

EARLY YEARS MENU FROM 1/6 to 23/6/2017



DATE	Monday	Tuesday	Wednesday	Thursday 1-6	Friday 2-6
Morning Snack				Mango	Dragon fruit
				Milk	Milk
Lunch				Grilled chicken with orange sauce	Japanese pork stew with mushroom
Afternoon Snack				Nutella sandwich Passion juice	Apple muffins Black bean sweet soup
DATE	Monday	Tuesday	Wednesday	Thursday	Friday
	5-6 Banana	6-6 Mango	7-6 Dragon fruit	8-6 Watermelon	9-6 Mango
Morning Snack	Milk	Mango Milk	Milk	Milk	Milk
Lunch	Grilled chicken with 5 spices	Chicken rice noodle with bamboo	Colorado pork	Braised fish	lemon grass tofu and Pumpkin curry
Afternoon Snack	Fried corn cake	Chocolate cake	Green bean sweet soup with coconut milk	Green tea cake	Yoghurt
	Passion fruit	Soya milk	Grilled cheese sandwich	Grape juice	Mix fruit
DATE	Monday 12-6	Tuesday 13-6	Wednesday 14-6	Thursday 15-6	Friday 16-6
Morning Snack	Watermelon	Dragon fruit	Banana	Mango	Watermelon
	Milk	Milk	Milk	Milk	Milk
Lunch	Sautéed pork with coconut	Beef " Pho"	Fried fish cakes with dill	Vietnamese chicken sandwich	Korean pork stew with quail eggs and daikon
Afternoon Snack	Creamy caramel flan	French toast	Egg Sushi	Fried sweet potato with sesame	Yoghurt
	Soya milk	Lemon juice	Apple juice	Orange juice	Mango
DATE	Monday 19-6	Tuesday 20-6	Wednesday 21-6	Thursday 22-6	Friday 23-6
Morning Snack	Banana	Watermelon	Dragon fruit	Mango	Watermelon
	Milk	Milk	Milk	Milk	Milk
Lunch	Spaghetti with meat sauce	Kung Pao chicken	Vietnamese rice noodles with grilled pork	Shepherd pie	BBQ chicken burgers
Afternoon Snack	Banana muffin	Pancake with jam	Pineapple cake	Caramel donut apple	Yoghurt
	Grape juice	Orange juice	Black bean sweet soup	Pink guava juice	Mix fruit