











# Australian International School Primary Lunch Menu June 2026

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>1/6</b>	<b>2/6</b>	<b>3/6</b>	<b>4/6</b>	<b>5/6</b>
<b>A</b>	Thyme Roasted Chicken with Roasted Potato	Tuna & Sweet Corn Pasta Baked  	Chicken Paella	Jarret de boeuf (Sweet Potato & Beef Stew) with Roasted Potato	Roasted Pork Loin with Mushroom Sauce & Rice
<b>B</b>	Vietnamese Style Turmeric Fish with Red Rice 	Korean Style Fried Glass Noodle with Chicken and Vegetables	Stir Fried Beef & Egg with Rice 	Sweet & Sour Pork with Red Rice	Japanese Fried Udon Mixed Seafood and Vegetables  
<b>C</b> 	Braised Mushroom with E-Fu Noodle	Vegetarian Pork Chop with Onion Sauce and Rice	Basil & Sweetcorn Pizza with Herb Potato 	HK Style Scramble Egg with Tomato and Rice 	Spaghetti Vegetarian Meatball 

**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




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	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>8/6</b>	<b>9/6</b>	<b>10/6</b>	<b>11/6</b>	<b>12/6</b>
<b>A</b>	Moroccan Chicken Tagine With Red Rice (Spicy)	Honey Mustard Roasted Pork Loin with Red Rice	Butter Garlic Chicken Pizza with Mash 	Beef Bourguignon with Fusilli	Red Pesto Fish with Boiled Potato 
<b>B</b>	Lemongrass Pork Chop with Red Rice	Oriental Beef with Rice	Vietnamese Steamed Fish with Rice 	Braised Diced Chicken in Sweetcorn Egg drop Sauce with Rice 	Honey Glazed BBQ Pork (Char Siu) with Rice
<b>C</b> 	Fusilli Pumpkin Alfredo 	Cucumber & Egg Mayo Sandwich with Salad 	Cherry Tomato and Basil Orecchiette	Braised Double Mushroom & Broccoli with Rice	Eggplant Parmesan Pasta 

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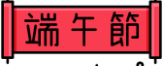








Egg Alert 

Spicy Alert 

Seafood Alert 


Vegetarian Choice 

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	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>15/6</b>	<b>16/6</b>	<b>17/6</b>	<b>18/6</b>	<b>19/6</b>
<b>A</b>	Stifado (Greek Beef Stew) with Fusilli	Smoked Paprika Pork with Spaghetti	Pepperoni Pizza with Butter Potato 	Lemon Garlic Baked Fish with Boiled Potato 	  <p>Tuen Ng Festival</p>  
<b>B</b>	Fried Fish in Sweet Corn Sauce with Rice 	Taiwanese Three Cup Chicken with Rice	Mapo Tofu with Rice (No Spicy)	Chinese Braised Beef with Potato and Carrot served with Rice	
<b>C</b> 	Creamy Sun Dried Tomato Fusilli 	Vegetables and Egg Fried Rice 	Pasta Primavera	Carrot Mac & Cheese 	

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	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	<b>22/6</b>	<b>23/6</b>	<b>24/6</b>	<b>25/6</b>	<b>26/6</b>
<b>A</b>	Honey Ham & Cheese Lettuce and Tomato Sandwich with Salad 	Garlic Tomato Cream Chicken Fusilli	Tarragon Ground Beef Penne	Honey Roasted Chicken Steak with Rice	Penne al Tonno 
<b>B</b>	Thai Style Stir Fried Beef & Basil with Rice	King Dou Pork with Rice	Steamed Fish & Spring Onion with Rice 	HK Style Wok Fried Spaghetti with Pork Chop and Soy Sauce	Braised Chicken & Potato with Red Rice
<b>C</b> 	Spaghetti Veggie Chicken Arrabiatta	Hong Kong Style Tomato Scrambled Egg with Rice 	Spinach & Vegetarian Chicken Pizza 	Spaghetti with Sweetcorn & Marinara Sauce	Fried Vermicelli with Seasonal Vegetables and Bean Curd in Soy Sauce

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