









Early Years Centre Lunch Menu: W1 MAY 2022













	MORNING SNACK	LUNCH		AFTERNOON SNACK (F1, F2 & F3 only)	
		Main Dishes	Side Dishes		
WEDNESDAY 4 May 22	Doughnut bit Yogurt	 	Beef curry Vegetable omellete V	Garlic bread V Steamed rice V Sauteed bok choy with garlic V Mix vegetable soup V	Salmon Congee
THURSDAY 5 May 22	Choux cream Watermelon juice	 	Basil baked fish Teriyaki pork meatballs	Matang V Steamed rice V Boiled mix vegetable V Cabbage both V	Pumpkin muffin Fresh milk
FRIDAY 6 May 22	Rice cake Fresh milk	 	Pork rolls ham Shrimp cake	Dinner rolls V Steamed rice V Pickles mix vegetable V Seaweed soup V	Zucchini loaf Lemon juice



Early Years Centre Lunch Menu: W2 MAY 2022








	MORNING SNACK	LUNCH		AFTERNOON SNACK (F1, F2 & F3 only)	
		Main Dishes	Side Dishes		
MONDAY 9 May 22	Banana Fresh milk	 	Beef Ragout Braised chicken with mushroom in soy sauce	Garlic bread V Steamed rice V Sautéed green bean and bacon Katuk and minced pork soup	Pork congee
TUESDAY 10 May 22	Dinner roll Fresh milk	 	Pork Goulash Sautéed squid with five color vegetables	French fries V Steamed rice V Butter stew vegetables V Pumpkin soup V	Pumpkin muffins Watermelon Juice
WEDNESDAY 11 May 22	Banana muffin Fresh milk	 	Roasted chicken thighs with honey sauce Basil pork Thai style	Grilled sweet corn V Steamed rice V Sautéed kohlrabi carrot with garlic V Sour clam soup	Chicken congee
THURSDAY 12 May 22	Marble sponge cake Watermelon juice	 	Basil baked fish Teriyaki pork meatballs	Matang V Steamed rice V Sautéed sweet cabbage with garlic V Vegetable soup V	Banana Yogurt
FRIDAY 13 May 22	Fried dumpling with pork Orange juice	 	PASTA DAY Spaghetti Bolognese	Coconut fried rice V Baked vegetables with herbs sauce V Sour pork soup	Cereals Fresh milk

V = VEGETARIAN



Early Years Centre Lunch Menu: W3 MAY 2022













	MORNING SNACK	LUNCH		AFTERNOON SNACK (F1, F2 & F3 only)	
		Main Dishes	Side Dishes		
MONDAY 16 May 22	Choux cream Fresh milk		Pork rolls ham Fish cake	Dinner rolls V Steamed rice V Sautéed morning glory with garlic V Kimchi broth V	Shrimp congee
TUESDAY 17 May 22	Fried dumpling with pork Watermelon juice		Chicken gravy sauce Sautéed squid with dill	Mashed potatoes V Steamed rice V Boiled cabbage V Winter melon broth V	Rice cake Fresh milk
WEDNESDAY 18 May 22	Cereals Fresh milk		Stewed pork with red wine Fish v galangal	Japchae Steamed rice V Sautéed bean sprouts V Sweet and sour broth V	Watermelon Yogurt
THURSDAY 19 May 22	Banana Fresh milk		Chicken drumstick Beef Wellington	Baked sweet potato V Steamed rice V Sautéed cabbage v garlic V Mix vegetable soup V	Seafood congee
FRIDAY 20 May 22	Cheese sticks Lemon juice		BIBIMBAP DAY Beef pickles fried rice	Grilled sweet corn V Sautéed chayote v garlic V Katuk and minced pork soup	Banana muffin Fresh milk



Early Years Centre Lunch Menu: W4 MAY 2022



	MORNING SNACK	LUNCH		AFTERNOON SNACK (F1, F2 & F3 only)	
		Main Dishes	Side Dishes		
MONDAY 23 May 22	Marble sponge cake Fresh milk	 	Chicken nugget Sautéed shrimp and meat	Garlic bread V Steamed rice V Bok choy in mushroom sauce V Malabar spinach soup V	Chicken congee
TUESDAY 24 May 22	Dumpling w pork Watermelon juice	 	Fried beef ball with tomato sauce Sautéed chicken v ginger	Grilled sweet corn V Sautéed sweet cabbage with garlic V Mix vegetable soup V	Cereals Fresh milk
WEDNESDAY 25 May 22	Pumpkin muffin Fresh milk	 	Braised chicken with pepper sauce Fried salted fish	Sautéed rice noodle with beef Steamed rice V Sautéed ham green bean V Cabbage both V	Pork congee
THURSDAY 26 May 22	Apple muffin Lemon juice	 	Shrimp cake Pork tenderloin with Teriyaki sauce	Matang V Steamed rice V Sautéed chayote with garlic V Pumpkin soup V	Watermelon Fresh milk
FRIDAY 27 May 22	Donut cake Mango juice	 	HUE FOOD DAY Fresh rice noodle Lui rolls (Nem lụi) Grill pork Hue Style	Baked potato v thyme V Kimchi fried rice Sautéed bean sprouts V Kimchi broth V	Banana Yogurt

V = VEGETARIAN



Early Years Centre Lunch Menu: W5 MAY 2022



	MORNING SNACK	LUNCH		AFTERNOON SNACK (F1, F2 & F3 only)	
		Main Dishes	Side Dishes		
MONDAY 30 May 22	Choux cream Yogurt	 	Braised chicken thighs with pork Terrine Braised quail eggs with radish	Garlic bread v Steamed rice v Sautéed bok choy with garlic v Katuk and minced pork soup	Beef congee
TUESDAY 31 May 22	Marble sponge cake Watermelon juice	 	Pork meatloaf Fried chicken wings in fish sauce	French fries v Steamed rice v Baked vegetables with herbs sauce v Malabar spinach soup v	Cereals Fresh milk