

WEEKLY MENU



3, Monday	4, Tuesday	5, Wednesday	6, Thursday	7, Friday
<p>CHEF'S RECOMMENDATION (\$ 5.00) Baked Fish with Tomato Concasse Roasted Vegetables Butter Rice</p> <p>TASTE OF ASIA (\$5.00) Tandoori Chicken Vegetable Kurma Whole Grain Pita</p> <p>CLASSIC VEGETARIAN (\$5.00) Fried Hong Kong Noodle French Bean Fu Yong Omelet</p> <p>SANDWICH (\$5.00) Chicken Ham & Cheese Sub with Fruit</p> <p>FRESH FRUIT (\$1.00)</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) Beef Bolognese Steamed Broccoli Spaghetti</p> <p>TASTE OF ASIA (\$5.00) Sweet & Sour Fish Steamed Broccoli Fragrant Rice</p> <p>CLASSIC VEGETARIAN (\$5.00) Buttermilk Waffles with Fruit Yoghurt Steamed Broccoli Egg and Caper Salad</p> <p>SANDWICH (\$5.00) Garden Veggie Sub with Fruit</p> <p>FRESH FRUIT (\$1.00)</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) Baked Fish Parmigiana Creamed Spinach Fragrant Rice</p> <p>TASTE OF ASIA (\$5.00) Hainanese Chicken Rice Spinach in Oyster Sauce</p> <p>CLASSIC VEGETARIAN (\$5.00) Chick Pea Waldorf Salad Soft Warm Tortilla</p> <p>SANDWICH (\$5.00) Chicken Teriyaki Sub with Fruit</p> <p>FRESH FRUIT (\$1.00)</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) Grilled Chicken with Orange Glaze Fusilli with Bell Peppers Brown Rice</p> <p>TASTE OF ASIA (\$5.00) Chicken Katsu Japanese Curry with Potato & Carrot Fragrant Rice</p> <p>CLASSIC VEGETARIAN (\$5.00) Vegetarian Tex Mex Fusilli</p> <p>SANDWICH (\$5.00) Egg & Cheese Sub with Fruit</p> <p>FRESH FRUIT (\$1.00)</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) Cajun Fish Fillet Sweet Peas & Corn Roasted Potatoes</p> <p>TASTE OF ASIA (\$5.00) Thai Basil Chicken Cucumber Salad Fried Pad Thai</p> <p>CLASSIC VEGETARIAN (\$5.00) Yellow Dhal Chickpea Curry Indian Flavoured Rice</p> <p>SANDWICH (\$5.00) Tuna Sub with Fruit</p> <p>FRESH FRUIT (\$1.00)</p>

WEEKLY MENU

10, Monday	11, Tuesday	12, Wednesday	13, Thursday	14, Friday
<p>School Break</p>	<p>School Break</p>	<p>School Break</p>	<p>School Break</p>	<p>School Break</p>

WEEKLY MENU

17, Monday	18, Tuesday	19, Wednesday	20, Thursday	21, Friday
School Break	School Break	School Break	School Break	School Break

WEEKLY MENU



24, Monday	25, Tuesday	26, Wednesday	27, Thursday	28, Friday
<p>CHEF'S RECOMMENDATION (\$ 5.00) Baked Chicken in Mushroom Sauce Fried French Beans Pilaf Rice</p> <p>TASTE OF ASIA (\$5.00) Baked Teriyaki Fish Fried French Beans Brown Rice</p> <p>CLASSIC VEGETARIAN (\$5.00) Vegetable Tempura Fried Udon Chawamushi</p> <p>SANDWICH (\$5.00) Chicken Ham & Cheese Sub with Fruit</p> <p>FRESH FRUIT (\$1.00)</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) Beef Pepperoni Pizza Broccoli & Carrots</p> <p>TASTE OF ASIA (\$5.00) Ginger & Onion Chicken Xiao Bai Chye Fragrant Rice</p> <p>CLASSIC VEGETARIAN (\$5.00) Magherita Pizza Broccoli & Carrots</p> <p>SANDWICH (\$5.00) Garden Veggie Sub with Fruit</p> <p>FRESH FRUIT (\$1.00)</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) Dory Fillet in Lemon Butter Sauce Broccoli & Corn Brown Rice</p> <p>TASTE OF ASIA (\$5.00) Char Siew Chicken Rice Broccoli in Oyster Sauce</p> <p>CLASSIC VEGETARIAN (\$5.00) Roti Prata Chickpea Curry Roasted Cauliflower</p> <p>SANDWICH (\$5.00) Chicken Teriyaki Sub with Fruit</p> <p>FRESH FRUIT (\$1.00)</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) Chicken Alfredo Penne Garlic Broccoli</p> <p>TASTE OF ASIA (\$5.00) Stir Fry Bell Pepper Beef Garlic Broccoli Fragrant Rice</p> <p>CLASSIC VEGETARIAN (\$5.00) Aglio Olio Penne Garlic Broccoli Black Bean Salad</p> <p>SANDWICH (\$5.00) Egg & Cheese Sub with Fruit</p> <p>FRESH FRUIT (\$1.00)</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) Chicken Provencal Potato Gratin Cauliflower with Corn</p> <p>TASTE OF ASIA (\$5.00) Wok Fried Fish with Tangerine Sauce Cauliflower with Carrot Brown Rice</p> <p>CLASSIC VEGETARIAN (\$5.00) Steamed Egg with Scallions Oriental Fried Rice Cauliflower with Carrot</p> <p>SANDWICH (\$5.00) Tuna Sub with Fruit</p> <p>FRESH FRUIT (\$1.00)</p>