



YEAR 2-13 MENU: 07.01.2019 - 30.01.2019

V= VEGETARIAN

DATE	MORNING SNACK (Y2-Y6 Only)	LUNCH			
		MAIN COURSE	SIDE DISHES	NOODLE SOUP	SALAD & FRESH FRUIT (Changes Daily)
MONDAY 07/01/2019	Fresh Fruit & Milk	Pork Meatball with Sweet & Sour Sauce Texas Chicken Malaysian Tofu Curry V	Steamed Rice Broccoli Vegetable Chilli	Beef & Vegetable	Assorted Salad & Fresh Fruit
TUESDAY 08/01/2019	Fresh Fruit & Milk	Fried Fish with Dill Roast Beef with Pepper Sauce Stir Fried Noodles with Tofu V	Steamed Rice Mashed Potato Sautéed Green Beans	Pork & Vegetable	Assorted Salad & Fresh Fruit
WEDNESDAY 09/01/2019	Fresh Fruit & Milk	Fried Chicken with Fish Sauce Spaghetti, Sausage & Tomato Sauce Eggplant Parmigiana V	Steamed Rice Sautéed Pumpkin Mixed Green Vegetables	Fish & Vegetable	Assorted Salad & Fresh Fruit
THURSDAY 10/01/2019	Fresh Fruit & Milk	Thai Stir Fried Pork Seafood Paella Mushroom Stroganoff V	Steamed Rice Pickled Cabbage with Tomato Broccoli & Carrots	Chicken & Vegetable	Assorted Salad & Fresh Fruit
FRIDAY 11/01/2019	Fresh Fruit & Milk	Vietnamese Beef Stew Crispy Crumbed Fish Pasta with Pesto Sauce V	Steamed Rice Hand Cut Chips Grilled Corn	Pork & Vegetable	Assorted Salad & Fresh Fruit



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MONDAY 14/01/2019	Fresh Fruit & Milk	Grilled Fish Hanoi Style Chicken Parmesan Braised Tofu & Mushroom Stew V	Steamed Rice Potato Gratin Mixed Vegetables	Pork & Vegetable	Assorted Salad & Fresh Fruit
TUESDAY 15/01/2019	Fresh Fruit & Milk	Chicken with Hoisin Irish Pork & Potato Stew Vegetable Pasta Bake V	Steamed Rice Peas & Carrots Broccoli	Fish & Vegetable	Assorted Salad & Fresh Fruit
WEDNESDAY 16/01/2019	Fresh Fruit & Milk	Stuffed Squid with Pork + Ginger Sauce Cocktail Sausages with BBQ Sauce Spaghetti Marinara V	Steamed Rice Potato Wedges Grilled Corn	Chicken & Vegetable	Assorted Salad & Fresh Fruit
THURSDAY 17/01/2019	Fresh Fruit & Milk	Caramelised Pork with Daikon Grilled Chicken with Passionfruit Sauce Tofu Teriyaki V	Steamed Rice Sweet Potato Mash Sautéed Vegetables	Beef & Vegetable	Assorted Salad & Fresh Fruit
FRIDAY 18/01/2019	Fresh Fruit & Milk	Fried Fish with Papaya Assorted Pizza Stir Fried Tofu & Vegetables V	Steamed Rice Hand Cut Chips Green Beans & Tomato	Chicken & Vegetable	Assorted Salad & Fresh Fruit



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MONDAY 21/01/2019	Fresh Fruit & Milk	Braised Fish Roast Pork with Gravy Tofu with Basil V	Steamed Rice Roast Potatoes Mixed Vegetables	Beef & Vegetable	Assorted Salad & Fresh Fruit
TUESDAY 22/01/2019	Fresh Fruit & Milk	Stir Fried Chicken with Lime Leaves Shepherd's Pie (Beef) Creamy Vegetable Bake V	Steamed Rice Braised Cabbage Sautéed Chayote	Pork & Vegetable	Assorted Salad & Fresh Fruit
WEDNESDAY 23/01/2019	Fresh Fruit & Milk	Seafood Tempura Pork Meatballs in Tomato Sauce Tofu Green Curry V	Steamed Rice Sautéed Potatoes Mixed Green Vegetables	Chicken & Vegetable	Assorted Salad & Fresh Fruit
THURSDAY 24/01/2019	Fresh Fruit & Milk	Char Siu Pork Grilled Chicken with Cream Sauce Noodles with Tofu & Vegetables V	Steamed Rice Bok Choy with Oyster Sauce Broccoli & Carrots	Fish & Vegetable	Assorted Salad & Fresh Fruit
FRIDAY 25/01/2019	Fresh Fruit & Milk	Fried Fish with Tamarind Sauce Moroccan Chicken Roasted Vegetable Pasta Bake V	Steamed Rice Lemon & Herb Potatoes Chickpea & Spinach Stew	Pork & Vegetable	Assorted Salad & Fresh Fruit



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MONDAY 28/01/2019	Fresh Fruit & Milk	Korean Style Pork Beef & Potato Stew Sautéed Tofu with Hoisin V	Steamed Rice Mixed Green Vegetables Glazed Carrots	Chicken & Vegetable	Assorted Salad & Fresh Fruit
TUESDAY 29/01/2019	Fresh Fruit & Milk	Chicken Teriyaki Pork Schnitzel with Gravy Spaghetti with Tomato Sauce V	Steamed Rice Mashed Potato Mixed Vegetables	Fish & Vegetable	Assorted Salad & Fresh Fruit
WEDNESDAY 30/01/2019	Fresh Fruit & Milk	Chinese Beef & Vegetable, Pepper Sauce Fish Fingers Sautéed Noodles with Vegetables V	Steamed Rice Hand Cut Chips Corn, Peas & Carrots	Pork & Vegetable	Assorted Salad & Fresh Fruit