



YEAR 2-13 MENU FROM 04.12.17 TO 15.12.17

V= VEGETARIAN

DATE	MORNING SNACK (Y2-Y6 Only)	LUNCH				
		ASIAN Served with Steamed Rice	WESTERN	SIDE DISHES	NOODLE SOUP	SALADS & FRESH FRUITS Changes Daily
MONDAY 4/12/2017	Fresh fruits & Milk	Pork Sweet & Sour Stir Fried Tofu & Vegetables V	Chicken Casserole Pasta with Mushroom Sauce V	Mashed Potatoes Sautéed Vegetables	Steamed Fish & Vegetable	Assorted Salads & Fresh Fruits
TUESDAY 5/12/2017	Fresh fruits & Milk	Stir Fried Chicken with Hoisin Braised Tofu & Broccoli V	Pan Fried Fish with Butter Sauce Cheesy Vegetable Bake V	Lyonnaise Potatoes Green Beans	Pork Meatballs & Vegetable	Assorted Salads & Fresh Fruits
WEDNESDAY 6/12/2017	Fresh fruits & Milk	Braised Fish Stir Fried Tofu with Basil V	Sausage & Tomato Pasta Bake Eggplant Parmigiana V	Sautéed Potatoes Broccoli	Grilled Chicken & Vegetable	Assorted Salads & Fresh Fruits
THURSDAY 7/12/2017	Fresh fruits & Milk	Char Siu Pork Tofu Kung Pao (no nuts) V	Chicken Colorado Vegetable Goulash V	Potato Wedges Sweet Corn	Beef & Vegetable	Assorted Salads & Fresh Fruits
FRIDAY 8/12/2017	Fresh fruits & Milk	Stir Fried Chicken & Vegetables Sweet & Sour Tofu V	Breaded Fish Pasta Alfredo V	Hand Cut Chips Mixed Vegetables	Minced Pork & Vegetable	Assorted Salads & Fresh Fruits



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		ASIAN Served with Steamed Rice	WESTERN	SIDE DISHES	NOODLE SOUP	SALADS & FRESH FRUITS Changes Daily
MONDAY 11/12/2017	Fresh fruits & Milk	Grilled Fish, Hanoi Style Stir Fried Tofu & Vegetables V	Roast Chicken with Gravy Vegetable & Tomato Bake V	Baby Roasted Potatoes Glazed Carrots	Pork & Vegetable	Assorted Salads & Fresh Fruits
TUESDAY 12/12/2017	Fresh fruits & Milk	Chicken Kung Pao (no nuts) Stir Fried Sesame Vegetables V	Cottage Pie (Pork) Pasta with Broccoli & Pesto V	Ratatouille	Beef & Vegetable	Assorted Salads & Fresh Fruits
WEDNESDAY 13/12/2017	Fresh fruits & Milk	Stir Fried Pork & Vegetables Fried Noodles with Tofu & Vegetables V	Fish Provencal Vegetable Gratin V	Lyonnaise Potatoes Green Beans	Chicken & Vegetable	Assorted Salads & Fresh Fruits
THURSDAY 14/12/2017	Fresh fruits & Milk	Korean Beef Stew Stir Fried Tofu Teriyaki V	Chicken Stroganoff Pasta with Creamy Tomato Sauce V	Mashed Potatoes Broccoli	Steamed Fish & Vegetable	Assorted Salads & Fresh Fruits
FRIDAY 15/12/2017	Fresh fruits & Milk	Fried Fish with Papaya Salad Tofu Green Curry V	Pork BBQ Sauce Vegetable Chilli V	Potato Wedges Sweet Corn	Minced Chicken & Vegetable	Assorted Salads & Fresh Fruits