



Y1-Y2 LUNCH MENU



Date	Monday 07 th	Tuesday 08 th	Wednesday 09 th	Thursday 10 th	Friday 11 th
Asian	Braised chicken Yam, carrot, green pea Tomato rice Allergen: gluten, chicken	Fish & squid cake Cabbage with basil Rice Allergen: gluten, fish, Seafood, egg	Braised pork belly Chinese green Black rice Allergen: gluten, pork	Braised beef with potato Chinese green Quinoa corn rice Allergen: gluten, beef	Shanghai style chicken leg Cabbage carrot Black mushroom Mixed fried rice Allergen: gluten, chicken, mushroom
Western	Kassler pork loin Sauerkraut Mashed potatoes Allergen: gluten, pork, dairy	Lamb stew Green beans Pilaf rice Allergen: gluten, lamb	Chicken piccata Grill aubergine Tomato pasta Allergen: gluten, chicken, egg	Roasted fish fillet with basil sauce Broccoli, polenta Allergen: gluten, fish	Bolognese Cauliflower Pasta Allergen: gluten, beef, pork
Vegetarian Option	Vegetable tagine Allergen: gluten	Deep-fry vegetable balls Allergen: gluten	Pad Thai Allergen: gluten, tofu	Vegetable gnocchi Allergen: gluten, egg	Vegetable samosa Allergen: gluten
Sandwich	Chicken sandwich Allergen: gluten, chicken, egg	Chicken sandwich Allergen: gluten, chicken, egg	Chicken sandwich Allergen: gluten, chicken, egg	Chicken sandwich Allergen: gluten, chicken, egg	Chicken sandwich Allergen: gluten, chicken, egg
	Cheese sandwich Allergen: gluten, dairy, egg	Cheese sandwich Allergen: gluten, dairy, egg	Cheese sandwich Allergen: gluten, dairy, egg	Cheese sandwich Allergen: gluten, dairy, egg	Cheese sandwich Allergen: gluten, dairy, egg
Fruit	Banana Allergen: tropical fruit	Apple Allergen: /	Watermelon Allergen: /	Banana Allergen: tropical fruit	Apple Allergen: /
Yogurt			Yogurt Allergen: Dairy		

Nutritional readings over the week

Red meat: 8% Vegetables: 44%
Fish: 11% Starch: 21%
White meat/lean protein: 13% Deep fried: 3%





Y1-Y2 LUNCH MENU



Date	Monday 14 th	Tuesday 15 th	Wednesday 16 th	Thursday 17 th	Friday 18 th
Asian	Braised duck leg Chinese green Oatmeal rice Allergen: gluten, duck	Korean style grill pork Bean spout carrot Rice cake Allergen: gluten, pork	Malaysian chicken curry Sweet sour lotus Roti Allergen: gluten, chicken, Tropical Fruit	Teriyaki beef Chinese green Barley rice Allergen: gluten, beef	Braised Lamb Stewed cabbage Rice Allergen: gluten, lamb
Western	Grilled sausage Sweet pea, carrot Mash potato Allergen: gluten, pork, dairy	Rosemary & lemon Crispy duck Ratatouille Mushroom risotto Allergen: gluten, dairy, Mushrooms, duck	Grill pork with gravy Sautéed corn pea carrot Pasta Allergen: gluten, pork	Chicken cordon bleu Cauliflower carrot Roasted potato Allergen: gluten, chicken, pork, dairy, egg	Fish & chips Broccoli Allergen: gluten, fish
Vegetarian Option	Dongbei style aubergine, potato, green pepper Allergen: gluten	Chickpeas stew Allergen: gluten	Vegetarian burger Allergen: gluten	Vegetable terrine Allergen: gluten, dairy	Mushroom bean curd Allergen: gluten, tofu, Mushroom
Sandwich	Chicken sandwich Allergen: gluten, chicken, egg	Chicken sandwich Allergen: gluten, chicken, egg	Chicken sandwich Allergen: gluten, chicken, egg	Chicken sandwich Allergen: gluten, chicken, egg	Chicken sandwich Allergen: gluten, chicken, egg
	Cheese sandwich Allergen: gluten, dairy, egg	Cheese sandwich Allergen: gluten, dairy, egg	Cheese sandwich Allergen: gluten, dairy, egg	Cheese sandwich Allergen: gluten, dairy, egg	Cheese sandwich Allergen: gluten, dairy, egg
Fruit	Banana Allergen: tropical fruit	Apple Allergen: /	Watermelon Allergen: /	Banana Allergen: tropical fruit	Apple Allergen: /
Yogurt			Yogurt Allergen: Dairy		

Nutritional readings over the week

Red meat: 8% Vegetables: 41%
Fish: 13% Starch: 21%
White meat/lean protein: 12% Deep fried: 5%



Y1-Y2 LUNCH MENU



Date	Monday 21st	Tuesday 22nd	Wednesday 23rd	Thursday 24th	Friday 25th
Asian	Roasted fish Egg with tomato Rice Allergen: gluten, fish, egg	Braised meatballs Chinese green Black rice Allergen: gluten, pork, egg	Xinjiang style lamb slice Yuxiang aubergine Rice Allergen: gluten, lamb	Steamed chicken with mushroom Cabbage with carrot Quinoa corn rice Allergen: gluten, chicken, Mushroom	Braised pork chop Chinese green Mixed vegetable fried rice Allergen: gluten, pork
Western	Honey mustard Chicken drumsticks Butter cauliflower Roasted potato Allergen: gluten, chicken, dairy	Crispy duck breast in Orange sauce, broccoli Mushroom risotto Allergen: gluten, duck, dairy, mushroom	Moroccan chicken tagine Sautéed sweet corn, carrot Steamed rice Allergen: gluten, chicken	Slow cooked pork Aubergine onion Tomato pasta Allergen: gluten, pork, egg	Lasagna Butter mushrooms Allergen: gluten, beef, pork dairy, egg
Vegetarian Option	Vegetable wrap Allergen: gluten	Curry vegetable pie Allergen: gluten, dairy	Sautéed tofu with Black mushroom Allergen: gluten, tofu Mushroom	Fried rice noodle with tofu Allergen: gluten, tofu	Mixed vegetable ball in Sweet & sour sauce Allergen: gluten
Sandwich	Chicken sandwich Allergen: gluten, chicken, egg	Chicken sandwich Allergen: gluten, chicken, egg	Chicken sandwich Allergen: gluten, chicken, egg	Chicken sandwich Allergen: gluten, chicken, egg	Chicken sandwich Allergen: gluten, chicken, egg
	Cheese sandwich Allergen: gluten, dairy, egg	Cheese sandwich Allergen: gluten, dairy, egg	Cheese sandwich Allergen: gluten, dairy, egg	Cheese sandwich Allergen: gluten, dairy, egg	Cheese sandwich Allergen: gluten, dairy, egg
Fruit	Banana Allergen: tropical fruit	Apple Allergen: /	Watermelon Allergen: /	Banana Allergen: tropical fruit	Apple Allergen: /
Yogurt			Yogurt Allergen: Dairy		

Nutritional readings over the week

Red meat: 8% Vegetables: 43%
Fish: 12% Starch: 21%
White meat/lean protein: 13% Deep fried: 3%