

KIS LUNCH OCTOBER 2026

	<u>Thursday 1/10</u>	<u>Friday 2/10</u>
Meal A		
Meal B 	China National Day	Mid – Term Break
Meal C 		

Dishcovery



Korean taste



Sandwich + drink



No-meats



Pizza-Mania



Fun foods



Taste Trek



KIS LUNCH OCTOBER 2026

	<u>Monday 5/10</u>	<u>Tuesday 6/10</u>	<u>Wednesday 7/10</u>	 <u>Thursday 8/10</u> 	<u>Friday 9/10</u>
Meal A	Mid – Term Break				
Meal B 					
Meal C 					

Dishcovery



Korean taste



Sandwich + drink



No-meats



Pizza-Mania



Fun foods



Taste Trek



KIS LUNCH OCTOBER 2026

	<u>Monday 12/10</u>	<u>Tuesday 13/10</u>	 <u>Wednesday 14/10</u> 	 <u>Thursday 15/10</u> 	<u>Friday 16/10</u>
Meal A	Chicken Arrabiata and Rice with Green Peas/Carrots	Malaysian Pork Noodles with Green Peas/ Carrots	Mummy Bloody Hot-Dog Pasta with Burned Pumpkin	Pork Buffalo Wrap and French Fries with Chef Salad	Panko Crusted Fish and Rice with Cajun Corn
Meal B 	Jack-o'-lantern Cheese Club weekly Kombo	Jack-o'-lantern Cheese Club weekly Kombo	Jack-o'-lantern Cheese Club weekly Kombo	Jack-o'-lantern Cheese Club weekly Kombo	Jack-o'-lantern Cheese Club weekly Kombo
Meal C 	Chick Peas Rendang Noodles with Green Peas/Carrots	Frittata Cheese Tomato and Pasta with Green Peas/Carrots	Expired Mac & Cheese with Burned Pumpkin	Cauliflowers Buffalo Wrap and French Fries with Chef Salad	Tofu Tikka Masala Noodles with Cajun Corn

Dishescovery



Korean taste



Sandwich + drink



No-meats



Pizza-Mania



Fun foods



Taste Trek



KIS LUNCH OCTOBER 2026

	<u>Monday 19/10</u>	<u>Tuesday 20/10</u>	<u>Wednesday 21/10</u>	<u>Thursday 22/10</u>	<u>Friday 23/10</u>
Meal A	Chung Yeung Festival	Sweet Beef Bulgogi and Rice with Garlic Green Bean	Mojo Pork Pasta with Roasted Mix Vegetables	Chicken Kimchi Pizza	Stir-fry Korean fish cake Noodles with Steamed Broccolis
Meal B 		Korean Kimchi Chicken Spicy weekly Kombo	Korean Kimchi Chicken Spicy weekly Kombo	Korean Kimchi Chicken Spicy weekly Kombo	Korean Kimchi Chicken Spicy weekly Kombo
Meal C 		Baked Mediterranean Eggs Veggies with Roasted Potatoes	Vegetarian Chick Peas Curry Noodles with Roasted Mix Vegetables	Veggies Deluxe Pizza	Casseroles Mix Bell Peppers & Eggs and Rice with Steamed Broccolis

Dishcovery



Korean taste



Sandwich + drink



No-meats



Pizza-Mania



Fun foods



Taste Trek



KIS LUNCH OCTOBER 2026

	<u>Monday 26/10</u>	<u>Tuesday 27/10</u>	<u>Wednesday 28/9</u>	 <u>Thursday 29/10</u> 	<u>Friday 30/10</u>
Meal A	Chicken Dragon and Rice with Sauteed Eggplant	Roasted garlic pork chop and Pasta with Parmesan Roasted Broccolis	Japanese chicken BBQ Noodles with Roasted Cherry Tomato	Hot-Dog and French Fries with Chef Salad	Korean BBQ fish and Rice with Moroccan Carrots
Meal B 	Cuban Pork Sandwich weekly Kombo	Cuban Pork Sandwich weekly Kombo	Cuban Pork Sandwich weekly Kombo	Cuban Pork Sandwich weekly Kombo	Cuban Pork Sandwich weekly Kombo
Meal C 	Swedish Veg Meat Ball Pasta with Sauteed Eggplant	Pork Char-Siu Veg and Rice with Parmesan Roasted Broccolis	Eggplant Bolognese and Pasta with Roasted Cherry Tomato	Vegetarian Hot-Dog and French Fries	Vegetarians Falafel and Pasta with Moroccan Carrots

Dishcovery



Korean taste



Sandwich + drink



No-meats



Pizza-Mania



Fun foods



Taste Trek

