










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

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 

Shellfish Alert 









Egg Alert 

Spicy Alert 

Seafood Alert 

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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	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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	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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