



Greenacre International School

2 – Week Menu Cycle Term 1 Year 2023 - 2024

Week 1	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Egg Mayo, Cheese Sandwiches or Egg Fried Rice	Hainanese Chicken Rice (Khao Man Kai)	Fish and Chips served with Garden Peas	Chicken Spaghetti Bolognese with crusty Baguette Bread.	Roasted Chicken, Sticky Rice and Som Tam.
Vegetarian Option	Bologna Vegan Meat Alternative Sandwiches or Fried Rice	Hainanese Rice with Indian Curry Tofu and Vegetable	Onion Rings, Oven Baked Tofu. Served with Chips and Garden Peas	Veggie Spaghetti Bolognese with Crusty Baguette Bread	Oven Spring Rolls, Sticky Rice and Som Tam
Vegetables	Lettuce, Cucumber, Tomatoes, Red Cabbage, Carrots, Onions, Corn.	Lettuce, Cucumber, Tomatoes, Red Cabbage, Carrots, Onions, Corn	Lettuce, Cucumber, Tomatoes, Red Cabbage, Carrots, Onions, Corn	Lettuce, Cucumber, Tomatoes, Red Cabbage, Carrots, Onions, Corn	Lettuce, Cucumber, Tomatoes, Red Cabbage, Carrots, Onions, Corn
Week 2	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Veggie burger with potatoes wedges and Egg Fried Rice	Chicken Maasaman curry with vegetables and rice	Chicken Spaghetti Bolognese with crusty Baguette Bread.	Homemade chicken Burger with Coleslaw and Oven Chips	Roast Chicken with Roast Potatoes, Broccoli, Cauliflower, Carrots & Gravy
Vegetarian Option	Veggie burger with potatoes wedges and Egg Fried Rice	Vegetables Maasaman curry and rice	Veggie Spaghetti Bolognese with Crusty Baguette Bread	Veggie burger with Sesame bun, Coleslaw and Oven Chips	Roasted Tofu, Roast Potatoes, Broccoli, Cauliflower, Carrots & Veg Gravy
Vegetables	Lettuce, Cucumber, Tomatoes, Red Cabbage, Carrots, Onions, Corn	Lettuce, Cucumber, Tomatoes, Red Cabbage, Carrots, Onions, Corn	Lettuce, Cucumber, Tomatoes, Red Cabbage, Carrots, Onions, Corn	Lettuce, Cucumber, Tomatoes, Red Cabbage, Carrots, Onions, Corn	Lettuce, Cucumber, Tomatoes, Red Cabbage, Carrots, Onions, Corn

* Steamed jasmine rice. ** Mixed salad available daily on tables. *** We do not use any MSG and pork product in our dishes.