

Australian International School Primary

Lunch Menu Nov 2026

	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 

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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	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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