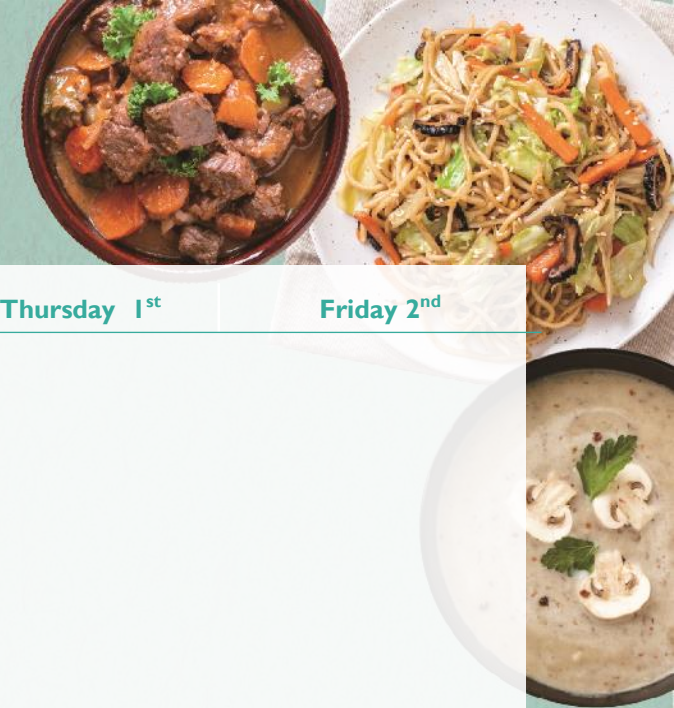




Y3-Y13 LUNCH MENU



Date	Monday 28 th	Tuesday 29 th	Wednesday 30 th	Thursday 1 st	Friday 2 nd
Piazza	Ai-mandi lamb Grill aubergine Pilaf rice Allergen: gluten, lamb	Honey roasted chicken Sweet corn , pea , carrot Tomato pasta Allergen: gluten, chicken	Tomato beef balls Cauliflower Pasta Allergen: gluten, beef, pork,egg		
Marco Polo	Kassler pork loin Sauerkraut Potato wedges Allergen: gluten, pork, dairy	Beef goulash Snow peas carrot Steamed rice Allergen: gluten, beef	Chicken piccata Grill aubergine Roasted potato Allergen: gluten, chicken, egg		
Vegetarian Option	Morocco vegetable tagine Allergen: gluten	Spring roll Allergen: gluten	Korea Style Rice noodle with tofu Allergen: gluten, tofu		
Looping	Chinese curry beef noodle Allergen: gluten, beef	Braised pork chop noodle Allergen: gluten, pork	Mixed minced meat and vegetables dumplings or Vegetable dumplings Allergen: gluten, pork		No school
Kowei	Crispy duck Yam, carrot, green pea Tomato rice Allergen: gluten, duck	Deep fry fish in Sweet sour sauce Cabbage with basil Rice Allergen: gluten, fish, Seafood, egg	Chinese BBQ pork Chinese green Black rice Allergen: gluten, pork		
Chinese Soup	Pork corn soup Allergen: gluten, pork	Meatballs mushroom soup Allergen: gluten, pork	West lake beef soup Allergen: gluten, beef, egg		
Western Soup	Potato soup Allergen: gluten,	Basil tomato Allergen: gluten,	Minestrone Allergen: gluten,		
Dessert	Lemon cake Allergen: gluten, egg, dairy	Carrot cake Allergen: gluten, egg, dairy	Egg tart Allergen: gluten, egg, dairy		
Sandwich Counter	Daily sandwich selection				
Drinks	Daily choice of milk product or yoghurt or fruit juice or water or fruit drink				

Nutritional readings over the week

Red meat: 11%	Vegetables: 43%
Fish: 8%	Starch: 22%
White meat/lean protein: 13%	Deep fried: 3%



Y3-Y13 LUNCH MENU



Date	Monday 12 th	Tuesday 13 th	Wednesday 14 th	Thursday 15 th	Friday 16 th
Piazza	Pealla (Seafood & chicken rice) Allergen: gluten, seafood, chicken	Meatball pizza Pizza Magaritha Roasted tomato eggplant Allergen: gluten, beef, pork, dairy	Beef pot Cauliflower Steamed rice Allergen: gluten, beef	BBQ pork burger Cucumber Tomato Allergen: gluten, pork, egg	Fish & chips Broccoli Allergen: gluten, fish
Marco Polo	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 roll Sautéed corn pea carrot Pasta Allergen: gluten, pork	Chicken cordon bleu Cauliflower carrot Roasted potato Allergen: gluten, chicken, pork, dairy, egg	
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
Looping	Deep-fry pork chop with rice cake Allergen: gluten, pork	Kunbao chicken noodle Allergen: gluten, chicken	Laksa Allergen: gluten, seafood, egg, tofu	Mixed minced meat and vegetables dumplings or Vegetable dumplings Allergen: gluten, pork	Slow cook pork with mixed noodle Allergen: gluten, dairy, pork
Kowei	Braised duck leg Chinese green Oatmeal rice Allergen: gluten, duck	Steamed pork with taro Bean spout carrot Rice cake Allergen: gluten, pork	Malaysian roasted chicken Sweet sour lotus Roti Allergen: gluten, chicken, Tropical Fruit	Stri-fry beef with green pepper Chinese green Barley rice Allergen: gluten, beef	Braised Lamb Stewed cabbage Rice Allergen: gluten, lamb
Chinese Soup	Chicken & corn Allergen: gluten, chicken	Tomato egg drops Allergen: gluten, egg	Chinese glass noodle soup with bean curd Allergen: gluten, tofu	Hot sour soup Allergen: gluten, pork	Tomato chicken soup Allergen: gluten, chicken
Western Soup	Creamy mushroom Allergen: gluten, mushroom, dairy	Pumpkin soup Allergen: gluten, dairy	Green pea soup Allergen: gluten, dairy	Onion soup Allergen: gluten	Potato soup Allergen: gluten, dairy
Dessert	Green grape cake Allergen: gluten, egg, dairy	Coconut cake Allergen: gluten, egg, dairy, Tropical fruit	Blueberry cake Allergen: gluten, egg, dairy	Banana bread Allergen: gluten, egg, dairy, Tropical fruit	Litchi cake Allergen: gluten, egg, dairy, Tropical fruit
Sandwich Counter	Daily sandwich selection				
Drinks	Daily choice of milk product or yoghurt or fruit juice or water or fruit drink				

Nutritional readings over the week

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



Y3-Y13 LUNCH MENU



Date	Monday 19 th	Tuesday 20 th	Wednesday 21 st	Thursday 22 nd	Friday 23 rd
Piazza	Iranian lamb kebab Broccoli Roasted potato Allergen: gluten, lamb	Chicken piccata Sweet pea, carrot Tomato pasta Allergen: gluten, chicken, egg	Creamy seafood fettuccine Asparagus cherry tomato Allergen: gluten, seafood, dairy	Tomato beef balls Cauliflower, Gnocchi Allergen: gluten, beef, egg, pork	Crispy fish filet warps with Tartar sauce Roasted potato Allergen: gluten, fish, dairy, egg
Marco Polo	Chicken masala Butter cauliflower Rice Allergen: gluten, chicken, dairy	Duck Breasts with Raspberry 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	Bolognese Broccoli, cauliflower Pasta 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
Looping	Curry beef with mixed noodle Allergen: gluten, beef, egg	Tom Yum goong noodle Allergen: gluten, seafood, egg	Mixed minced meat and vegetables dumplings or Vegetable dumplings Allergen: gluten, pork	Bah-Kut-Teh Allergen: gluten, dairy, pork,	Candied duck leg with honey sauce mixed noodle Allergen: gluten, duck
Kowei	Roasted fish Egg with tomato Rice Allergen: gluten, fish, egg	Braised meatballs Chinese green Black rice Allergen: gluten, pork, egg	Lamb curry 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
Chinese Soup	Black mushroom & pork soup Allergen: gluten, pork, mushroom	Vegetable soup Allergen: gluten	Tomato chicken soup Allergen: gluten, chicken	Pork corn soup Allergen: gluten, pork	Meatballs mushroom soup Allergen: gluten, pork
Western Soup	Creamy pumpkin soup Allergen: gluten, dairy	Creamy chicken Wild rice soup Allergen: gluten, chicken, dairy	French onion soup Allergen: gluten	Mushroom soup Allergen: gluten, mushroom	Mixed vegetable soup Allergen: gluten
Dessert	Green grape cake Allergen: gluten, egg, dairy	Lemon tart Allergen: gluten, egg, dairy	Egg tart Allergen: gluten, egg, dairy	Brownie Allergen: gluten, egg, dairy	Cookies Allergen: gluten, egg, dairy
Sandwich Counter	Daily sandwich selection				
Drinks	Daily choice of milk product or yoghurt or fruit juice or water or fruit drink				

Nutritional readings over the week

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



Y3-Y13 LUNCH MENU



Date	Monday 26 th	Tuesday 27 th	Wednesday 28 th	Thursday 29 th	Friday 30 th
Piazza	Beef kebab Tabbouleh with Luffa bread Allergen: gluten, beef	Chicken tandoori Broccoli Potato wedges Allergen: gluten, chicken	Tomato beef balls Cauliflower Pasta Allergen: gluten, beef, egg	Duck taco Tomato salsa, bell pepper onion Allergen: gluten, duck	Hot dog Tomato, cucumber Allergen: gluten, pork
Marco Polo	Grilled sausage Sweet pea, carrot Mash potato Allergen: gluten, pork, dairy	Shepherd Pie Grill aubergine Rice Allergen: gluten, lamb, pork	Grill chicken steak with cream mushroom sauce Green beans 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	Phad thai Allergen: gluten, tofu	Vegetable gnocchi Allergen: gluten, egg	Vegetable samosa Allergen: gluten
Looping	BBQ duck with mixed noodle Allergen: gluten, duck	Deep-fry pork chop with rice cake Allergen: gluten, pork	Mixed minced meat and vegetables dumplings or Vegetable dumplings Allergen: gluten, pork	Japanese ramen with tangyang fried chicken Allergen: gluten, chicken	Slow cook pork with mixed noodle Allergen: gluten, dairy, pork
Kowei	Tainan house special chicken Yam, carrot, green pea Tomato rice Allergen: gluten, chicken	Fish & squid cake Cabbage with basil Rice Allergen: gluten, fish, Seafood, egg	Steamed mince pork with egg Chinese green Black rice Allergen: gluten, pork, egg	Braised beef with potato Chinese green Quinoa corn rice Allergen: gluten, beef	Hainan chicken Chinese green Chicken rice Allergen: gluten, chicken, mushroom
Chinese Soup	Pork corn soup Allergen: gluten, pork	Meatballs mushroom soup Allergen: gluten, pork	West lake beef soup Allergen: gluten, beef, egg	Tomato chicken soup Allergen: gluten, chicken	Pork & seaweed soup Allergen: gluten, pork
Western Soup	Potato soup Allergen: gluten,	Basil tomato Allergen: gluten,	Minestrone Allergen: gluten,	Broccoli Cauliflower soup Allergen: gluten, dairy	Tuscan tomato Allergen: gluten,
Dessert	Lemon cake Allergen: gluten, egg, dairy	Carrot cake Allergen: gluten, egg, dairy	Egg tart Allergen: gluten, egg, dairy	Cookie Allergen: gluten, egg, dairy	Brownie Allergen: gluten, egg, dairy
Sandwich Counter	Daily sandwich selection				
Drinks	Daily choice of milk product or yoghurt or fruit juice or water or fruit drink				

Nutritional readings over the week

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