




Early Years Centre Lunch Menu: W1 May 2021



	MORNING SNACK	LUNCH		AFTERNOON SNACK (F1, F2 & F3 only)
		Main Dishes	Side Dishes	
TUESDAY 4 May 21	Mango sponge cake Water melon juice		 Shrimp w cream of mushroom Chicken wing braised w tamarind sauce	Dinner roll V Steamed rice V Sautéed bok choy w garlic V Malabar spinach broth V Banana Milk
WEDNESDAY 5 May 21	Mango Milk		 Grilled pork w black pepper sauce Stir fried beef w mix veggie	Garlic bread V Steamed rice V Sautéed baby pumpkin w garlic V Green melon w ginger broth V Egg sandwich Orange juice
THURSDAY 6 May 21	Cheese stick Fruit punch		 Beef ragu Braised chicken w ginger Vegetable Pad Thai w tofu V	Baked sweet potato V Steamed rice V Steamed mix veggie V Egg and tomato broth V Soft oatmeal cookies Milk
FRIDAY 7 May 21	Banana Milk		 BUN BO HUE Minced pork w green bean (for those who not eat bun) Veggie spring roll V	Steamed rice (for those who not eat noodle) V Sautéed chayote w garlic V Seaweed & tofu broth V Minced pork congee

V = VEGETARIAN



Early Years Centre Lunch Menu: W2 May 2021













	MORNING SNACK	LUNCH		AFTERNOON SNACK (F1, F2 & F3 only)		
		Main Dishes			Side Dishes	
MONDAY 10 May 21	Ham & cheese pizza Fruit punch			Sweet and sour pork Korean style Stir fried squid w colorful veggies in black pepper sauce	Dinner roll V Steamed rice V Sauted pumpkin w garlic V Amaltha broth V	Dragon fruit Milk
TUESDAY 11 May 21	Banana Milk			Beef satay Stir fried chicken w lemon grass	Cob or the Corn V Steamed rice V Steamed green bean V Bean sprout sour broth V	Zucchini sponge cake Milk
WEDNESDAY 12 May 21	Banana muffin Lemon juice			Shepherd pie (ground beef + pork & mashed potato) Braised egg + pork	Steamed rice V Stir fried mix veggie V Mix veggie broth V	Chicken congee
THURSDAY 13 May 21	Dragon fruit Milk			Fish finger Chicken wing braised in fish sauce	Dinner roll V Steamed rice V Wok fried green bean w garlic V Pumpkin broth V	Mango Milk
FRIDAY 14 May 21	Fried dumpling Milk			COM SUON DAY FRIED EGG + BABY RICE (Chả trứng) V	Steamed rice V Steamed mix veggie Green cabbage pickle soup w tomato V	Salmon congee

V = VEGETARIAN



Early Years Centre Lunch Menu: W3 May 2021



	MORNING SNACK	LUNCH		AFTERNOON SNACK (F1, F2 & F3 only)		
		Main Dishes			Side Dishes	
MONDAY 17 May 21	Banana Milk			Squid tempura Fried egg w minced pork	Garlic bread V Steamed rice V Wok fried bean sprout w green onion V Bean sprout sour broth V	Apple sponge cake Lemon juice
TUESDAY 18 May 21	Mango sponge cake Fruit punch			Grilled chicken w demi sauce Grilled pork w curry leave	Baked sweet Corn V Steamed rice V Steamed green bean V Egg & tomato broth V	Watermelon Milk
WEDNESDAY 19 May 21	Mango Milk			Baked pasta w bacon Braised beef w soybean sauce	Steamed rice V Stir fried Chinese cabbage w mushroom V Mix veggie broth V	Minced beef congee
THURSDAY 20 May 21	Baozi w pork Watermelon juice			Deep fried pork tenderloin Fried fish w colorful veggie (cá sốt ngũ giết)	Dinner roll V Steamed rice V Wok fried green bean w garlic V Pumpkin broth V	Banana Milk
FRIDAY 21 May 21	Dragon fruit Milk			BIBIMBAP DAY FRIED EGG V	Steamed rice V Steamed mix veggie Seaweed soup V	Minced pork noodle



Early Years Centre Lunch Menu: W4 May 2021





	MORNING SNACK	LUNCH		AFTERNOON SNACK (F1, F2 & F3 only)		
		Main Dishes	Side Dishes			
MONDAY 24 May 21	Fried sticky rice Fruit punch			Stewed beef w demi sauce Sweet & sour fish Korean style	Garlic bread V Steamed rice V Steamed green bean V Malabar spinach broth V	Banana Milk
TUESDAY 25 May 21	Dragon fruit Milk			Pork bulgogi Stir fried squid w celery in black pepper sauce	Grilled sweet potato V Steamed rice V Wok fried morning glory w garlic V Sour broth w tamarin V	Banana muffin Watermelon juice
WEDNESDAY 26 May 21	Apple sponge cake Lemon juice			Pad Thai w chicken Stewed pork w caramel sauce	Steamed rice V Mix steamed veggie V Veggie tom yam soup V	Chicken congee
THURSDAY 27 May 21	Banana Milk			Deep fried shrimp Chicken teriyaki	Baguette V Steam rice V Wok fried cabbage w carrot V Seaweed broth w tofu V	Mango Milk
FRIDAY 28 May 21	Cheese stick Watermelon juice			PASTA DAY Pork tenderloin stir fried w fish sauce (thịt lợn rang cháy cạnh)	Baguette V Steam rice V Steam chayote V Cream of pumpkin sauce V	Salmon congee

V = VEGETARIAN



Early Years Centre Lunch Menu: W5 May 2021



	MORNING SNACK	LUNCH		AFTERNOON SNACK (F1, F2 & F3 only)	
		Main Dishes	Side Dishes		
MONDAY 31 May 21	Baozi w pork Fruit punch	 	Fish in Tatar sauce Five spice grill pork	Garlic bread V Steamed rice V Sauteed pumpkin w garlic V Mix veggie broth V	Dragon fruit Milk