



Primary School Lunch Menu 2 September 2020



	MORNING SNACK	LUNCH			
		MAIN COURSE	SIDE DISHES	NOODLE SOUP	FRESH FRUITS
MONDAY 7 Sept 20	Mini Sponge Cake Fresh Milk	Chicken Stick Fried With Cheese Thai's Style Fried Beef Stick Wok Fried Nappa Cabbage With Mushroom Mix Veggie Soup Tofu Curry w Mushroom V	Salad Bar French Fried Steam Rice	Pho Bo (Beef Noodle)	Seasonal Fruit & Juice
TUESDAY 8 Sept 20	Mantou Soy Milk	Shrimp w Passion Fruit Sauce Chachiu Pork Sauteed Pumpkin w Garlic Nappa Cabbage and Mushroom Broth Veggie Spring Roll V	Salad Bar Baked Sweet Potato Steamed rice	Sour Soup Noodle W Meat Ball	Seasonal Fruit & Juice
WEDNESDAY 9 Sept 20	Rockmellon Freshmilk	Steam Fish w Szechuan Sauce Stew Beef Steam Veggies Pumpkin soup Braised Bamboo w Mushroom, Wood -ear and Lotus Seed V	Salad Bar Macaroni w Cream Sauce Steamed Rice	Pho Bo (Beef noodle)	Seasonal Fruit & Juice
THURSDAY 10 Sept 20	Pork Baozi Watermelon Juice	Pork Goulash Wok Fried Shrimp w Veggies Mix Work Fried Veggie Winter Melon w Minced Pork Veggie Omellete V	Salad Bar Mashed Potato Steamed Rice	Bun Ca (Fish Noodle)	Seasonal Fruit & Juice
FRIDAY 11 Sept 20	Apple Fresh Milk	Spaghetti Day Fried Chicken Chicken and Mushroom Soup Braised Mushroom w Tofu V	Salad Bar French Fried	Pho Ga (Chicken Noodle)	Seasonal Fruit & Juice

V=VEGETARIAN