



YEAR 2-13 MENU: 03.06.2019 - 28.06.2019

V= VEGETARIAN

DATE	MORNING SNACK (Y2-Y6 Only)	LUNCH			
		MAIN COURSE	SIDE DISHES	NOODLE SOUP	SALAD & FRESH FRUIT (Changes Daily)
MONDAY 03/06/2019	Fresh Fruit & Milk	Seafood Tempura Chicken Colorado Sesame Tofu & Mushroom V	Steamed Rice Roast Japanese Sweet Potato Spinach & Chick Pea Stew	Beef & Vegetable	Assorted Salad & Fresh Fruit
TUESDAY 04/06/2019	Fresh Fruit & Milk	Beef Casserole Grilled Chicken with Mushroom Sauce Sautéed Tofu with Hoisin Sauce V	Steamed Rice Mashed Potatoes Sautéed Cabbage	Fish & Vegetable	Assorted Salad & Fresh Fruit
WEDNESDAY 05/06/2019	Fresh Fruit & Milk	Korean Sesame Honey Chicken Beef Stew with Beans and Mushrooms Creamy Vegetable Pasta Bake V	Steamed Rice Green Beans Ratatouille	Beef & Vegetable	Assorted Salad & Fresh Fruit
THURSDAY 06/06/2019	Fresh Fruit & Milk	Chinese Beef with Pepper Sauce Fish Nuggets Stir Fried Noodles with Tofu & Vegetables V	Steamed Rice Stir Fried Pickled Cabbage Broccoli	Chicken & Vegetable	Assorted Salad & Fresh Fruit
FRIDAY 07/06/2019	Fresh Fruit & Milk	Stir Fried Seafood with Vegetables Assorted Pizza Stir Fried Tofu & Vegetables V	Steamed Rice Hand Cut Chips Grilled Corn with Butter	Fish & Vegetable	Assorted Salad & Fresh Fruit



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MONDAY 10/06/2019	Fresh Fruit & Milk	Sesame Calamari Grilled Chicken with Gravy Macaroni Cheese V	Steamed Rice Herbed Roast Potatoes Mixed Vegetables	Beef & Vegetable	Assorted Salad & Fresh Fruit
TUESDAY 11/06/2019	Fresh Fruit & Milk	Fried Fish with Dill Meatloaf with BBQ Sauce (Beef) Stir Fried Vegetables and Tofu V	Steamed Rice Mixed Green Vegetables Potato Gratin	Chicken & Vegetable	Assorted Salad & Fresh Fruit
WEDNESDAY 12/06/2019	Fresh Fruit & Milk	Fish Kung Pao (No Nuts) Chicken Schnitzel with Gravy Pasta with Vegetable Cream Sauce V	Steamed Rice Broccoli & Carrots Creamy Pumpkin Mash	Seafood & Vegetable	Assorted Salad & Fresh Fruit
THURSDAY 13/06/2019	Fresh Fruit & Milk	Mongolian Beef Baked Fish with Passion Fruit Sauce Stir Fried Noodles with Vegetables V	Steamed Rice Stir Fried Vegetables in Oyster Sauce Buttered Green Beans	Fish & Vegetable	Assorted Salad & Fresh Fruit
FRIDAY 14/06/2019	Fresh Fruit & Milk	Fried Fish Beef Burger Indian Tofu Curry V	Vegetable Fried Rice Potato Wedges Baked Beans	Chicken & Vegetable	Assorted Salad & Fresh Fruit



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MONDAY 17/06/2019	Fresh Fruit & Milk	Shrimp Curry Chicken Goulash Stir Fried Noodles with Tofu V	Steamed Rice Stir Fried Vegetables Glazed Carrots	Beef & Vegetable	Assorted Salad & Fresh Fruit
TUESDAY 18/06/2019	Fresh Fruit & Milk	Korean Beef Stew Fish Fingers Thai Tofu with Basil V	Steamed Rice Cauliflower Cheese Mixed Vegetables	Chicken & Vegetable	Assorted Salad & Fresh Fruit
WEDNESDAY 19/06/2019	Fresh Fruit & Milk	Stir Fried Squid with Vegetables BBQ Chicken Tofu Green Curry V	Steamed Rice Hand Cut Chips Corn, Peas & Carrots	Fish & Vegetable	Assorted Salad & Fresh Fruit
THURSDAY 20/06/2019	Fresh Fruit & Milk	Grilled Fish Hanoi Style Chicken Parmesan Penne with Tomato Sauce V	Steamed Rice Spinach & Mushroom Bake Broccoli	Beef & Vegetable	Assorted Salad & Fresh Fruit
FRIDAY 21/06/2019	Fresh Fruit & Milk	Stir Fried Beef with Vegetables Spanish Chicken Stew Sautéed Tofu with Hoisin Sauce V	Steamed Rice Mashed Potatoes Green Beans	Chicken & Vegetable	Assorted Salad & Fresh Fruit



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MONDAY 24/06/2019	Fresh Fruit & Milk	Grilled Chicken with Lime Leaves Shepherd's Pie (Beef) Vegetable Fried Rice V	Steamed Rice Braised Cabbage with Tomatoes Corn, Peas & Carrots	Fish & Vegetable	Assorted Salad & Fresh Fruit
TUESDAY 25/06/2019	Fresh Fruit & Milk	Pad Thai Shrimp Baked Fish with Mushroom Cream Sauce Eggplant Parmigiana V	Steamed Rice Baby Roasted Potatoes Mixed Vegetables	Chicken & Vegetable	Assorted Salad & Fresh Fruit
WEDNESDAY 26/06/2019	Fresh Fruit & Milk	Thai Stir Fried Beef with Vegetables Fish Fingers Stir Fried Noodles with Vegetables V	Steamed Rice Hand Cut Chips Grilled Corn	Fish Cake & Vegetable	Assorted Salad & Fresh Fruit
THURSDAY 27/06/2019	Fresh Fruit & Milk	Beef Bulgogi Chicken Stroganoff Malaysian Tofu Curry V	Steamed Rice Steamed Vegetables Glazed Carrots	Seafood & Vegetable	Assorted Salad & Fresh Fruit
FRIDAY 28/06/2019	Fresh Fruit & Milk	Fried Fish with Tamarind Sauce Spaghetti Meatballs (Chicken) Braised Tofu with Mushrooms V	Steamed Rice Stir Fried Pumpkin Broccoli	Beef & Vegetable	Assorted Salad & Fresh Fruit



**BRITISH INTERNATIONAL SCHOOL
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