



# Secondary School Lunch Menu 2 September 2020



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

**V=VEGETARIAN**