



YEAR 2-13 MENU FROM 1.03.18 TO 30.03.18

V= VEGETARIAN

DATE	MORNING SNACK (Y2-Y6 Only)	LUNCH				
		ASIAN Served with Steamed Rice	WESTERN	SIDE DISHES	NOODLE SOUP	SALADS & FRESH FRUITS Changes Daily
THURSDAY 1/3/2018	Fresh Fruits & Milk	Caramelised Fish Korean Vegetable Stew V	Italian Baked Chicken Pasta with Mushroom & Cheese V	Roasted Baby Potatoes Grilled Vegetables	Pork & Vegetable	Assorted Salads & Fresh Fruits
FRIDAY 2/3/2018	Fresh Fruits & Milk	Stir fried Chicken & Vegetables Sautéed Tofu with Basil V	Grilled Pork with BBQ Sauce Vegetable Chilli V	Potato Wedges Grilled Corn	Fried Fish & Vegetable	Assorted Salads & Fresh Fruits
MONDAY 5/3/2018	Fresh Fruits & Milk	Baked Fish in Curry sauce Braised Tofu & Mushrooms V	Creamy Lemon & Thyme Pork Pasta with Paprika Marinara V	Greek Potato Hash Sautéed Vegetables	Minced Chicken & Vegetable	Assorted Salads & Fresh Fruits
TUESDAY 6/3/2018	Fresh Fruits & Milk	Honey Glazed Thai Chicken Vegetable Pad Thai V	Pan Fried Fish with Tomato & Basil Creamy Vegetable Gratin V	Roasted Baby Potatoes Carrots & Broccoli	Grilled Pork & Vegetable	Assorted Salads & Fresh Fruits
WEDNESDAY 7/3/2018	Fresh Fruits & Milk	Chinese BBQ Pork Stir Fried Tofu & Vegetables V	Chicken, Mushroom & Spinach Lasagna Breaded Zucchini & Tomato Gratin V	Herbed Potatoes Sautéed Green Beans	Beef & Vegetable	Assorted Salads & Fresh Fruits



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THURSDAY 8/3/2018	Fresh Fruits & Milk	Steamed Fish with Ginger & Soy Stir Fried Noodles with Tofu ✓	Pork with Pepper Sauce Ratatouille ✓	Sautéed Potatoes Mixed Vegetables	Roast Chicken & Vegetable	Assorted Salads & Fresh Fruits
FRIDAY 9/3/2018	Fresh Fruits & Milk	Stir Fried Chicken with Hoisin Braised Tofu with Broccoli ✓	Fish Fingers Pasta Alfredo ✓	Hand Cut Chips Grilled Corn	Minced Pork & Vegetable	Assorted Salads & Fresh Fruits
MONDAY 12/3/2018	Fresh Fruits & Milk	Korean Beef Stew Stir Fried Noodles & Tofu ✓	Roast Chicken & Gravy Vegetable Gratin ✓	Roasted Baby Potatoes Carrots & Broccoli	Pork & Vegetable	Assorted Salads & Fresh Fruits
TUESDAY 13/3/2018	Fresh Fruits & Milk	Sweet & Sour Chicken Braised Tofu with Mushrooms ✓	Pork Casserole Creamy Vegetable Pasta Bake ✓	Sautéed Potatoes Mixed Vegetables	Grilled Fish & Vegetable	Assorted Salads & Fresh Fruits
WEDNESDAY 14/3/2018	Fresh Fruits & Milk	Caramelised Grilled Pork Stir Fried Vegetables ✓	Chicken Cacciatore Ratatouille ✓	Cheesy Baked Potatoes Green Beans	Beef & Vegetable	Assorted Salads & Fresh Fruits

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THURSDAY 15/3/2018	Fresh Fruits & Milk	Stir Fried Chicken & Vegetables Tofu Kung Pao (no nuts) ✓	Fish Pie Roasted Vegetable Pasta Bake ✓	Sautéed Green Vegetables	Grilled Pork & Vegetable	Assorted Salads & Fresh Fruits
FRIDAY 16/3/2018	Fresh Fruits & Milk	Braised Fish with Lemongrass Sautéed Noodles with Vegetables ✓	Pork Mexican Vegetable Chilli ✓	Potato Wedges Grilled Corn	Chicken & Vegetable	Assorted Salads & Fresh Fruits
MONDAY 19/3/2018	Fresh Fruits & Milk	Grilled Chicken with Oyster & Lemongrass Sauce Braised Tofu & Mushrooms ✓	Roasted Pork with Mushroom Sauce Macaroni Cheese ✓	Sautéed Potatoes Mixed Vegetables	Beef & Vegetable	Assorted Salads & Fresh Fruits
TUESDAY 20/3/2018	Fresh Fruits & Milk	Baked Fish with Tomato Sauce Stir Fried Vegetables & Tofu ✓	Chicken Fricassee Ratatouille ✓	Roasted Baby Potatoes Green Beans	Grilled Pork & Vegetable	Assorted Salads & Fresh Fruits
WEDNESDAY 21/3/2018	Fresh Fruits & Milk	Caramelized Pork with Daikon Sautéed Noodles with Vegetables ✓	Fish Provencal Roasted Vegetable Lasagna ✓	Potato Gratin Mixed Green Vegetables	Chicken & Vegetable	Assorted Salads & Fresh Fruits

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THURSDAY 22/3/2018	Fresh Fruits & Milk	Grilled Chicken with Hoisin Sauce Tofu Kung Pao (no nuts) V	Grilled Pork with Cheese Sauce Enchilada Casserole V	Potato Wedges Sautéed Vegetables	Pork Meatball & Vegetable	Assorted Salads & Fresh Fruits
FRIDAY 23/3/2018	Fresh Fruits & Milk	Sweet & Sour Pork Stir Fried Chinese Vegetables V	Crispy Bread Crumbed Fish Pasta with Basil & Tomato Sauce V	Hand Cut Chips Garden Peas & Corn	Chicken & Vegetable	Assorted Salads & Fresh Fruits
MONDAY 26/3/2018	Fresh Fruits & Milk	Braised Fish Sweet & Sour Tofu V	Meatloaf with Gravy Vegetable Goulash V	Mashed Potatoes Green Beans	Chicken & Vegetable	Assorted Salads & Fresh Fruits
TUESDAY 27/3/2018	Fresh Fruits & Milk	Grilled Chicken with Five Spices Sautéed Tofu with Hoisin Sauce V	Pasta Bolognese Eggplant & Zucchini Parmigiana V	Herbed Potatoes Sautéed Vegetables	Pork Meatball & Vegetable	Assorted Salads & Fresh Fruits
WEDNESDAY 28/3/2018	Fresh Fruits & Milk	Pork Katsu Kare Sautéed Noodles & Vegetables V	Baked Fish with Lemon Butter Grilled Vegetable Gratin V	Sautéed Potatoes Carrots & Broccoli	Beef & Vegetable	Assorted Salads & Fresh Fruits



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THURSDAY 29/3/2018	Fresh Fruits & Milk	Caramelised Fish Korean Vegetable Stew V	Italian Baked Chicken Pasta with Mushroom & Cheese V	Roasted Baby Potatoes Grilled Vegetables	Pork & Vegetable	Assorted Salads & Fresh Fruits
FRIDAY 30/3/2018	Fresh Fruits & Milk	Stir fried Chicken & Vegetables Sautéed Tofu with Basil V	Grilled Pork with BBQ Sauce Vegetable Chilli V	Potato Wedges Grilled Corn	Fried Fish & Vegetable	Assorted Salads & Fresh Fruits