

Australian International School Primary

Lunch Menu Oct 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
	12/10	13/10	14/10	15/10	16/10
A	Bacon & Cheese Sandwich with Salad 	Grilled Chicken with Creamy Parsley Sauce with Pasta 	Estofado Spanish Beef Stew with Spaghetti	Roasted Pork Loin with Garlic Gravy & Mash 	Red Pesto Fish with Butter Penne 
B	Sweet & Sour Fish with Rice 	Stir Fried Snow Peas & Pork with Sweet Corn Rice	Miso Chicken with Rice	Steamed Chicken and Mushroom with Carrot Rice	Thai Minced Pork Fried Rice
C 	Napoleon Pasta	Braised Mixed Mushroom & Chinese Zucchini with Sweet Corn Rice	Margherita Pizza 	Sun Dried Tomato & Olive with Pasta	Kabak mücveri (Turkish Cheese Egg Pie)  

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 Oct 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
	19/10	20/10	21/10	22/10	23/10
A	Chung Yeung Festival	PL Day	Coq Au Vin (Chicken) with Fusilli	Fish Chermoula with Rice 	Macau Pork Bun with Herbs Potato
B			Hong Kong Style Minced Beef and Tomato Stew with Rice	Ham and Cheese Tomato and Lettuce Sandwich with Salad	Steamed Mushroom & Chicken with Rice
C 			Pineapple & Sweet Corn Pizza with Garlic Potato 	 Japanese Fried Udon with Seasonal Vegetables	Fusilli Pomodoro

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	Monday	Tuesday	Wednesday	Thursday	 Friday
	26/10	27/10	28/10	29/10	Happy Halloween
A	Irish Beef Stew with Pasta	Roasted Pork Loin with Gravy and Crushed Potatoes	Pepperoni and Cheese Pizza with Roasted Potato 	Chicken A La King with Fusilli 	Witches Beef Stew with Rice 
B	Fried Fish in Sweet Corn Egg Drop Sauce with Rice  	Vietnamese Roasted Lemongrass Chicken with Rice	Braised Minced Pork & Eggplant with Red Rice	Hk Style Stir Fried Beef Broccoli with Rice	Severed Finger Bloody Fried Rice 
C 	Tomato & Mushroom Sandwich with Salad	Sweet Corn Mac and Cheese 	Vegetable Paella	Braised Enoki Mushroom & Egg Bean Curd with Rice 	Graveyard Pie  

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	Monday	Tuesday	Wednesday	Thursday	Friday
	2/11	3/11	4/11	5/11	6/11
A	Danish Roasted Apple Pork Loin with Red Rice	Creamy Chicken Lasagna 	Hawaiian Pizza 	Roasted Beef & Cheese Sandwich with Salad 	Arroz con pollo (Spain Chicken Rice)
B	Chicken Pad Thai	Braised Minced Pork with Eggplant with Rice	Vietnamese Shaking Beef with Carrot Rice	Thai Garlic Steamed Fish with Rice 	Pork Adobo with Rice
C 	Ceci in Umido (Chickpea Stew) with Red Rice	Hong Kong Style Tomato & Scramble Egg with Rice 	Stir Fried Mixed Mushroom with Pesto Penne	Ca Jun Cauliflower & Dried Tofu with Rice	Caramelized Onion Pasta 

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	Monday	Tuesday	Wednesday	Thursday	Friday
	9/11	10/11	11/11	12/11	13/11
A	Tuna Mayo Sandwich with Salad  	Beef Stew with Green Pea & Gumin with Red Rice	Thyme Roasted Chicken with Spaghetti	Roasted Pork Loin with Mushroom Sauce with Rice	Hunter's Chicken with Fettuccine
B	Dorai Kare (Japanese Ground Beef Curry) With Rice	Hong Kong Style Chicken in Swiss Sauce with Red Rice	Vietnamese Style Turmeric Fish with Rice 	Japanese Fried Udon with Chicken and Seasonal Vegetables	Steamed Pork & Black Bean with Rice
C 	Thai Style Vegetarian Pineapple Fried Rice 	Kolokithakia tiganita (Greece fried zucchinis) With Butter Penne	Sweet Corn & Cheese Pizza 	Pumpkin Mac & Cheese 	Sauteen Garlic Mushroom & Dried Tofu with Rice

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	Monday	Tuesday	Wednesday	Thursday	Friday
	16/11	17/11	18/11	19/11	20/11
A	Tuna & Sweet Corn Pasta Baked  	Chicken Paella	Thousand Island Seafood Pizza   	Balsamic & Mustard Glazed Roasted Pork Loin with Penne	Jarret de boeuf (Sweet Potato & Beef Stew) with Pasta
B	Steamed Chicken, Mushroom & Black Fungus with Sweet Corn Rice	Stir Fried Beef & Scrambled Egg with Rice 	Jeyuk bokkeum—Korean Pork with Rice	Minced Beef Nasi Goreng 	Chicken, Lettuce and Egg Fried Rice 
C 	Eggplant Teriyaki with Sweet Corn Rice	Portuguese Style Vegetables Curry with Rice 	Pisto (Spain Style Ratatouille) with Pasta	Grilled Mixed Vegetables Sandwich with Salad	Gobi Manchurian (India fried cauliflower) with Rice

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	Monday	Tuesday	Wednesday	Thursday	Friday
	23/11	24/11	25/11	26/11	27/11
A	Italian Chicken Cacciatora with Herb Potato	Katův šleh—Czech Spicy Pork Stew with Butter Penne	Penne Al Tonno	Stifado—Greek Beef Stew with Sweet Corn Rice	BBQ Chicken Burger with Roasted Potato
B	Steamed Mushroom & Fish with Rice	Stir Fried Beef & Snow Pea with Rice	Stir Fried Moo shu pork with Red Rice	Morgh e shekam por (Iranian Chicken) with Sweet Corn Rice	Thai Basil Minced Pork with Rice
C	Beans Bourguignon with Pasta	Pan Fried Miso Tofu with Rice	Margherita Pizza	Pesto Vegetarian Chicken Pasta	Sweet & Sour Cauliflower with Rice

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	Monday	Tuesday	Wednesday	Thursday	Friday
	30/11				
A	Smoke Paprika Pork Chop with Carrot Rice				
B	Braised Chicken & Potato with Carrot Rice				
C	Hungarian Bean Goulash with Pasta				

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Lunch Menu Dec 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
		1/12	2/12	3/12	4/12
A		Estofado–Spanish Beef Stew with Spaghetti	Pesto Chicken Pizza 	Baked Lemon Garlic Fish with Boiled Potato 	Carbonara Pasta 
B		Sweet & Sour Fish with Rice 	Bò kho–Vietnamese Beef Stew with Red Rice	King Dou Pork with Rice	Chicken Mayo Sandwich with Salad 
C 		Pesto Broccoli with Conchiglie (Shell Pasta)	Pasta Alla Norma	Imam Bayildi (Roast Eggplant) with Butter Pasta	Ratatouille with Pasta

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Lunch Menu Dec 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
	7/12	8/12	9/12	10/12	11/12
A	Roasted Pork Loin with Herbs Gravy and Penne	Buffalo Chicken (Spicy) with Crushed Potato	Peposo (Beef) with Pasta	Pollo al Ajillo (Chicken) with Pasta	Pôchouse–Burgundy Fish Stew with Red Rice  
B	Vietnamese Turmeric Fish & Dill with Rice 	Stir Fried Beef & Broccoli with Rice	Braised Minced Pork with Eggplant with Rice	Musakhan (Chicken, No Nuts) with Rice	Stir Fried Shredded Pork, Garlic & Chinese Zucchini with Red Rice
C 	Tomato & Cheese Sandwich with Salad 	Pasta Veg Meatball	Mixed Bell Pepper & Mushroom Pizza 	Kabak Mücveri (Turkish Cheese Egg Pie)  	Kidney Bean Spaghetti Aglio olio

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	Monday	Tuesday	Wednesday	Thursday	Friday
	14/12	Christmas Lunch	16/12	17/12	18/12
A	Irish Beef Stew with Penne	Roasted Pork Loin with Apricots & Mustard Gravy with Pasta	Pepperoni and Cheese Pizza with Roasted Potato		
B	Stir Fried Pork & Cucumber & Black Fungus with Rice	Smoked Turkey with Garlic Pasta	Fried Fish in Sweet Corn Egg Drop Sauce with Rice		
C	Mushroom Stroganoff with Pasta	Sweet Potato & Lentil Casserole	Vegetarian Chilli Con Carne with Rice		

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