



BVIS HN TERM 1/2018: Y7 - Y13 LUNCH MENU 2

	MAIN COURSE	SIDE DISHES	NOODLE SOUP	SALADS and FRESH FRUITS Changes Daily
MONDAY	Stir Fried Beef with Vegetables Braised Tofu & Mushrooms V Fish Pie	Steamed Rice Ratatouille Green Beans	Minced Chicken & Vegetable	Assorted Salads & Fresh Fruits
TUESDAY	Honey Glazed Chicken Pork Schnitzel & Gravy Tomato & Zucchini Pasta Bake V	Steamed Rice Mashed Potato Glazed Carrots	Beef & Vegetable	Assorted Salads & Fresh Fruits
WEDNESDAY	Fish with Sweet Chilli Sauce Stir Fried Tofu & Vegetables V Chicken Provencal	Steamed Rice Sautéed Potatoes Broccoli	Grilled Pork & Vegetable	Assorted Salads & Fresh Fruits
THURSDAY	Chicken with 5 Spices Shepherd's Pie (Beef) Creamy Vegetable Pasta Bake V	Steamed Rice Sautéed Vegetables	Fried Fish & Vegetable	Assorted Salads & Fresh Fruits
FRIDAY	Stuffed Quails Eggs with Pork Braised Vegetable Stew V Grilled Chicken with BBQ Sauce	Steamed Rice Potato Wedges Grilled Corn	Beef & Vegetable	Assorted Salads & Fresh Fruits

V= VEGETARIAN