







NAIS Secondary School Menu

Lunch Menu Oct & Nov 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
			1/10	2/10	3/10
A			 National Day	Grilled Garlic Dried Tofu with Green Bean Rice 	Japanese Fried Udon with Chicken and Veg
B				Morrocان BBQ Pork Loin with Penne	Aubergine Parmigiana with Mash  
C				Spinach Tomato Chicken Breast with Spaghetti	Penne Bolognaise
Daily Special				Gyudon (Japanese Beef Bowl)	Taiwanese Minced Pork with Boiled Egg Rice Bowl 
Noodle Bar				HK Style Wonton Noodle 	Thai Lemongrass Chicken with Ho Fan Soup

Go! Eat as much as you want. **Slow!** "Sometimes Food!" **Whoa!** Once in a while.

Highlighted in respective colour on the Hot Meal choice

Vegetarian Choice



Seafood Alert



Dairy Alert



Egg Alert



Shellfish Alert















Spicy Alert



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	Monday	Tuesday	Wednesday	Thursday	Friday
	6/10	7/10	8/10	9/10	10/10
A	Pomelo Fish Fillet with Rice 	The day following Mid-Autumn Festival	Steamed Egg & Shitake Mushroom with Rice 	Wok Fried Beef and Broccoli with Rice	Stewed Pork Chop in Sweet Vinegar Sauce with Red Rice
B	Wok Fried Beef & Leek with Rice		Beef Stroganoff with Rice	Vegetarian Lasagna  	Chicken Yassa with Red Rice
C	Pomodoro Chickpea Pasta 		Saffron Creamy Mixed Seafood Pasta  	Spezzatino con piselli (Italian Green Pea Pork Stew) With Boiled Potato	Pesto Mushroom Pasta 
Daily Special	Cheese Baked Shredded Beef with Mushroom Sauce & Egg Fried Rice 		T Teppanyaki Pork Chop with Japanese Mild Curry Rice Bowl	Hainanese Chicken Rice	Mongolian Beef Bowl
Noodle Bar	Cajun Pork Chop with Ho Fan Soup		Laksa Chicken with Oil Noodle Soup  	Korean Pork with Udon Soup 	Vietnamese Butter Chicken Wing Vermicelli Soup

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	Monday 20/10	Tuesday 21/10	Wednesday Eat Japan 	Thursday 23/10	Friday 24/10
A	Teriyaki Dried Tofu with Rice 	Steamed Chicken with Mushroom & Black Fungus with Rice	Miso Tomato Chicken Stew with Sweet Corn Rice	Eggplant Bulgogi with Rice 	Steamed Pork Petty & Mushroom with Rice
B	Thyme Roasted Chicken with Penne	Mixed Bell Pepper Frittata with Herb Potato 	Japanese Fried Ramen with Mixed Seafood  	Pork Blanquette with Mash 	Pumpkin Mac and Cheese  
C	Stir Fried Spaghetti with Prawns 	Carbonara  	Caramelized Onion Pasta  	Buffalo Chicken Pasta	Creamy Tomato Chicken Pasta 
Daily Special	Kung Po Beef Rice Bowl 	Cheese Baked Pork Chop with Egg Fried Rice  	Scallion Oil Chicken Rice	Cheese Baked Spaghetti Bolognese 	Kimchi Beef Rice Bowl 
Noodle Bar	Thai Minced Pork with Vermicelli Soup	Hong Kong Style Tomato Beef with Macaroni	Shanghainese Dumpling with Rice Noodle Soup	Mixed Seafood with Oil Noodle Laksa    	Vietnamese Sausage & Chicken Ho Fan Soup

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	Monday	Tuesday	Wednesday	Thursday	Friday
	27/10	28/10	29/10	30/10	31/10
A	Vietnamese Lemongrass Chicken with Rice	Stir Fried Vegetarian Chicken & Celery with Rice	Chung Yeung Festival	Braised Minced Pork and Eggplant with Carrot Rice	Thai Style Stir Fried Beef & Basil with Rice
B	Carbonnade Beef Stew with Rice	Roasted Rosemary Chicken Steak Penne		Mushroom Stroganoff with Carrot Rice	Roasted Pork Loin with Garlic Gravy & Roasted Potato
C	Cacio e pepe	Miso Pork Chop Fried Ramen		Pappardelle all'anatra (Smoke Duck Breast Pasta)	Pasta e patate (Pasta & Potato)
Daily Special	Peking Shredded Pork Rice Bowl	Smoked Salmon Fried Rice Bowl		Stir Fried Garlic Beef in Pita Bread with Roasted Potato	Butter Chicken with Rice & Roti
Noodle Bar	Teriyaki Chicken Udon Soup	Beef Brisket & Turnip with Ho Fan Soup		Budae Jjigae Korean Army Stew	Taiwanese Style Brasied Beef with Rice Noodle

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Egg Alert Shellfish Alert Spicy Alert

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	Monday	Tuesday	Wednesday	Thursday	Friday
	3/11	4/11	5/11	6/11	7/11
A	Thai Style Vegetarian Pineapple Fried Rice 	Stir Fried Black Bean & Chicken with Rice 	Stir Fried Beef & Scrambled Egg with Rice 	Portuguese Style Vegetables Curry with Rice  	Stir Fried Moo shu pork with Red Rice 
B	Lemon Garlic Baked Fish with Boiled Potato 	Kabak mücveri (Turkish Cheese Egg Pie)   	BBQ Roasted Chicken with Roasted Potato	Beef Stew with Green Pea & Cumin with Crushed Potato	Creamy Tuscan Kidney Bean with Mash  
C	Spag Bol (Spaghetti Bolognese & Mushroom)	Linguine allo scoglio (Linguine Mixed Seafood)  	Lasagne al pesto e patate (Pesto & Potato Lasagne)  	Pizzoccheri alla Valtellinese (Pork Sausage & Cabbage) 	American Chicken Goulash Pasta
Daily Special	Teriyaki Chicken Steak Rice Bowl	Bibimbap (Pork) 	Pork Meatball (Bánh Mì) Baguette with Salad	Seafood Paella  	Cheese Baked Curry Beef with Egg Fried Rice 
Noodle Bar	Hong Kong Ginger Beef with Macaroni	Japanese Miso Chicken with Ramen Soup	Hong Kong Style Wonton Noodle Soup 	Thai Pattaya Chicken with Ho Fan Soup	Japanese Fried Dumpling with Ramen Soup

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Dairy Alert



Egg Alert



Shellfish Alert





















Spicy Alert



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	Monday	Tuesday	Wednesday	Thursday	Friday
	10/11	11/11	12/11	13/11	14/11
A	Hong Kong Style Black Pepper Fried Spaghetti with Beef	Tandoori Cauliflower with Rice 	Chicken and Shredded Lettuce Egg Fried Rice 	Sweet & Sour Pork with Rice	Braised Hairy Gourd, Mushroom & Glass Noodle With Red Rice 
B	New Orleans Roasted Chicken with Herb Potato	Roasted Pork Loin with Mushroom Sauce with Mash 	Peperonata (Italian Grill Mixed Veg) with Roasted Potato 	Sweet Corn & Zucchini Frittata with Herb Potato  	Stifado (Greek Beef Stew) with Boiled Potato
C	Pasta alla Norma 	Spaghetti alla puttanesca (Tuna)  	American Pork Meat Ball Pasta	Creamy Chicken Lasagna 	Tomato & Honey Ham Pasta
Daily Special	Cheese Baked Pork Chop with Egg Fried Rice  	Taiwanese Pop Corn Chicken Rice Bowl	BBQ Chicken Steak Burger with Salad 	Gyudon (Japanese Beef Bowl)	Hainanese Chicken Rice
Noodle Bar	Vietnamese Sausage & Chicken Ho Fan Soup	Thai Basil Beef with Vermicelli Soup	Korean Beef with Cheese Udon Soup  	Roasted Honey Chicken Wing with Rice Noodle Soup	Japanese Mixed Curry Seafood with Ramen Soup  

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	Monday	Tuesday	Wednesday	Thursday	Friday
	Eat France  BONJOUR	18/11	19/11	20/11	21/11
A	Sole Meunière with Crushed Potato 	Musakhan (Chicken, No Nuts) with Rice	Cajun Cauliflower & Dried Tofu with Red Rice 	Goya Chanpuru (Japanese Pork & Bitter Melon) with Rice	CPD
B 	Mushroom Bourguignon with Rice 	Estofado—Spanish Beef Stew with Spaghetti	Bigos (Hunter Pork Stew) with Red Rice	Pisto Spanish Vegetable Stew with Penne 	
C	Coq au vin (Chicken) Pasta	Mushroom Risotto  	Bolognese Penne	Roasted Beef Cacio e pepe Pasta 	
Daily Special	Pot—au—feu (Stew Beef Pot with Boiled Potato)	Shogayaki—Japanese Ginger Pork Rice Bowl	Tandoori Chicken with Rice	Bifana—Portuguese Pork Bun with Potato Wedge	
Noodle Bar	Cajun Pork Chop with Ho Fan Soup	Japanese Miso Chicken with Ramen Soup	Vietnamese Seafood (Pho) with Ho Fan Soup 	Thai Sweet & Spicy Chicken Steak with Ho Fun Soup	

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