

October

Lunch Menu



Week 1

	Monday October 2	Tuesday October 3	Wednesday October 4	Thursday October 5	Friday October 6
Option 1	Daily Food Station Noodle Soup Station Fried Noodle Station Asian Fried Rice Station Pasta Station	Noodle Soup Station Fried Noodle Station Fried Rice Station Pasta Station	Noodle Soup Station Fried Noodle Station Fried Rice Station Pasta Station	Noodle Soup Station Fried Noodle Station Fried Rice Station Pasta Station	Noodle Soup Station Fried Noodle Station Fried Rice Station Pasta Station
	Hot Food Hot Food	Hot Food	Hot Food	Hot Food	Hot Food
Option 2	Soup / Vegetables Potato Cream Soup	Steamed Bokchoy	Chicken Broth	Butter Vegetables	Miso
	Main Dish Baked Lasagna	Stew Pork	Hainanese Chicken	Grilled Fresh Fish with Cream Sauce	Chicken Orange
	Rice / Potato Garlic Bread	Steamed Rice	Hainanese Rice	Fried Potato Wedges	Steamed Rice
Option 3	Daily Specials! Cleared Cabbage Soup Chicken Ginger	Vegetable Soup Chicken Basil	Caisin Soup Fried Bean Sprout with Pork	Fried Pork with Long Beans Fried Egg with Onions	Vermicelli Salad Kapik Rice Wrap with Egg

Snacks

Sandwich/Bakery/Fruit	N/A	Tuna Sandwich/Dimsum	Chicken Burrito/Dimsum	Burger/Dimsum	Grilled Ham and Cheese/Dimsum
Cereals	N/A	Selection of Cereals with Fresh Milk	Selection of Cereals with Fresh Milk	Selection of Cereals with Fresh Milk	Selection of Cereals with Fresh Milk
Juices	N/A	Juices	Juices	Juices	Juices

Week 2

	Monday October 9	Tuesday October 10	Wednesday October 11	Thursday October 12	Friday October 13
Option 1	Daily Food Station Noodle Soup Station Fried Noodle Station Asian Fried Rice Station Pasta Station	Noodle Soup Station Fried Noodle Station Fried Rice Station Pasta Station	Noodle Soup Station Fried Noodle Station Fried Rice Station Pasta Station	Noodle Soup Station Fried Noodle Station Fried Rice Station Pasta Station	Noodle Soup Station Fried Noodle Station Fried Rice Station Pasta Station
	Hot Food Hot Food	Hot Food	Hot Food	Hot Food	Hot Food
Option 2	Soup / Vegetables Potato Cream Soup	Steamed Bokchoy	Chicken Broth	Butter Vegetables	Miso
	Main Dish Baked Lasagna	Stew Pork	Hainanese Chicken	Grilled Fresh Fish with Cream Sauce	Chicken Orange
	Rice / Potato Garlic Bread	Steamed Rice	Hainanese Rice	Fried Potato Wedges	Steamed Rice
Option 3	Daily Specials! Cleared Cabbage Soup Chicken Ginger	Cleared Cabbage Soup Chicken Basil	Stir-fried Chicken with Vegetables Chicken Pad Thai	Fried Pork with Long Beans Fried Egg with Onions	Fresh Pork Spring Rolls Fried Egg with Minced Chicken

Snacks

Sandwich/Bakery/Fruit	N/A	Tuna Sandwich/Dimsum	Chicken Burrito/Dimsum	Burger/Dimsum	Grilled Ham and Cheese/Dimsum
Cereals	N/A	Selection of Cereals with Fresh Milk	Selection of Cereals with Fresh Milk	Selection of Cereals with Fresh Milk	Selection of Cereals with Fresh Milk
Juices	N/A	Juices	Juices	Juices	Juices

Week 3

	Monday October 16	Tuesday October 17	Wednesday October 18	Thursday October 19	Friday October 20
Option 1	Daily Food Station Noodle Soup Station Fried Noodle Station Asian Fried Rice Station Pasta Station	Noodle Soup Station Fried Noodle Station Fried Rice Station Pasta Station	Noodle Soup Station Fried Noodle Station Fried Rice Station Pasta Station	Noodle Soup Station Fried Noodle Station Fried Rice Station Pasta Station	Noodle Soup Station Fried Noodle Station Fried Rice Station Pasta Station
	Hot Food SCHOOL CLOSED	Hot Food	Hot Food	Hot Food	Hot Food
Option 2	Soup / Vegetables Potato Cream Soup	Potato Cream Soup	Chicken Broth	Butter Vegetables	Miso
	Main Dish CLOSED	Baked Lasagna	Hainanese Chicken	Grilled Fresh Fish with Cream Sauce	Chicken Orange
	Rice / Potato Garlic Bread	Garlic Bread	Hainanese Rice	Fried Potato Wedges	Steamed Rice
Option 3	Daily Specials! Cleared Cabbage Soup Chicken Ginger	Vegetable Soup Chicken Basil	Caisin Soup Fried Beansprouts with Pork	Fried Pork with Long Beans Fried Egg with Onions	Fresh Pork Spring Rolls Fried Egg with Minced Chicken

Snacks

Sandwich/Bakery/Fruit	N/A	Tuna Sandwich/Dimsum	Chicken Burrito/Dimsum	Burger/Dimsum	Grilled Ham and Cheese/Dimsum
Cereals	N/A	Selection of Cereals with Fresh Milk	Selection of Cereals with Fresh Milk	Selection of Cereals with Fresh Milk	Selection of Cereals with Fresh Milk
Juices	N/A	Juices	Juices	Juices	Juices

Week 4

	Monday October 23	Tuesday October 24	Wednesday October 25	Thursday October 26	Friday October 27
Option 1	Daily Food Station Noodle Soup Station Fried Noodle Station Asian Fried Rice Station Pasta Station	Noodle Soup Station Fried Noodle Station Fried Rice Station Pasta Station	Noodle Soup Station Fried Noodle Station Fried Rice Station Pasta Station	Noodle Soup Station Fried Noodle Station Fried Rice Station Pasta Station	Noodle Soup Station Fried Noodle Station Fried Rice Station Pasta Station
	Hot Food Hot Food	Hot Food	Hot Food	Hot Food	Hot Food
Option 2	Soup / Vegetables Potato Cream Soup	Steamed Bokchoy	Chicken Broth	Butter Vegetables	Miso
	Main Dish Baked Lasagna	Stew Pork	Hainanese Chicken	Grilled Fresh Fish with Cream Sauce	Chicken Orange
	Rice / Potato Garlic Bread	Steamed Rice	Hainanese Rice	Fried Potato Wedges	Steamed Rice
Option 3	Daily Specials! Cleared Cabbage Soup Chicken Ginger	Vegetable Soup Chicken Basil	Caisin Soup Fried Beansprouts with Pork	Fried Pork with Long Beans Fried Egg with Onions	Fresh Pork Spring Rolls Fried Egg with Minced Chicken

Snacks

Sandwich/Bakery/Fruit	N/A	Tuna Sandwich/Dimsum	Chicken Burrito/Dimsum	Burger/Dimsum	Grilled Ham and Cheese/Dimsum
Cereals	N/A	Selection of Cereals with Fresh Milk	Selection of Cereals with Fresh Milk	Selection of Cereals with Fresh Milk	Selection of Cereals with Fresh Milk
Juices	N/A	Juices	Juices	Juices	Juices

* All options are served with *veggies* and *fruit* portions.

Bon Appétit!