


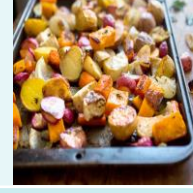




Early Years Centre Lunch Menu: W1 JUNE 2022








	MORNING SNACK	LUNCH		AFTERNOON SNACK (F1, F2 & F3 only)	
		Main Dishes	Side Dishes		
WEDNESDAY 1 June 22	Zucchini sponge cake Fresh milk	 	Chicken curry Sautéed beef with onion and celery	Grilled taro V Steamed rice V Sautéed morning glory with garlic V Mix vegetable soup V	Croissants Fresh milk
THURSDAY 2 June 22	Banana muffin Fresh milk	 	Grilled beef with green pepper sauce Stew pork with quail egg	Baked sweet potato V Steamed rice V Boiled mix vegetable V Vegetable soup V	Beef congee with vegetable
FRIDAY 3 June 22	Sponge cake Fresh milk	 	CHICKEN KFC DAY	French fries V Mix fried rice V Pickled vegetables V Seaweed soup with tofu V	Mango Yogurt



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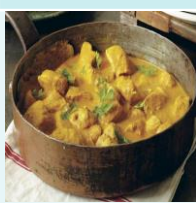







	MORNING SNACK	LUNCH		AFTERNOON SNACK (F1, F2 & F3 only)	
		Main Dishes	Side Dishes		
MONDAY 6 June 22	Cereals Fresh milk		Tempura squid Chinese style stew pork	Dinner roll V Steamed rice V Sautéed bok choy with garlic V Bottle gourd soup with shrimp	Apple muffin Watermelon Juice
TUESDAY 7 June 22	Mango muffin Fresh milk		Grilled pork with pepper sauce Salted fried chicken	Garlic bread with butter V Steamed rice V Sautéed cabbage with garlic V Pumpkin soup V	Shrimp congee with vegetable
WEDNESDAY 8 June 22	Banana muffin Fresh milk		Beef lagu Braised fish with galangal	Grilled sweet corn V Steamed rice V Boiled green beans V Mustard green with mince pork	Cereals Fresh milk
THURSDAY 9 June 22	Croissants Fresh milk		Teriyaki grilled chicken Roasted pork with pepper	Korean style mix glass rice noodle V Steamed rice V Sautéed mix vegetable with garlic V Vegetable soup with tofu and mushroom V	Salmon congee
FRIDAY 10 June 22	Cereals Fresh milk		BÚN CHẢ DAY Grilled pork	Fried spring roll V Fresh noodle/Rice V Sautéed pumpkin with garlic V Sour pork soup V	Apple muffin Yogurt



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	MORNING SNACK	LUNCH		AFTERNOON SNACK (F1, F2 & F3 only)
		Main Dishes	Side Dishes	
MONDAY 13 June 22	Marble sponge cake Fresh milk	 	Chicken nugget Sautéed shrimp and pork	Grilled sweet potato V Steamed rice V Sautéed green bean V Tomato and egg soup V Pork congee
TUESDAY 14 June 22	Cereals Fresh milk	 	Grilled beef Sautéed squid with dill	Mashed potatoes V Steamed rice V Boiled cabbage V Wintermelon broth V Taro cake Fresh milk
WEDNESDAY 15 June 22	Small dumpling with pork Fresh milk	 	Chicken curry Deep fried fish tempura	Baked sweet corn V Steamed rice V Sautéed chayote with garlic V Corn and mushroom soup V Chicken congee
THURSDAY 16 June 22	Egg sandwich Fresh milk	 	Sautéed vermicelli with shrimp KOREAN style Thai style pork	Fried veggie dumpling V Steamed rice V Sautéed sweet cabbage with garlic V Vegetable soup V Orange sponge cake Fresh milk
FRIDAY 17 June 22	Banana Pancake Fresh milk	 	HUẾ FOOD DAY Lụi spring rolls/Huế style beef noodle Huế style grilled pork	Bake potato V Pickled papaya and carrot V Egg and tomato soup V Oatmeal cookies Watermelon juice

V = VEGETARIAN



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	MORNING SNACK	LUNCH		AFTERNOON SNACK (F1, F2 & F3 only)	
		Main Dishes	Side Dishes		
MONDAY 20 June 22	Banana muffin Fresh milk		Grilled chicken with gavy sauce Fried fish with dill	Grilled sweet potato V Steamed rice V Sautéed green bean V Malabar spinach soup V	Pork congee
TUESDAY 21 June 22	Dumplings with pork Fresh milk		Stewed beef Russia style roasted pork	Dinner roll V Steamed rice V Sautéed napa cabbage with mushroom sauce V Napa cabbage with ginger soup V	Banana Fresh milk
WEDNESDAY 22 June 22	Pumpkin muffin Fresh milk		Grilled pork rib in BBQ sauce Fried chicken with lemongrass and chili	Mashed potato V Steamed rice V Sautéed chayote with garlic V Egg with mushroom soup V	Apple Yogurt
THURSDAY 23 June 22	Orange sponge cake Fresh milk		Stewed beef with black pepper Crispy pork tenderloin	Baked sweet corn V Steamed rice V Sautéed cabbage with garlic V Cabbage and tomato soup V	Beef congee
FRIDAY 24 June 22	Cereals Fresh milk		SPAGHETTI DAY Pasta in mushroom cream	Sautéed bokchoy with garlic V Sour mussel soup V	Mango Fresh milk