

YEAR 2-13 MENU FROM 1.02.18 TO 28.02.18

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 1/2/2018	Fresh Fruits & Milk	Stir Fried Chicken & Vegetables Tofu Kung Pao (no nuts) V	Fish Pie Roasted Vegetable Pasta Bake V	Sautéed Green Vegetables	Grilled Pork & Vegetable	Assorted Salads & Fresh Fruits
FRIDAY 2/2/2018	Fresh Fruits & Milk	Braised Fish with Lemongrass Sautéed Noodles with Vegetables V	Pork Mexican Vegetable Chilli V	Potato Wedges Grilled Corn	Chicken & Vegetable	Assorted Salads & Fresh Fruits
MONDAY 5/2/2018	Fresh Fruits & Milk	Grilled Chicken with Oyster & Lemongrass Sauce Braised Tofu & Mushrooms V	Roasted Pork with Mushroom Sauce Macaroni Cheese V	Sautéed Potatoes Mixed Vegetables	Beef & Vegetable	Assorted Salads & Fresh Fruits
TUESDAY 6/2/2018	Fresh Fruits & Milk	Baked Fish with Tomato Sauce Stir Fried Vegetables & Tofu V	Chicken Fricassee Ratatouille V	Roasted Baby Potatoes Green Beans	Grilled Pork & Vegetable	Assorted Salads & Fresh Fruits
WEDNESDAY 7/2/2018	Fresh Fruits & Milk	Caramelized Pork with Daikon Sautéed Noodles with Vegetables V	Fish Provencal Roasted Vegetable Lasagna V	Potato Gratin Mixed Green Vegetables	Chicken & Vegetable	Assorted Salads & Fresh Fruits

YEAR 2-13 MENU FROM 1.02.18 TO 28.02.18

DATE	MORNING SNACK (Y2-Y6 Only)	LUNCH				
		ASIAN Served with Steamed Rice	WESTERN	SIDE DISHES	NOODLE SOUP	SALADS & FRESH FRUITS Changes Daily
THURSDAY 8/2/2018	Fresh Fruits & Milk	Grilled Chicken with Hoisin Sauce Tofu Kung Pao (no nuts) ✓	Grilled Pork with Cheese Sauce Enchilada Casserole ✓	Potato Wedges Sautéed Vegetables	Pork Meatball & Vegetable	Assorted Salads & Fresh Fruits
FRIDAY 9/2/2018	Fresh Fruits & Milk	Sweet & Sour Pork Stir Fried Chinese Vegetables ✓	Crispy Bread Crumbed Fish Pasta with Basil & Tomato Sauce ✓	Hand Cut Chips Garden Peas & Corn	Chicken & Vegetable	Assorted Salads & Fresh Fruits
MONDAY 26/2/2018	Fresh Fruits & Milk	Braised Fish Sweet & Sour Tofu ✓	Meatloaf with Gravy Vegetable Goulash ✓	Mashed Potatoes Green Beans	Chicken & Vegetable	Assorted Salads & Fresh Fruits
TUESDAY 27/2/2018	Fresh Fruits & Milk	Grilled Chicken with Five Spices Sautéed Tofu with Hoisin Sauce ✓	Pasta Bolognaise Eggplant & Zucchini Parmigiana ✓	Herbed Potatoes Sautéed Vegetables	Pork Meatball & Vegetable	Assorted Salads & Fresh Fruits
WEDNESDAY 28/2/2018	Fresh Fruits & Milk	Pork Katsu Kare Sautéed Noodles & Vegetables ✓	Baked Fish with Lemon Butter Grilled Vegetable Gratin ✓	Sautéed Potatoes Carrots & Broccoli	Beef & Vegetable	Assorted Salads & Fresh Fruits