

WEEKLY MENU

CHILD'S FULL NAME: _____ CLASS : _____

Please select one of the seven options for each day by ticking the box, and returning to school.

Disclaimer: The menu has been modified to offer a healthier choice for the kids

	Monday 22 th Apr 2019	Tuesday 23 th Apr 2019	Wednesday 24 th Apr 2019	Thursday 25 th Apr 2019	Friday 26 th Apr 2019
SANDWICHES OPTION 1:	Honey Roasted Chicken Wrap	Mediterranean Tuna Sandwich	BBQ Chicken Wrap	Chicken and Mango Salsa Wrap	Italian Herb Chicken Sandwich
SANDWICHES OPTION 2:	Cheddar Cheese and Tomato Sandwich	Falafel Wrap	Grilled Eggplant and Cheese Sandwich	Hummus and Vegetable Sandwich	Teriyaki Tofu and Chickpea Wrap
LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits					
LUNCH OPTION 3: WESTERN CUISINE	Creamy Fish Chowder Served with pasta and vegetables	Sweet Garlic Honey Roast Chicken Served with potato wedges and vegetables	Baked Lemon Herb Fish Served with pasta and vegetables	Chicken with Mushroom Sauce Served with butter rice and vegetables	Tuscan Fish Served with corn on cob and vegetables
LUNCH OPTION 4: ASIAN CUISINE	Japanese Curry Served with steamed rice vegetables	Sweet Potato Fish Curry Served with steamed rice and vegetables	Chicken Rendang Served with steamed rice and vegetables	Three Flavoured Fish Served with steamed rice and vegetables	Grilled Huli Huli Chicken Served with pasta and vegetables
LUNCH OPTION 5: SPECIAL OF THE DAY	Cilantro Lime Fish Served with flavoured rice and vegetables	Chicken Stew Served with pasta and vegetables	Chicken Kuzi Served with flavoured rice and vegetables	Hearty Beef Stew Served baked potato and vegetables	Cheesy Pasta Bake Served with vegetables
LUNCH OPTION 6: VEGETARIAN	Eggplant Dhal Served with Lebanese bread and vegetables	Egg Frittata Served with baked potato and vegetables	Pumpkin Dhal Served with Lebanese bread and vegetables	Omelette Served with fried noodles and vegetables	Tomato & Potato Dhal Served with bread and vegetables
LUNCH OPTION 7: LIVE STATION	Noodle of the Day	Noodle of the Day	Kebab/Panini of the Day	Noodle of the Day	Noodle of the Day
For any dietetic or allergy concerns, kindly email to Service Department at service@britishschool.edu.my					

Food Traffic Light Indicators:



Healthier Choice (Everyday)



OK Choice (4 times / week)



Nice to have once a while

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	Monday 29 th Apr 2019	Tuesday 30 th Apr 2019	Wednesday 1 st May 2019	Thursday 2 nd May 2019	Friday 3 rd May 2019
SANDWICHES OPTION 1:	Lemon Herb Chicken Wrap	Cajun Chicken Sandwich	LABOUR DAY HOLIDAY	Tuna and Cucumber Sandwich	Rosemary Sliced Beef Wrap
SANDWICHES OPTION 2:	Hard-Boiled Egg Sandwich	Cheese & Olives Wrap	LABOUR DAY HOLIDAY	Grilled Pumpkin and Feta Cheese Wrap	Tofu Pesto Sandwich
LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits					
LUNCH OPTION 3: WESTERN CUISINE	Chicken Sorrento Served with corn rice and vegetable	Lemon Butter Fish Served with pasta and vegetables	LABOUR DAY HOLIDAY	Roast Chicken with Sweet Onion Gravy Served with pasta and vegetables	Irish Fish Stew Served with pasta and vegetables
LUNCH OPTION 4: ASIAN CUISINE	Sweet and Sour Fish Served with steamed rice and vegetables	Chicken Masak Merah Served with steamed rice and vegetables	LABOUR DAY HOLIDAY	Thai Baked Fish Fillet Served with steamed rice and vegetables	Crispy Cereal Chicken Served with steamed rice and vegetables
LUNCH OPTION 5: SPECIAL OF THE DAY	Oriental Chicken Served with pasta and vegetables	Braised Soy Sauce Chicken Served with steamed rice and vegetables	LABOUR DAY HOLIDAY	Chicken Teriyaki Served with garlic fried rice and vegetables	Thin-Crust Hawaiian Chicken Pizza Served with vegetables
LUNCH OPTION 6: VEGETARIAN	Mixed Beans Curry Served with bread and vegetables	Mushroom and Leek Pie Served with baked potato and vegetables	LABOUR DAY HOLIDAY	Indian Egg Curry (low fat milk) Served with Lebanese bread and vegetables	Chinese Stir-Fried Tofu with Mushrooms Served with steamed rice and vegetables
LUNCH OPTION 7: LIVE STATION	Noodle of the Day	Noodle of the Day	LABOUR DAY HOLIDAY	Noodle of the Day	Noodle of the Day
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Food Traffic Light Indicators:



Healthier Choice (Everyday)



OK Choice (4 times / week)



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	Monday 6 th May 2019	Tuesday 7 th May 2019	Wednesday 8 th May 2019	Thursday 9 th May 2019	Friday 10 th May 2019
SANDWICHES OPTION 1:	Mediterranean Chicken Sandwich	Caesar Chicken Wrap	Mexicana Chicken Sandwich	Cajun Chicken Wrap	Honey Chicken Sandwich
SANDWICHES OPTION 2:	Vegetables and Tempeh Wrap	Mozzarella and Tomato Sandwich	Jalapeno and Shredded Cheese Wrap	Hummus and Vegetables Sandwich	Falafel Wrap
LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits					
LUNCH OPTION 3: WESTERN CUISINE	Baked Fish with Cream Sauce Served with pasta and vegetables	Caprese Chicken Served with baked sweet potato and vegetables	Herb and Lemon Fish Served with pasta and vegetables	Chicken Schnitzel Served with pasta and vegetables	Bouillabaisse Fish Served with pasta and vegetables
LUNCH OPTION 4: ASIAN CUISINE	Chicken Masala Served with herb rice and vegetables	Percik Fish Served with pandan rice and vegetables	Baked Chicken with Plum Sauce Served with steamed rice and vegetables	Lamb & Potato Curry Served with bread and vegetables	Roast Turmeric Chicken Served with steamed rice and vegetables
LUNCH OPTION 5: SPECIAL OF THE DAY	Sweet Plum Sauce Chicken Served with steamed rice and vegetables	Fish Ratatouille Served with pasta and vegetables	Chicken Briyani Served with steamed rice and vegetables	Assam Pedas Fish Served with steamed rice and vegetables	Chicken Enchiladas Served with potato wedges and vegetables
LUNCH OPTION 6: VEGETARIAN	Cauliflower Dhal Served with Lebanese bread and vegetables	Chawanmushi Served with steamed rice and vegetables	Omelette Served with stir-fried noodles and vegetables	Eggplant Moussaka Served with Lebanese bread and vegetables	Mixed Vegetables & Peas Dhal Served with Roti Canai and vegetables
LUNCH OPTION 7: LIVE STATION	Noodle of the Day	Noodle of the Day	Kebab/Panini of the Day	Noodle of the Day	Noodle of the Day

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Healthier Choice (Everyday)



OK Choice (4 times / week)



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	Monday 13 th May 2019	Tuesday 14 th May 2019	Wednesday 15 th May 2019	Thursday 16 th May 2019	Friday 17 th May 2019
SANDWICHES OPTION 1:	Lemon & Herbs Chicken Wrap	Chicken Waldorf Sandwich	BBQ Pulled Lamb Wrap	Hawaiian Chicken Wrap	Peri-Peri Chicken Sandwich
SANDWICHES OPTION 2:	Roasted Tomato & Cheese Sandwich	Teriyaki Tempeh Wrap	Roasted Zucchini & Cheese Sandwich	Oriental BBQ Tofu Sandwich	Roasted Sweet Potato & Beans Wrap
LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits					
LUNCH OPTION 3: WESTERN CUISINE	Chicken Alfredo Served with pasta and vegetables	Honey Orange Baked Fish Served with pasta and vegetables	Roast Chicken with Rosemary Sauce Served with roast pumpkin and vegetables	Tempura Fish Served with potato wedges and vegetables	Chicken Burger Served with baked potato and vegetables
LUNCH OPTION 4: ASIAN CUISINE	Tamarind Fish Served with steamed rice and vegetables	Oatmeal Butter Chicken Served with steamed rice and vegetables	Soy Sauce Ginger Fish Served with steamed rice and vegetables	Kelantanese Chicken Served with steamed rice and vegetables	Malay Style Fish Curry Served with steamed rice and vegetables
LUNCH OPTION 5: SPECIAL OF THE DAY	Tandoori Chicken Served with Jeera rice and vegetables	Chicken Kurma Served with steamed rice and vegetables	Chinese Chicken Stew Served with flavored rice and vegetables	Parmesan Chicken Pasta Bake Served with vegetables	Braised Chicken in Tomato Sauce Served with flavored rice and vegetables
LUNCH OPTION 6: VEGETARIAN	Palak Dhal Served with Lebanese bread and vegetables	Mushroom Quiche Served with baked potatoes and vegetables	Tempeh and Bean Curd Sambal Served with steamed rice and vegetables	Italian Vegetables Casserole Served with bread and vegetables	Tamagoyaki Served with garlic fried rice and vegetables
LUNCH OPTION 7: LIVE STATION	Noodle of the Day	Noodle of the Day	Kebab/Panini of the Day	Noodle of the Day	Noodle of the Day
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Healthier Choice (Everyday)



OK Choice (4 times / week)



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	Monday 20 th May 2019	Tuesday 21 th May 2019	Wednesday 22 th May 2019	Thursday 23 th May 2019	Friday 24 th May 2019
SANDWICHES OPTION 1:	SCHOOL HOLIDAY	SCHOOL HOLIDAY	SCHOOL HOLIDAY	Honey Roasted Chicken Sandwich	Jalapeno & Chicken Wrap
SANDWICHES OPTION 2:	SCHOOL HOLIDAY	SCHOOL HOLIDAY	SCHOOL HOLIDAY	Melted Cheese & Tomato Wrap	Mashed Chickpeas Sandwich
LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits					
LUNCH OPTION 3: WESTERN CUISINE	SCHOOL HOLIDAY	SCHOOL HOLIDAY	SCHOOL HOLIDAY	Peri-Peri Fish Served with corn on cob and vegetables	Garlic Parsley Butter Chicken Served with pasta and vegetables
LUNCH OPTION 4: ASIAN CUISINE	SCHOOL HOLIDAY	SCHOOL HOLIDAY	SCHOOL HOLIDAY	Marmite Chicken Served with steamed rice and vegetables	Tom Yam Fish Served with flavored rice and vegetables
LUNCH OPTION 5: SPECIAL OF THE DAY	SCHOOL HOLIDAY	SCHOOL HOLIDAY	SCHOOL HOLIDAY	Sweet & Sour Fish Served with steamed rice and vegetables	Queso Baked Pasta Served with vegetables
LUNCH OPTION 6: VEGETARIAN	SCHOOL HOLIDAY	SCHOOL HOLIDAY	SCHOOL HOLIDAY	Pumpkin Dhal Served with bread and vegetables	Lo Hon Cai Served with steamed rice and vegetables
LUNCH OPTION 7: LIVE STATION	SCHOOL HOLIDAY	SCHOOL HOLIDAY	SCHOOL HOLIDAY	Noodle of the Day	Noodle of the Day
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	Monday 27 th May 2019	Tuesday 28 th May 2019	Wednesday 29 th May 2019	Thursday 30 th May 2019	Friday 31 th May 2019
SANDWICHES OPTION 1:	Curried Chicken Wrap	Tuna & Onion Sandwich	Hawaiian Chicken Wrap	Mango Chicken Sandwich	Chicken Caesar Wrap
SANDWICHES OPTION 2:	Mushroom and Cheese Sandwich	Teriyaki Tempeh Wrap	Grilled Beetroot & Cheese Sandwich	Grilled Pumpkin & Feta Cheese Wrap	Mozzarella Cheese & Tomato Sandwich
LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits					
LUNCH OPTION 3: WESTERN CUISINE	Chicken Stroganoff Served with pasta and vegetables	Tomato Basil Fish Served with pasta and vegetables	Baked Fish with Mango Salsa Served with potato wedges and vegetables	Beef Bolognese Served with pasta and vegetables	Chicken Sorrento Served with pasta and vegetables
LUNCH OPTION 4: ASIAN CUISINE	Fish Makhani Served with steamed rice and vegetables	Braised Chicken with Mushrooms Served with steamed rice and vegetables	Crispy Herbs Chicken Served with steamed rice and vegetables	Hainanese Chicken Rice Served with vegetables	Fish Curry (low fat milk) Served with steamed rice and vegetables
LUNCH OPTION 5: SPECIAL OF THE DAY	Baked Fish with Dill Sauce Served with butter rice and vegetables	Chicken Carbonara Served with pasta and vegetables	Baked Fish with Napoli Sauce Served with pasta and vegetables	Chicken Fajitas Served with bread and vegetables	Aglia Olio Chicken Pasta Served with vegetables
LUNCH OPTION 6: VEGETARIAN	Margarita Pizza Served with vegetables	Carrot & Cauliflower Dhal Served with Lebanese bread and vegetables	Cheesy Pasta Bake Served with vegetables	Broccoli Dhal Served with roti canai and vegetables	Steamed Egg with Mushrooms Served with stir-fried noodles and vegetables
LUNCH OPTION 7: LIVE STATION	Noodle of the Day	Noodle of the Day	Kebab/Panini of the Day	Noodle of the Day	Noodle of the Day

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Healthier Choice (Everyday)



OK Choice (4 times / week)



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	Monday 3 rd June 2019	Tuesday 4 th June 2019	Wednesday 5 th June 2019	Thursday 6 th June 2019	Friday 7 th June 2019
SANDWICHES OPTION 1:	Cilantro Lime Chicken Wrap	Teriyaki Chicken Sandwich	SCHOOL HOLIDAY	SCHOOL HOLIDAY	SCHOOL HOLIDAY
SANDWICHES OPTION 2:	Grilled Zucchini and Cheese Sandwich	Roasted Pumpkin & Cheddar Wrap	SCHOOL HOLIDAY	SCHOOL HOLIDAY	SCHOOL HOLIDAY
LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits					
LUNCH OPTION 3: WESTERN CUISINE	Fish Ratatouille Served with pasta and vegetables	Swedish Meat Balls Served with mashed potato and vegetables	SCHOOL HOLIDAY	SCHOOL HOLIDAY	SCHOOL HOLIDAY
LUNCH OPTION 4: ASIAN CUISINE	Chinese Lemon Chicken Served with flavored rice and vegetables	Phad Prik Fish Served with steamed rice and vegetables	SCHOOL HOLIDAY	SCHOOL HOLIDAY	SCHOOL HOLIDAY
LUNCH OPTION 5: SPECIAL OF THE DAY	Lime & Spice Chicken Served with steamed rice and vegetables	Chicken Tikka Served with Lebanese bread and vegetables	SCHOOL HOLIDAY	SCHOOL HOLIDAY	SCHOOL HOLIDAY
LUNCH OPTION 6: VEGETARIAN	Vegan Sheperd's Pie Served with bread and vegetables	Stir-Fried Soy Sauce Tempeh Served with steamed rice and vegetables	SCHOOL HOLIDAY	SCHOOL HOLIDAY	SCHOOL HOLIDAY
LUNCH OPTION 7: LIVE STATION	Noodle of the Day	Noodle of the Day	SCHOOL HOLIDAY	SCHOOL HOLIDAY	SCHOOL HOLIDAY

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	Monday 10 th June 2019	Tuesday 11 th June 2019	Wednesday 12 th June 2019	Thursday 13 th June 2019	Friday 14 th June 2019
SANDWICHES OPTION 1:	Chicken Fajitas Sandwich	BBQ Pulled Chicken Wrap	Tuna and Cucumber Sandwich	Grilled Chicken with Raisins Wrap	Jalapeno & Grilled Chicken Sandwich
SANDWICHES OPTION 2:	Grilled Beetroot & Cream Cheese Wrap	Hummus & Vegetables Sandwich	Falafel Wrap	Cheddar & Jalapenos Sandwich	Guacamole and Salsa Wrap
LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits					
LUNCH OPTION 3: WESTERN CUISINE	Chicken Pot Pie Served with vegetables	Lemon Butter Baked Fish Served with pasta and vegetables	Chicken Stroganoff Served with pasta and vegetables	Baked Salmon with Cream Sauce Served with pasta and vegetables	Slow-Cooker Rosemary Chicken with Gravy Served with mashed potato and vegetables
LUNCH OPTION 4: ASIAN CUISINE	Teriyaki Fish Served with pasta and Vegetables	Indian Butter Chicken Served with steamed rice and vegetables	Thai Style Fish Served with steamed rice and vegetables	Chinese Steamed Chicken Served with corn rice and vegetables	Crispy Cereal Fish Served with steamed rice and vegetables
LUNCH OPTION 5: SPECIAL OF THE DAY	Nyonya Chicken & Potato Stew Served with steamed rice and vegetables	Fish Stew Served with mashed potato and vegetables	Chicken Lasagna Served with vegetables	Homemade Chicken Pizza Served with vegetables	Grilled Aloha Chicken Served with bun and vegetables
LUNCH OPTION 6: VEGETARIAN	Omelette Served with fried noodles and vegetables	Ratatouille Served with Lebanese bread and vegetables	Eggplant and Bean Curd Masala Served with bread and vegetables	Roasted Cauliflower Dhal Served with roti canai and vegetables	Potato and Tempeh Sambal Served with steamed rice and vegetables
LUNCH OPTION 7: LIVE STATION	Noodle of the Day	Noodle of the Day	Kebab/Panini of the Day	Noodle of the Day	Noodle of the Day
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Food Traffic Light Indicators:

 Healthier Choice (Everyday)

 OK Choice (4 times / week)

 Nice to have once a while

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	Monday 17 th June 2019	Tuesday 18 th June 2019	Wednesday 19 th June 2019	Thursday 20 th June 2019	Friday 21 th June 2019
SANDWICHES OPTION 1:	Tuna Sandwich	BBQ Chicken Sandwich	Chicken with Melted Cheese Wrap	Roasted Beef & Jalapeno Sandwich	Chicken Supreme Wrap
SANDWICHES OPTION 2:	Tomato & Cheese Wrap	Egg & Cheddar Wrap	Hummus & Vegetable Sandwich	Grilled Pumpkin & Cheese Wrap	Roasted Chickpeas & Vegetables Sandwich
LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits					
LUNCH OPTION 3: WESTERN CUISINE	Classic Fish Stew Served with pasta and vegetables	Chicken & Mushroom Alfredo Served with pasta and vegetables	Parmesan Baked Fish Served with pasta and vegetables	Garlic Lemon Roast Chicken Served with pasta and vegetables	Fish & Peas Pie Served with mashed potato and vegetables
LUNCH OPTION 4: ASIAN CUISINE	Chicken Adobo Served with butter rice and vegetables	Encocado Fish Served with steamed rice and vegetables	Chicken Gulai Served with flavored rice and vegetables	Chicken Biryani Served with bread and vegetables	Kung Po Chicken Served with steamed rice and vegetables
LUNCH OPTION 5: SPECIAL OF THE DAY	Stir-Fried Fish with Ginger & Spring Onion Served with steamed rice and vegetables	Tandoori Chicken Served with bread and cucumber raita	Kam Heong Chicken Served with steamed rice and vegetables	Sweet & Sour Fish Served with Chinese fried rice and vegetables	Baked Tomato and Garlic Fish Served with pasta and vegetables
LUNCH OPTION 6: VEGETARIAN	Lentils & Potato Masala Served with bread and vegetables	Braised Tofu with Green Peas Served with flavoured rice and vegetables	Eggplant Moussaka Served with Lebanese bread and vegetables	Pumpkin Dhal Served with steamed rice and vegetables	Moussaka Served with bread and vegetables
LUNCH OPTION 7: LIVE STATION	Noodle of the Day	Noodle of the Day	Kebab/Panini of the Day	Noodle of the Day	Noodle of the Day
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Food Traffic Light Indicators:

 Healthier Choice (Everyday)

 OK Choice (4 times / week)

 Nice to have once a while

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	Monday 24 th June 2019	Tuesday 25 th June 2019	Wednesday 26 th June 2019	Thursday 27 th June 2019	Friday 28 th June 2019
SANDWICHES OPTION 1:	Mexicana Chicken Sandwich	Hawaiian Chicken Wrap	Mango Chicken Sandwich	Chicken, Tomato & Olives Wrap	Black Pepper Chicken Sandwich
SANDWICHES OPTION 2:	Hummus Wrap	Roasted Tomato & Cheese Sandwich	Grilled Pumpkin & Cheese Wrap	Hard-Boiled Egg Sandwich	Grilled Zucchini & Cheese Wrap
LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits					
LUNCH OPTION 3: WESTERN CUISINE	Spanish Chicken & Potatoes Bake Served with vegetables	Fish Stew Served with baked sweet potato and vegetables	BBQ Chicken served with mashed potato and vegetables	Baked Fish with Basil Orange Sauce Served with pasta and vegetables	Roast Beef Served with roast potato and vegetables
LUNCH OPTION 4 ASIAN CUISINE	Steamed Fish with Soy Sauce Served with steamed rice and vegetables	Chicken Pollock Curry Served with steamed rice and vegetables	Fish Bakar Served with steamed rice and vegetables	Butter Oatmeal Chicken Served with steamed rice and vegetables	Nyonya Assam Fish Served with flavoured rice and vegetables
LUNCH OPTION 5: SPECIAL OF THE DAY	Chicken and Okra Curry Served with bread and vegetables	Grilled Fish with Corn & Tomato Salsa Served with spiced rice and vegetables	Chicken Puttanesca Served with pasta and vegetables	Baked Fish with Plum Sauce Served with flavoured rice and vegetables	Sweet & Sour Chicken Served with steamed rice and vegetables
LUNCH OPTION 6: VEGETARIAN	Vegetable Lasagna Served with vegetables	Tempeh and Potato Masala Served with Lebanese bread and vegetables	Aloo Ghoobi Served with steamed rice and vegetables	Buddha's Delight Lo Hon Zai Served with steamed rice and vegetables	Aubergine Dhal Served with bread and vegetables
LUNCH OPTION 7: LIVE STATION	Noodle of the Day	Noodle of the Day	Kebab/Panini of the Day	Noodle of the Day	Noodle of the Day
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Healthier Choice (Everyday)



OK Choice (4 times / week)



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	Monday 1 st July 2019	Tuesday 2 nd July 2019	Wednesday 3 rd July 2019	Thursday 4 th July 2019	Friday 5 th July 2019
SANDWICHES OPTION 1:	Classic Pulled Beef Sandwich	Cilantro Lime Tuna Sandwich	Chicken & Mango Salsa Wrap	Caramelized Chicken Sandwich	Roast Chicken Wrap
SANDWICHES OPTION 2:	Hummus & Vegetables Sandwich	Egg & Cheddar Sandwich	Grilled Zucchini & Bean Curd Sandwich	Veggie Delight with Cheese Wrap	Roasted Chickpeas Sandwich
LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits					
LUNCH OPTION 3: WESTERN CUISINE	Rustic Chicken Cacciatore Served with pasta and vegetables	Baked Fish with Creamy Mushroom Served with baked pumpkin and vegetables	Creamy Spinach Chicken Served with baked sweet potato and vegetables	Baked Fish Fingers Served with boiled potato and vegetables	Cajun Chicken with Gravy Served with pasta and vegetables
LUNCH OPTION 4: ASIAN CUISINE	Tom Yam Fish Served with steamed rice and vegetables	Hainanese Chicken Served with flavoured rice and vegetables	Sambal Fish Served with steamed rice and vegetables	Chicken Tempura Served with steamed rice and vegetables	Tamarind Fish Served with flavored rice and vegetables
LUNCH OPTION 5: SPECIAL OF THE DAY	Oriental Lemon Chicken Served with pasta and vegetables	Grilled Citrus Fish Served with pasta and vegetables	Mushroom Frittata Served with pasta and vegetables	Chicken and Leek Pie Served with pasta and vegetables	Rendang Chicken Served with steamed rice and vegetables
LUNCH OPTION 6: VEGETARIAN	Three Cheese Pasta Served with vegetables	Gujarati Dhal Served with bread and vegetables	Chinese Braised Soy Sauce Egg Served with stir-fried noodles and vegetables	Sweet Potato and Dhal Curry Served with bread and vegetables	Leek & Cauliflower Gratin Served with pita bread
LUNCH OPTION 7: LIVE STATION	Noodle of the Day	Noodle of the Day	Kebab/Panini of the Day	Noodle of the Day	Noodle of the Day

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	Monday 8 th July 2019	Tuesday 9 th July 2019	Wednesday 10 th July 2019	Thursday	Friday
SANDWICHES OPTION 1:	Italian Herb Chicken Wrap	Melty Tuna Sandwich	Chicken Ham & Cheese Sandwich	SCHOOL HOLIDAY	SCHOOL HOLIDAY
SANDWICHES OPTION 2:	Egg with Garlic Aioli Sandwich	Beetroot & Cream Cheese Wrap	Pesto Mashed Peas Wrap	SCHOOL HOLIDAY	SCHOOL HOLIDAY
LUNCH: All the lunches will be served with Soup of the Day, Salad Buffet and Assorted Fresh Fruits					
LUNCH OPTION 3: WESTERN CUISINE	Mediterranean Chicken Served with pasta and vegetables	Grilled Fish with Creamy Citrus Sauce Served with baked potato and vegetables	Chicken Lasagna Served with vegetables	SCHOOL HOLIDAY	SCHOOL HOLIDAY
LUNCH OPTION 4: ASIAN CUISINE	Teriyaki Fish Served with garlic butter rice and vegetables	Thai Basil Minced Chicken Served with steamed rice and vegetables	Braised Chicken with Potato and Carrots Served with steamed rice and vegetables	SCHOOL HOLIDAY	SCHOOL HOLIDAY
LUNCH OPTION 5: SPECIAL OF THE DAY	Breaded Chicken Fingers Served with potato wedges and vegetables	Chicken Schnitzel Served with pasta and vegetables	Baked Fish with Cherry Tomatoes Served with baked potato and vegetables	SCHOOL HOLIDAY	SCHOOL HOLIDAY
LUNCH OPTION 6: VEGETARIAN	Sambal Tempeh Served with steamed rice and vegetables	Pesto Pasta Bake Served with vegetables	Vegan Chili Con Carne Served with bread and vegetables	SCHOOL HOLIDAY	SCHOOL HOLIDAY
LUNCH OPTION 7: LIVE STATION	Noodle of the Day	Noodle of the Day	Kebab/Panini of the Day	SCHOOL HOLIDAY	SCHOOL HOLIDAY
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-  Nice to have once a while