

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 

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	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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