



YEAR 2-13 MENU FROM 02.09.17 TO 03.11.17

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 2/10/2017	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 3/10/2017	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 4/10/2017	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 5/10/2017	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 6/10/2017	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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MONDAY 9/10/2017	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 10/10/2017	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 11/10/2017	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 12/10/2017	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 13/10/2017	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



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MONDAY 16/10/2017	Fresh fruits & Milk	Steamed Fish with Soy Sauce Tofu Sweet & Sour V	Roast Pork with Gravy Pasta with Tomato & Basil V	Rosemary Roast Potatoes Glazed Carrots	Chicken & Vegetable	Assorted Salads & Fresh Fruits
TUESDAY 17/10/2017	Fresh fruits & Milk	Grilled Chicken Teriyaki Stir Fried Vegetables & Tofu V	Baked Fish with Mustard Greens Mushroom Stroganoff V	Lyonnaise Potatoes Green Beans	Minced Pork & Vegetable	Assorted Salads & Fresh Fruits
WEDNESDAY 18/10/2017	Fresh fruits & Milk	Stir Fried Pork & Vegetables Fried Noodles with Tofu & Vegetables V	Pasta Bolognese (Chicken) Eggplant Parmigiana V	Roasted Vegetables	Steamed Fish & Vegetable	Assorted Salads & Fresh Fruits
THURSDAY 19/10/2017	Fresh fruits & Milk	Fish Sweet & Sour Tofu Kung Pao (no nuts) V	Pork Paprika Vegetable Cottage Pie V	Sautéed Potatoes Broccoli	Minced Chicken & Vegetable	Assorted Salads & Fresh Fruits
FRIDAY 20/10/2017	Fresh fruits & Milk	Stir Fried Chicken with Lemongrass Tofu & Vegetable Red Curry V	Breaded Fish Pasta with Pesto V	Hand Cut Chips Corn	Beef & Vegetable	Assorted Salads & Fresh Fruits



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MONDAY 30/10/2017	Fresh fruits & Milk	Stir Fried Beef & Broccoli Braised Tofu & Mushrooms V	Fish Mornay Ratatouille V	Baby Roasted Potatoes Mixed Vegetables	Minced Chicken & Vegetable	Assorted Salads & Fresh Fruits
TUESDAY 31/10/2017	Fresh fruits & Milk	Honey Glazed Chicken Korean Tofu & Vegetable Stew V	Pork Schnitzel & Gravy Tomato & Zucchini Pasta Bake V	Mashed Potato Glazed Carrots	Beef & Vegetable	Assorted Salads & Fresh Fruits
WEDNESDAY 1/11/2017	Fresh fruits & Milk	Fish with Sweet Chilli Sauce Stir Fried Tofu & Vegetables V	Chicken Provencal Mixed Vegetable Gratin V	Sautéed Potatoes Green Beans	Grilled Pork & Vegetable	Assorted Salads & Fresh Fruits
THURSDAY 2/11/2017	Fresh fruits & Milk	Chicken with 5 Spices Stir Fried Noodles with Tofu V	Shepherd's Pie (Beef) Creamy Vegetable Pasta Bake V	Broccoli	Steamed Fish & Vegetable	Assorted Salads & Fresh Fruits
FRIDAY 3/11/2017	Fresh fruits & Milk	Steamed Fish with Lime Sauce Braised Vegetable Stew V	Grilled Chicken BBQ Sauce Vegetable Chilli V	Potato Wedges Sweet Corn	Minced Pork & Vegetable	Assorted Salads & Fresh Fruits