/7	30/7	31/7
A	Tuscan Ground Pork Penne	Honey Mustard Roasted Chicken with Red Rice	BBQ Chicken Pizza with Herbs Potato 	Baked Rosemary & Lemon Fish with Butter Pasta 	Beef Cottage Pie 
B	Fried Fish Fillet in Egg Drop Sweet Sauce with Rice  	Sweet & Sour Pork with Rice	Thai Basil Minced Beef with Rice	Steamed Chicken with Pumpkin with Rice	Teriyaki Pork with Red Rice
C 	Mixed Mushroom with Pesto Penne	Stir Fried Vegetarian Chicken & Celery with Rice	Spaghetti Spinach and Cheery Tomato aglio e olio	Briased Mushroom E-Fu Noodle	Irish buttered cabbage with Pasta

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

