



WEEKLY MENU

Monday

3 October 2016

Non-Vegetarian (\$5.00)

Sweet & Sour Fish
Steamed Broccoli
Fragrant Rice
Mixed Fruit Compote

Vegetarian (\$5.00)

Mini Waffles with Yoghurt
Broccoli Frittata
Mixed Fruit Compote

Sandwich (\$4.00)

Chicken Ham & Cheese Sub
with Fruits

Fruits (\$1.00)

Red Apple

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Tuesday

4 October 2016

Non-Vegetarian (\$5.00)

Baked Fish with Mushroom
Ragu
Steamed Broccoli
Potato Roasties
Fresh Fruit

Vegetarian (\$5.00)

Stir-fried Hongkong Noodles
Cauliflower & Carrot
Tomato & Scallion Omelette
Fresh Fruit

Sandwich (\$4.00)

Garden Veggie Sub
With Fruits

Fruits (\$1.00)

Sunmelon

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Wednesday

5 October 2016

Non-Vegetarian (\$5.00)

Stir-fried Beef In Ginger &
Scallion
Cabbage with Mushroom
Brown Rice
Mixed Melons

Vegetarian (\$5.00)

Mushroom & Cheese Frittata
Zucchini & Corn
Penne Salad
Mixed Melons

Sandwich (\$4.00)

Chicken Teriyaki Sub
With Fruits

Fruits (\$1.00)

Orange

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Thursday

6 October 2016

Non-Vegetarian (\$5.00)

Pan-grilled Dory Fillet
Milanese
Cauliflower & Peas
Brown Rice
Fruit Salad

Vegetarian (\$5.00)

Pasta Napolenta
Tofu & Chickpeas Salsa
Cauliflower & Peas
Fruit Salad

Sandwich (\$4.00)

Egg & Cheese Sub
With Fruits

Fruits (\$1.00)

Watermelon

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Friday

7 October 2016

Non-Vegetarian (\$5.00)

Chicken Fajitas
Roasted Vegetables
Warm Tortilla
Mixed Fruit

Vegetarian (\$5.00)

Mexican Beans Stew
Roasted Vegetables
Warm Tortilla
Mixed Fruit

Sandwich (\$4.00)

Tuna Sub with Fruits

Fruits (\$1.00)

Honeydew

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

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WEEKLY MENU

Monday

10 October 2016

Non-Vegetarian (\$5.00)

Baked Dory (Fish)
Parmigiana
Steamed Broccoli &
Cauliflower
Brown Rice
Fruit Salad

Vegetarian (\$5.00)

Tri-Color Fusilli Primavera
Steamed Broccoli &
Cauliflower
Cheese Frittata
Fruit Salad

Sandwich (\$4.00)

Chicken Ham & Cheese Sub
with Fruits

Fruits (\$1.00)

Red Apple

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Tuesday

11 October 2016

Non-Vegetarian (\$5.00)

Sweet & Sour Chicken
Xiao Bai Cai
Fragrant Rice
Mixed Melons

Vegetarian (\$5.00)

Stir-fried Rice Noodles
Xiao Bai Cai
Soy-Braised Egg
Mixed Melons

Sandwich (\$4.00)

Garden Veggie Sub
With Fruits

Fruits (\$1.00)

Sun melon

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) 1.50

Wednesday

12 October 2016

Non-Vegetarian (\$5.00)

Baked Chicken Ziti (Pasta)
Sauteed Vegetables Mix
Fruit Compote

Vegetarian (\$5.00)

Oriental Fried Rice with
Vegetables
Braised Ma Po Tofu
Fruit Compote

Sandwich (\$4.00)

Chicken Teriyaki Sub
With Fruits

Fruits (\$1.00)

Orange

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Thursday

13 October 2016

Non-Vegetarian (\$5.00)

Grilled Dory Fillet with Capers
Green Beans with Carrots
Brown Rice
Fresh Fruit

Vegetarian (\$5.00)

Mediterranean Vegetables
Pita
Egg & Cheese Salad
Fresh Fruit

Sandwich (\$4.00)

Egg & Cheese Sub with Fruit

Fruits (\$1.00)

Watermelon

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Friday

14 October 2016

Non-Vegetarian (\$5.00)

Cajun Chicken Pizza
Zucchini & Corn
Fruit Salad

Vegetarian (\$5.00)

Magherita Pizza
Zucchini & Corn
Fruit Salad

Sandwich (\$4.00)

Tuna Sub with Fruit

Fruits (\$1.00)

Pear

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

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DCIS October 2016 Menu (Lower Primary)