



YEAR 2-13 MENU FROM 04.06.18 TO 30.06.18

V= VEGETARIAN

DATE	MORNING SNACK (Y2-Y6 Only)	LUNCH				
		ASIAN Served with Steamed Rice	WESTERN	SIDE DISHES	NOODLE SOUP	SALADS & FRESH FRUITS Changes Daily
MONDAY 04/06/2018	Fresh Fruits & Milk	Sweet & Sour Pork Stir Fried Tofu & Vegetables V	Chicken Colorado Pasta with Creamy Tomato Sauce V	Potato Wedges Sweet Corn	Fish & Vegetable	Assorted Salads & Fresh Fruits
TUESDAY 05/06/2018	Fresh Fruits & Milk	Fried Fish with Tomato Sauce Stir Fried Sesame Vegetables V	Breaded Pork with Gravy Vegetable Goulash V	Mashed Potatoes Broccoli	Beef & Vegetable	Assorted Salads & Fresh Fruits
WEDNESDAY 06/06/2018	Fresh Fruits & Milk	Stir Fried Pork with Vegetables Sautéed Noodles with Tofu & Vegetables V	Baked Fish with Mustard Greens Pasta with Mushroom Sauce V	Sautéed Potatoes Mixed Vegetables	Chicken & Vegetable	Assorted Salads & Fresh Fruits
THURSDAY 07/06/2018	Fresh Fruits & Milk	Korean Beef Stew Stir Fried Tofu Teriyaki V	Creamy Lemon & Thyme Pork Eggplant & Zucchini Bake V	Greek Potatoes Green Beans	Fish & Vegetable	Assorted Salads & Fresh Fruits
FRIDAY 08/06/2018	Fresh Fruits & Milk	Grilled Fish with Galangal Tofu & Vegetable Green Curry V	Baked Chicken with Pesto Sauce Roasted Vegetable Pasta Bake V	Baby Roasted Potatoes Sautéed Pumpkin	Pork & Vegetable	Assorted Salads & Fresh Fruits



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MONDAY 11/06/2018	Fresh Fruits & Milk	Malaysian Beef Curry Stir Fried Vegetables & Tofu V	Roast Pork with Gravy Pasta Pomodoro V	Rosemary Roast Potatoes Sautéed Vegetables	Chicken & Vegetable	Assorted Salads & Fresh Fruits
TUESDAY 12/06/2018	Fresh Fruits & Milk	Grilled Chicken Teriyaki Korean Tofu & Vegetable Stew V	Breaded Fish Ratatouille V	Hand Cut Chips Sweet Corn	Grilled Pork & Vegetable	Assorted Salads & Fresh Fruits
WEDNESDAY 13/06/2018	Fresh Fruits & Milk	Fish with Sweet Chili Sauce Stir Fried Noodles with Tofu V	Pasta Bolognese (Chicken) Eggplant Parmigiana V	Sautéed Potatoes Roasted Vegetables	Beef & Vegetable	Assorted Salads & Fresh Fruits
THURSDAY 14/06/2018	Fresh Fruits & Milk	Chicken Sweet & Sour Tofu with Tomato Sauce & Mushroom V	Pork Paprika Vegetable Cottage Pie V	Mashed Potato Green Beans	Fried Fish & Vegetable	Assorted Salads & Fresh Fruits
FRIDAY 15/06/2018	Fresh Fruits & Milk	Grilled Chicken with Five Spices Tofu & Vegetable Red Curry V	Fisherman's Pie Creamy Vegetable Pasta Bake V	Broccoli Glazed Carrots	Meatball & Vegetable	Assorted Salads & Fresh Fruits



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MONDAY 18/06/2018	Fresh Fruits & Milk	Stir Fried Chicken with Mushroom Sweet & Sour Tofu V	Meatloaf with Gravy Vegetable Cottage Pie V	Mashed Potatoes Green Beans & Carrots	Fried Fish & Vegetable	Assorted Salads & Fresh Fruits
TUESDAY 19/06/2018	Fresh Fruits & Milk	Vietnamese Beef Stew Sautéed Noodles & Vegetables V	Pasta Carbonara Eggplant Parmigiana V	Sautéed Potatoes Broccoli	Chicken & Vegetable	Assorted Salads & Fresh Fruits
WEDNESDAY 20/06/2018	Fresh Fruits & Milk	Korean Grilled Chicken Tofu Kung Pao (no nuts) V	Baked Fish with Creamy Passion Fruit Sauce Vegetable Goulash V	Baby Roasted Potatoes Sautéed Vegetables	Beef & Vegetable	Assorted Salads & Fresh Fruits
THURSDAY 21/06/2018	Fresh Fruits & Milk	Caramelized Pork with Daikon Tofu and Vegetable Yellow Curry V	Fried Chicken Cheese & Broccoli Pasta Bake V	Hand Cut Chips Grilled Vegetables	Meatball & Vegetable	Assorted Salads & Fresh Fruits
FRIDAY 22/06/2018	Fresh Fruits & Milk	Braised Fish Sautéed Tofu & Vegetables V	Grilled Pork with BBQ Sauce Vegetable Chilli V	Potato Wedges Grilled Corn	Chicken & Vegetable	Assorted Salads & Fresh Fruits



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MONDAY 25/06/2018	Fresh Fruits & Milk	Grilled Fish Hanoi Style Stir Fried Tofu & Vegetables ✓	Chicken Stroganoff Tomato & Zucchini Pasta Bake ✓	Baby Roasted Potatoes Sautéed Green Vegetables	Pork & Vegetable	Assorted Salads & Fresh Fruits
TUESDAY 26/06/2018	Fresh Fruits & Milk	Stir Fried Pork & Vegetables Braised Tofu & Broccoli ✓	Pan Fried Fish with Creamy Curry Sauce Cheesy Vegetable Bake ✓	Lyonnais Potatoes Ratatouille	Chicken & Vegetable	Assorted Salads & Fresh Fruits
WEDNESDAY 27/06/2018	Fresh Fruits & Milk	Grilled Chicken with Hoisin Sauce Sautéed Noodles with Tofu ✓	Sausage & Tomato Pasta Bake Eggplant Parmigiana ✓	Sautéed Pumpkin Broccoli	Beef & Vegetable	Assorted Salads & Fresh Fruits
THURSDAY 28/06/2018	Fresh Fruits & Milk	Grilled Chinese Pork Braised Vegetables ✓	Roast Chicken with Gravy Vegetable Chilli ✓	Potato Gratin Sautéed Vegetables	Fish & Vegetable	Assorted Salads & Fresh Fruits
FRIDAY 29/06/2018	Fresh Fruits & Milk	Braised Fish Sweet & Sour Tofu ✓	BBQ Chicken Pasta Alfredo ✓	Hand Cut Chips Mixed Vegetables	Minced Pork & Vegetable	Assorted Salads & Fresh Fruits