



Greenacre International School

2 – Week Menu Cycle Year 2025 - 2026

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Egg mayo, ham, tuna, cheese Sandwiches & fried rice	Hainanese Chicken served with Rice (Khao Man Kai)	Chicken with Basil Leaves and Rice (Kra Prao Kai) Separate: Spicy and Not Spicy	Chicken Spaghetti Bolognese with crusty Baguette Bread.	Roasted Chicken, Sticky Rice and Som Tam.
Vegetarian Option	Bologna Vegan Meat, cheese, egg mayo, Sandwiches, Vegetable fried rice, hummus with carrot, celery,cucumber and bell peppers.	Hainanese Rice served with Indian Curry Tofu and Vegetables Hummus with carrot, celery,cucumber and bell peppers.	Tofu with Basil Leaves and Rice (Kra Prao Tofu) *not spicy Hummus with carrot, celery,cucumber and bell peppers.	Veggie Spaghetti Bolognese with Crusty Baguette Bread Hummus with carrot, celery,cucumber and bell peppers.	Oven baked vegetable Spring Rolls, Sticky Rice and Som Tam Hummus with carrot, celery,cucumber and bell peppers.
Salad Bar 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	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Egg mayo, ham, tuna, cheese Sandwiches & fried rice	Chicken Masaman curry with rice	Chicken Spaghetti Bolognese with crusty Baguette Bread.	Stir fried chicken garlic and pepper with Rice	Roast Chicken with Roast Potatoes, Broccoli, Cauliflower, Carrots & Gravy
Vegetarian Option	Vegan Meat, cheese, egg mayo, Sandwiches & fried rice, hummus with carrot, celery,cucumber, peppers	Vegetables Masaman curry and rice Hummus with carrot, celery,cucumber and bell peppers.	Veggie Spaghetti Bolognese with Crusty Baguette Bread Hummus with carrot, celery,cucumber and bell peppers.	Stir fried tofu garlic and pepper with Rice Hummus with carrot, celery,cucumber and bell peppers.	Roasted Potatoes, Tofu Broccoli, Cauliflower, Carrots & Veg Gravy Hummus with carrot, celery,cucumber and bell peppers.
Salad Bar 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 products in our dishes.