

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 06/01/2020	Tuesday 07/01/2020	Wednesday 08/01/2020	Thursday 09/01/2020	Friday 10/01/2020
Option 1: Sandwiches	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu
All the lunches will be served with soup of the day, salad buffet and assorted cut fruits.					
Option 2: Western Cuisine	Oven Baked Fish Fillet with Pomodoro served with Seasoned Vegetable and Pasta	Roasted Grilled Chicken with Rosemary Sauce served with Garlic Butter Vegetable and Pasta	Fish Papillote served with Boiled Vegetable and Pasta	Chicken Bolognese served with Sautéed Trio Vegetable and Pasta	Baked Lemon Herb Fish served with Toasted Vegetable and Pasta
Option 3: Asian Cuisine	Authentic Chicken Korma served with Vegetable Pickle and Lemongrass Rice	Steam Fish with Julienne Ginger & Garlic served with Stir Fried Green Vegetable and White Rice	Tomato Chicken Curry served with Stir Fried Bean Sprout and White Rice	Non-Spicy and Sour Fish served with Stir Fried Marrow and White Rice	Aromatic Chicken Vindaloo served with Stir fried Green Vegetable and White Rice
Option 4: Vegetarian Cuisine	Hard Bean Curd with Sweet Thai Sauce served with Steamed Vegetable and White Rice	Chana Dhal Masala and served with Baked Curry Cauliflower and Pita Bread	Mix Bean stew served with Steam Vegetable and Garlic Butter Rice	Tofu Korma served with Stir Fried Green Vegetable and White Rice	Chick Peas Curry served with Grilled Aubergine and White Rice
Option 5: Special of the day	Chicken Teppanyaki served with Stir Fried Bean Sprout and White Rice	Red Bean and Pumpkin Stew served with vegetable and White Rice	Oven Baked Chicken Percik served with Vegetable Pickle and White Rice	Curry Bean Paste served with Stir Fried Vegetable and White Rice	Deep Fried Batter Fish served with Stir Fried Green Vegetable and White Rice
Option 6: Live Station	Curry Noodle with condiments	Chinese Noodle Soup with condiments	Kebab/Panini of The Day	Bee Hoon Soto with condiments	Dongchimiguksu with condiments
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 13/01/2020	Tuesday 14/01/2020	Wednesday 15/01/2020	Thursday 16/01/2020	Friday 17/01/2020
Option 1: Sandwiches	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu
All the lunches will be served with soup of the day, salad buffet and assorted cut fruits.					
Option 2: Western Cuisine	Herb Crusted Fish served with Steamed Vegetable and Pasta	Chicken Stroganoff served with Sautéed Color Vegetables and Pasta	Oven Baked Fish Marinara Sauce served with Boiled Vegetable and Pasta	Chicken Lasagna served with Baked Vegetable	Irish Lamb Stew served with Butter Vegetable and Pasta
Option 3: Asian Cuisine	Thai Tom Yam Chicken Stew served with Stir Fried Marrow and White Rice	Steam Fish with Garlic & Scallion served with Stir Fried Vegetables and White Rice	Kung Pow Chicken served with Green Vegetable and White Rice	Fried Fish with preserved Soy Bean served with Braised Vegetables and White Rice	Crispy Lemon Chicken served with Mixed Chinese Style Vegetable and White Rice
Option 4: Vegetarian Cuisine	Vegetables Dhal Curry served with Vegetable and White Rice	Creamy Chickpea Curry served With Vegetable and White Rice	Pumpkin Masala with Chick Pea served with vegetable and White Rice	Tempe & Tofu in Spicy Sambal served with Vegetable and White Rice	Aubergine Moussaka served with Vegetable and Bread
Option 5: Special of the day	Roasted Cheese Curry Potato served with Vegetable and White Rice	Braded Fish Finger Dipping with Tartar Sauce served Vegetable and Pasta	Egg Korma served with Stir Fried Green Vegetable and White Rice	Roasted Chicken Pandan served with Vegetable and White Rice	Moong Dhal served with Vegetable and White Rice
Option 6: Live Station	Creamy Tom yam Noodle with condiments	Egg Drop Noodle Soup with condiments	Kebab/Panini of The Day	Porridge with condiments	Miso Noodle Soup with condiments
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	Monday 20/01/2020	Tuesday 21/01/2020	Wednesday 22/01/2020	Thursday 23/01/2020	Friday 24/01/2020
Option 1: Sandwiches	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu
All the lunches will be served with soup of the day, salad buffet and assorted cut fruits.					
Option 2: Western Cuisine	Chicken Picatta with Italian White Sauce served with Butter Vegetable and Pasta	Crispy Oatmeal Fish served with Baked Vegetable and Pasta	Grilled Chicken With Black Pepper Sauce served with Steam Vegetable and Pasta	Pan Seared Fish with Coriander Sauce served with Color Vegetable and Pasta	Grilled Hawaiian Chicken Barbeque Sauce served with Sautéed Vegetable and Pasta
Option 3: Asian Cuisine	Tomato Fish Curry served with Stir Fried Lady Finger and White Rice	Chicken Rendang served with Stir fried Vegetable and White Rice	Aromatic Ginger Steam Fish served with Vegetable Stew and White rice	Spicy Tomato Chicken served with Pickle Vegetable and Tomato Rice	Roasted Chicken served with Bean Sprout in Soy Sauce and Chinese Ginger Rice
Option 4: Vegetarian Cuisine	Vegetarian Lasagna with Tomato Sauce served with Poached Vegetable	Steam Soft Tofu with Szechuan Sauce served with Stir Fried Vegetable and White Rice	Curry Tomato Lentils served with Stir Fried Long Cabbage and White Rice	Crispy Sweet and Sour Tofu served with Vegetable and White Rice	Aloo Phujia with Cauliflower served with Crispy Vegetarian Fritters and White Rice
Option 5: Special of the day	Chicken Rogan Josh served with vegetable and White Rice	Sliced Omelette served with Vegetable and Mushroom Fried Rice	Stir Fried Lodeh served with Vegetable Stew and White Rice	Oriental Chicken with Orange Sauce served with Vegetable and White Rice	Bean Curd in Onion Sauce served with Braised Mix Vegetable and Butter Rice
Option 6: Live Station	Cantonese Noodle with condiments	Mee Rebus with condiments	Kebab/Panini of The Day	Mee Jawa with condiments	Oriental Chinese Noodle Soup with condiments
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	Monday 27/01/2020	Tuesday 28/01/2020	Wednesday 29/01/2020	Thursday 30/01/2020	Friday 31/01/2020
Option 1: Sandwiches	P.H Chinese New Year	P.H Chinese New Year	Chef Special Menu	Chef Special Menu	Chef Special Menu
All the lunches will be served with soup of the day, salad buffet and assorted cut fruits.					
Option 2: Western Cuisine	P.H Chinese New Year	P.H Chinese New Year	Spanish Oven Baked Fish Bouillabaisse Sauce served with Grilled Vegetable and Pasta	Breaded Chicken served with Au-Jus, Toast Vegetable with Herb and Pasta	Poached Fish with Tomato Sauce served with Butter Vegetable and Pasta
Option 3: Asian Cuisine	P.H Chinese New Year	P.H Chinese New Year	Spices Chicken Kerutub served with Mixed Vegetable Pickle and Coriander Rice	Steam Fish with Garlic Ginger Sauce served with Stir Fried Vegetable and White Rice	Slow Cook Mongolian Chicken served with Braised Mixed Vegetable and White Rice
Option 4: Vegetarian Cuisine	P.H Chinese New Year	P.H Chinese New Year	Bean Curd with Soy Sauce served with Vegetable and White Rice	Chick Pea Sambal served with Vegetable and White Rice	Green Gram Dhal Masala served with Vegetable and White Rice
Option 5: Special of the day	P.H Chinese New Year	P.H Chinese New Year	Paprik Chicken served with Vegetable and White Rice	Sliced Omelette served with Vegetable and Siamese Fried Noodle	Black Pepper Hard Tofu served with Vegetable and White Rice
Option 6: Live Station	P.H Chinese New Year	P.H Chinese New Year	Kebab/Panini of The Day	Thai Noodle Soup with condiments	Dal Kalkuksu Noodle with condiments
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	Monday 03/02/2020	Tuesday 04/02/2020	Wednesday 05/02/2020	Thursday 06/02/2020	Friday 07/02/2020
Option 1: Sandwiches	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu
All the lunches will be served with soup of the day, salad buffet and assorted cut fruits.					
Option 2: Western Cuisine	Brunswick Chicken Stew served with Butter Vegetable and Pasta	Veracruz-Style Fish served with Steam Vegetable and Pasta	Roasted Parmesan Herb Chicken with Tomato Sauce served with Colour Vegetable and Pasta	Lemon Dill Baked Fish With Lemon Sauce served with Trio Steamed Vegetable and Pasta	Crispy Chicken with Rosemary Sauce served with Baked Vegetable and Pasta
Option 3: Asian Cuisine	Aromatic Fish Sambal served with Stir Fried Green Vegetable and White Rice	Chicken Manchurian served with Stir Fried Brassica Garlic and White Rice	Roasted Fish Tikka with Raita served with Vegetable Stew and White Rice	Aromatic Chicken Chettinad served with Sautéed Green Vegetable and Lentil Rice	Lamb Masala served with Turmeric Sautéed Vegetable and White Rice
Option 4: Vegetarian Cuisine	Vegetarian Skillet Sweet Chili with Mix Bean served with Vegetable Stew and Bread	Beans in Pesto Sauce served with Baked Aubergine and Pasta	Crispy Fried Tempe served with Eggplant Cacciatore and Pilaf Rice	Broccoli & Mushroom Quiche served with Baked Vegetable and Pasta	Kung Pow Bean Curd served with Vegetable Stew and White Rice
Option 5: Special of the day	Thai Chicken Finger with Dipping served with Vegetable and White Rice	Vegetable Dhal Curry served with Sautéed Mushroom and Zucchini and White Rice	Breaded Fish in Tortilla Wrapped served with Vegetable	Popcorn Chicken served with vegetable and Javanese Fried Noodle	Margarita Pizza served with Vegetable
Option 6: Live Station	Egg Drop Noodle Soup with condiments	Clear Noodle Soup with condiments	Kebab/Panini of The Day	Light Curry Noodle with condiments	Teppan Soup Noodle with condiments
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	Monday 10/02/2020	Tuesday 11/02/2020	Wednesday 12/02/2020	Thursday 13/02/2020	Friday 14/02/2020
Option 1: Sandwiches	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu
All the lunches will be served with soup of the day, salad buffet and assorted cut fruits.					
Option 2: Western Cuisine	Chicken Mushroom Pie served with Steam Vegetable and Pasta	Herb Crusted Fish served With Baked Vegetable And Pasta	Chicken Picante served with Roasted Vegetable and Pasta	Oven Baked Salmon with Coriander Sauce served with Poached Vegetable and Pasta	Roasted Barbeque Chicken with Hickory served with Butter Vegetable with Pasta
Option 3: Asian Cuisine	Fried Fish with Preserved Soy Bean served with Braised Vegetables and White Rice	Non-Spicy Chili Chicken served with Vegetable Stew and White Rice	Sweet and Sour Fish served with Stir fried Vegetable and White Rice	Malay Chicken Green Curry served with Long Bean & Steam Rice	Authentic Beef Curry served with Stir Fried Green Vegetable and White Rice
Option 4: Vegetarian Cuisine	Vegetarian Hard Bean Curd Korma served with Vegetable Pickle and Garlic Butter Rice	Citrusy Twist General Tso's Tempeh served with Vegetable And White Rice	Vegetarian Paprik Chick Pea served with Mixed Vegetable And White Rice	Vegetarian Brinjal "Pajeri" served with Stuffing Tofu and White Rice	Kung Pow Tofu served with Boiled Vegetable White Rice
Option 5: Special of the day	Sliced Egg Omelette served with Vegetable and Garlic Fried Rice	Cajun Chicken in Tortilla Wrapped served with Vegetable	Tomato Dhal Curry served with Vegetable and White Rice	Roast Chicken With Mushroom Sauce served with Vegetables and Pasta	Hard Bean Curd in Sweet Thai Sauce served with Steamed Vegetable and White Rice
Option 6: Live Station	White Tom Yum Noodle with condiments	Clear Vegetarian Noodle Soup with condiments	Kebab/Panini of The Day	Egg Drop Noodle Soup with condiments	Creamy Vegetarian Soto with condiments
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	Monday 17/02/2020	Tuesday 18/02/2020	Wednesday 19/02/2020	Thursday 20/02/2020	Friday 21/02/2020
Option 1: Sandwiches	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu
All the lunches will be served with soup of the day, salad buffet and assorted cut fruits.					
Option 2: Western Cuisine	Chicken Meat Ball with Pomodoro Sauce served with Steams Color Vegetable and Pasta	Crispy Oatmeal Fish served with Vegetable Ratatouille and Pasta	Oven Baked Chicken With Mushroom Sauce served with Butter Herb Vegetable and Pasta	Mexican Chicken Stew served Garlic Butter Vegetable and Pasta	Baked Salmon with Honey Lemon Glaze served with Grilled Vegetable and Pasta
Option 3: Asian Cuisine	Stir Fried Black Pepper Fish served with Braised Mix Vegetable and White Rice	Chicken Kalio served with Sautéed Green Vegetable and White Rice	Thai Basil Chicken served with Stir Fried Green Vegetable and White Rice	Baked Fish with Tamarind Sauce served with Stir Fried Cabbage and White Rice	Non-Spicy Tomato Chicken served with Vegetable Pickle and Tomato Rice
Option 4: Vegetarian Cuisine	Fragrant Garlic Flakes BBQ Tempeh served with Vegetable and White Rice	Stuffed Vegetarian Pita served with Sautéed Zucchini	Vegetarian Dhal Curry served with Stir Fried Green Vegetable and White Rice	Stuffing Baked Bean Curd served with Braised Mushroom with Broccoli and White Rice	Sweet Potato Curry served with Chick Pea and White Rice
Option 5: Special of the day	Vegetarian Pie served with Vegetable and Pasta	Gochujang Chicken served with Vegetable and Pasta	Egg Sambal served with Vegetable and White Rice	Chawanmushi served with Vegetable and White Rice	Sliced Omelette served with vegetable and Penang Char Kuay Teow
Option 6: Live Station	Mild Curry Noodle with condiments	Kuay Teow Noodle Soup with condiments	Kebab/Panini of The Day	Vegetarian Vietnamese Noodle Soup with condiments	Mix Vegetable Porridge with condiments
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	Monday 24/02/2020	Tuesday 25/02/2020	Wednesday 26/02/2020	Thursday 27/02/2020	Friday 28/02/2020
Option 1: Sandwiches	Chef Special Menu	Chef Special Menu	Chef Special Menu	School Holiday	School Holiday
All the lunches will be served with soup of the day, salad buffet and assorted cut fruits.					
Option 2: Western Cuisine	Grilled Chicken with Spinach Salsa served with Toasted Vegetable and pasta	Oven Baked Fish With Burn Butter Sauce served with Trio Vegetable and Pasta	Irish Chicken Stew Baked served with Color Vegetable and Pasta	School Holiday	School Holiday
Option 3: Asian Cuisine	Sambal Chicken served with Stir Fried Cabbage and White Rice	Tomato Fish Curry served with Mix Vegetable and White Rice	Chicken Varutha Curry served with Stir Fried Green Vegetable and Kashmiri Rice	School Holiday	School Holiday
Option 4: Vegetarian Cuisine	Dhal Maharini served with Stir Fried Spinach and White Rice	Vegetarian Japanese Bean Curd Stew served with Stir Fried Vegetable and White Rice	Chickpea And Potato Dhal Curry served with Sautéed Vegetable and White Rice	School Holiday	School Holiday
Option 5: Special of the day	Stuffing Bean Curd served with Vegetable and White Rice	Stuffing Chicken Pita served with Vegetable	Soto Medan served with Vegetable and White Rice	School Holiday	School Holiday
Option 6: Live Station	Hailam Noodle Soup with condiments	Spiced Noodle Soup with condiments	Kebab/Panini of The Day	School Holiday	School Holiday
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	Monday 02/03/2020	Tuesday 03/03/2020	Wednesday 04/03/2020	Thursday 05/03/2020	Friday 06/03/2020
Option 1: Sandwiches	School Holiday	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu
All the lunches will be served with soup of the day, salad buffet and assorted cut fruits.					
Option 2: Western Cuisine	School Holiday	Roasted Rosemary Chicken with Rosemary Au-Jus served with Trio Vegetable and Pasta	Poached Fish served with Tomato Sauce, Butter Vegetable and Pasta	Greek Garlic Chicken with Herb Au-Jus served with Baked Vegetable and Pasta	Grilled Herb Fish Fillet with Lemon Butter Sauce served with Poached Vegetable and Pasta
Option 3: Asian Cuisine	School Holiday	Baked Fish Tandoori served with Vegetable Curry and White Rice	Masala Chicken served with Sautéed Cabbage Indian Style and White Rice	Chinese Ginger Chicken served with Stir Fried Kailan And White Rice	Mutton Varuval served with Mix Vegetable Stew and White Rice
Option 4: Vegetarian Cuisine	School Holiday	Pumpkin Dhal served with Stir Fried Vegetable and White Rice	Chick Pea Stew served with Stir Fried Green Vegetable and White Rice	Sambal Tofu and Tempe served with Vegetable Stew and White Rice	Sweet and Sour Japanese Tofu served with Stir Fried Vegetable and White Rice
Option 5: Special of the day	School Holiday	Mushroom Frittata served with Vegetable and White Rice	Chicken Stew served with Vegetable and White Rice	Glass Noodle with Bean Curd Stew served with Vegetable and White Rice	Kung Pow Fish served with Vegetable and White Rice
Option 6: Live Station	School Holiday	Curry Noodle with condiments	Kebab/Panini of The Day	Clear Vegetable Noodle Soup with Condiments	Soto Noodle Soup with condiments
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	Monday 9/03/2020	Tuesday 10/03/2020	Wednesday 11/03/2020	Thursday 12/03/2020	Friday 13/03/2020
Option 1: Sandwiches	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu
All the lunches will be served with soup of the day, salad buffet and assorted cut fruits.					
Option 2: Western Cuisine	Baked Fish with Lemon Cream Sauce served with Medley Vegetable and Pasta	Chicken Goulash served with Mix Root Vegetable and Pasta	Pan Fried Fish with Special Fish Broth served with Steam Vegetable and Pasta	Irish Chicken Pie served with Creamy Garlic Butter Vegetable and Pasta	Orange Glazed Fish Fillet served with Grilled Vegetable and Pasta
Option 3: Asian Cuisine	Chicken Curry with Potato served with Turmeric Cabbage and White Rice	Stir Fried Black Pepper Fish served with Braised Mix Vegetable and White Rice	Spiced Chicken Soup served with Stir Fried Mix Vegetable and White Rice	Thai Sweet and Sour Fish served with Stir Fried Kailan and White Rice	Chicken Stew In Turmeric Sauce Served with Stir Fried Green Vegetable And White Rice
Option 4: Vegetarian Cuisine	Steamed Tofu in Garlic Soy Sauce served with Vegetable and White Rice	Vegetarian Korma served with Grilled Vegetable and Garlic Butter Rice	Vegetarian Tomato Bean Curd served with Cucumber Pickle and Tomato Rice	Black Pepper Chick Pea served Roasted Broccoli and Pasta	Hard Bean Curd with Sweet Thai Sauce served with Stir Fried Vegetable and White Rice
Option 5: Special of the day	Mediterranean Butternut Squash Casserole served with Vegetable and Pasta	Chinese Chicken Curry served with Vegetable and White Rice	Masala Frittata with Avocado Salsa served with Vegetable and White Rice	Mixed Beans Shepherd's Pie served with Vegetable and Pasta	Caribbean Fish Curry served with Vegetable and White Rice
Option 6: Live Station	Dongchimiguksu with condiments	Bandung Noodle Soup with condiments	Kebab/Panini of The Day	Hailam Noodle Soup with condiments	Javanese Noodle Soup with condiments
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	Monday 16/03/2020	Tuesday 17/03/2020	Wednesday 18/03/2020	Thursday 19/03/2020	Friday 20/03/2020
Option 1: Sandwiches	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu
All the lunches will be served with soup of the day, salad buffet and assorted cut fruits.					
Option 2: Western Cuisine	Honey Garlic Glazed Fish served with Roasted Vegetable and Pasta	Chicken Fricassee served with Trio Vegetable and Pasta	Garlic Parmesan Fish Fillet served with Toast Vegetable and Pasta	Minced Chicken in Tomato Sauce served with Mixed Vegetable and Pasta	Grilled Salmon with Mango Salsa served with Baked Vegetable and Pasta
Option 3: Asian Cuisine	Opor Chicken served with Stir Fried Green Vegetable and White Rice	Portuguese Baked Fish Lemon Grass Sauce served with Stir Fried Eggplant and White Rice	Spiced Fried Chicken served with Vegetable Stew and White Rice	Fried Fish with Sweet Thai Sauce served with Stir Fried Vegetable and White Rice	Chicken Rogan Josh served with Stir fried Vegetable and White Rice
Option 4: Vegetarian Cuisine	Vegetarian Bean Curd Paprik served with Stir Fried Vegetable and White Rice	Moong Dhal served with Stir Fried Vegetable and White Rice	Mexican Mixed Beans Stew served with Vegetable and Mashed Potato	Vegetable Kung Pow with Tempe served with Vegetable and White Rice	Chickpea and Potato Sambal served with Sautéed Vegetable and White Rice
Option 5: Special of the day	Chicken Grill with Mushroom Au-jus served With Vegetable and Pasta	Crispy Chicken Cube served with Vegetable and Thai Fried Rice	Pumpkin And Carrot Stew served with Vegetable and White Rice	Crunchy Vegetables Tortilla Wrap served with Butter Vegetable	Indian Butter Chicken served with Vegetable and White Rice
Option 6: Live Station	Mee Rebus with condiments	Thai Noodle Soup with condiments	Kebab/Panini of The Day	Porridge with condiments	Cantonese Noodle with condiments
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Option 1: Sandwiches	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu
All the lunches will be served with soup of the day, salad buffet and assorted cut fruits.					
Option 2: Western Cuisine	Italian Chicken Stew served with Boiled Vegetable and Pasta	Crispy Batter Fish Fillet with Tartar Sauce served with Steam Vegetable and Pasta	Roasted Chicken with Miso Au-jus served with Butter Vegetable and pasta	Avon Baked Fish with Mexican Salsa served with Grilled Vegetable and Pasta	Beef Bourguignon with Potato and Carrot served with Color Vegetable and Pasta
Option 3: Asian Cuisine	Nyonya Fish Curry Kapitan served with Stir Fried Marrow and White Rice	Braised Chicken and Mushroom served with Stir Fried Green Vegetable and White Rice	Steam Fish with Singgang Sauce served with Mix Vegetable and White Rice	Chicken Korma served with Vegetable Stew and White Rice	Fish Curry Tomato served with Stir Fried Vegetable and White Rice
Option 4: Vegetarian Cuisine	Pumpkin and Spinach Dhal served with Stir Fried Green Vegetable and Dhal Rice	Stir Fried Bean Curd with Soy Sauce served with Braised Mushroom And Broccoli and White Rice	Eggplant Moussaka served with Vegetable and Bread	Chana Dhal Masala and Baked Curry Potato served with Pita Bread	Vegetable Tofu in Turmeric Stew served with Stir Fried Green Vegetable and White Rice
Option 5: Special of the day	Boiled Egg Curry served with Vegetable and White Rice	Chicken Kalio served with Vegetable and White Rice	Chicken Percik served with Vegetable and White Rice	Sliced Omelette served Vegetable and Phat Thai Noodle	Stuffing Bean Curd with Sweet Thai sauce served with Vegetable and White Rice
Option 6: Live Station	Oriental Chinese Noodle Soup with condiments	Dal Kalkusu Noodle with condiments	Kebab/Panini of The Day	Creamy Tom Yam Noodle with condiments	Mix Vegetable Porridge with condiments
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	Monday 30/03/2020	Tuesday 31/03/2020	Wednesday 01/04/2020	Thursday 02/04/2020	Friday 03/04/2020
Option 1: Sandwiches	Chef Special Menu	Chef Special Menu	Chef Special Menu	Chef Special Menu	End of Term 2
All the lunches will be served with soup of the day, salad buffet and assorted cut fruits.					
Option 2: Western Cuisine	Brazilian Paprika Chicken Stew served with Oven Baked Root and Pasta	Italian Baked Fish With Tomatoes served with Grilled Vegetable And Pasta	French Onion Chicken served with Trio Color Vegetable and Pasta	Crispy Fish Fingers served with Garlic Butter Vegetable and Pasta	End of Term 2
Option 3: Asian Cuisine	Aromatic Fish Sambal served with Stir Fried Green Vegetable and White Rice	Fried Crispy Lemongrass Chicken served with Vegetable Stew And White Rice	Fish with Lemon sauce served with Mixed Chinese Style Vegetable and White Rice	Chicken Tandoori served with Stir Fried Vegetable and White Rice	End of Term 2
Option 4: Vegetarian Cuisine	Non-Spicy Fried Tempeh served with Braised Pak Choy and White Rice	Bean Curd In Onion Sauce served with Braised Mix Vegetable and Butter Rice	Sweet Potato & Lentils Green Curry Couscous Casserole served with Vegetables	Cauliflower Gratin served with Steamed Vegetables and Pasta	End of Term 2
Option 5: Special of the day	Chicken Stuffed Pita served with Sautéed Mix Vegetable	Sliced Omelette served with Vegetable and Hong Kong Fried Rice	Assam Fish Curry served with Vegetable and White Rice	Mushroom Frittata served with Garlic Butter Vegetable and Steamed Rice	End of Term 2
Option 6: Live Station	Thai Noodle Soup with condiments	Oriental Chinese Noodle Soup with Condiments	Kebab/Panini of The Day	Bee Hoon Soto with condiments	End of Term 2
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