







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



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 

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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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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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Vegetarian Choice




Australian International School Primary Lunch Menu Sep 2026


	Monday	Tuesday	Wednesday	Thursday	Friday
		1/9	2/9	3/9	4/9
A		Peposo (Beef) with Green Pea Rice	Pork Sausage Pizza with Roasted Potato 	Breadcrumbs Baked Fish with Boiled Potato 	Chicken A La King with Penne 
B		Western Fried Rice  	Wok Fried Beef and Leek with Rice	Pesto Chicken Sandwich with Salad	King Dou Pork with Rice
C 		Carrot Mac & Cheese 	Vegetables & Egg White Fried Rice 	Fusilli Pomodoro	Braised Double Mushroom with Broccoli & Rice

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Vegetarian Choice 

Australian International School Primary Lunch Menu Sep 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
	7/9	8/9	9/9	10/9	11/9
A	Chicken and Tomato in Tomato Sauce	Pork Blanquette with Penne 	Chicken Tajine with Rice	Tuna & Sweet Corn Pasta Baked  	Roasted Pork Loin with Bell Pepper Gravy with Pasta
B	Thai Steamed Fish with Red Rice 	Three Cup Chicken Stew with Rice	Hong Kong Style Black Pepper Fried Spaghetti with Beef (Spicy)	Korean Miso Pork with Rice	Thai Pineapple Chicken Fried Rice 
C 	Hong Kong Style Tomato & Scramble Egg with Red Rice 	Tomato Basil Pasta	Pizza ortolana with Herb Potato (Eggplant & Zucchini) 	Adobo Mushroom with Rice	Grilled Mixed Vegetables Sandwich with Salad

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Vegetarian Choice



Australian International School Primary Lunch Menu Sep 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
	14/9	15/9	16/9	17/9	18/9
A	Jamaican Brown Stew Chicken with Pasta	Wales Cawl Pork Stew with Mash 	BBQ Chicken Burger with Herb Potato	Tuna Mayo Sandwich with Salad  	Netherlands Hachee Beef Stew with Pasta
B	Thai Basil Beef with Red Rice	Diced Chicken in Sweet Corn Sauce with Rice	Moo Shu Pork with Rice 	Stir Fried Beef & Snow Pea with Rice	Lemongrass Chicken Stick with Rice
C 	Ca Jun Cauliflower & Dried Tofu with Red Rice	Vegetarian Singaporean Fried Vermicelli 	Pasta alla Norma	Gobi manchurian— (Fried Cauliflower with Rice)	Karantika (Chickpea Pie) 

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Australian International School Primary Lunch Menu Sep 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
	21/9	22/9	23/9	24/9	25/9
A	Lemon & Dill Baked Fish with Rice 	Beef Bourguignon with Fusilli	Grilled Pork Chop with Onion Gravy & Rice	Ca Jun Honey Chicken with Roasted Potato	Spaghetti Bolognese
B	BLT Sandwich with Salad	Japanese Mild Curry Chicken with Rice	Sweet & Sour Fish with Rice 	Steamed Pork Patty & Mushroom with Rice	Stir Fried Chicken with Black Bean Sauce with Rice
C 	Pumpkin Mac and Cheese 	Vegetarian Meat Ball Pasta	Cherry Tomato & Basil Pizza with Butter Potato 	Sweet Corn Frittata with Roasted Potato	Miso Tofu with Red Rice

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