

MENU FOR TERM 3 – APRIL 2019



WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
8	MON	01/04/2019	Danish	Fresh milk	Amaranth with beef broth	Mixed cabbage in Korean style	Fried chicken	Boiled eggs	Fruit	Western + Western + Asian lunch set	Minced beef with vegetables soup	Fruit juice
					Rice							Fresh milk
	TUE	02/04/2019	Caramel cream	Orange juice	Lufa with shrimp broth	Stir fried chayote	Braised fish with pineapple	Stir fried noodles with shrimp and vegetables	Fruit	Western + Asian lunch set	Butter cream cake	Fruit juice
					Rice							Fresh milk
	WED	03/04/2019	Grapes	Fresh milk	Vegies with minced beef broth	Fried sweet potato	Stir fried noodles with chicken		Fruit	Western lunch set	Chicken ball tempura	Fruit juice
							Fresh milk					
	THU	04/04/2019	Donut	Fresh milk	Napa cabbage with shrimp broth	Stir fried green gourd with onion	Grilled chicken with salt and lemongrass	Stir fried beef with sweet and sour sauce	Fruit	Asian lunch set	Shrimp and vegie, egg soup	Fruit juice
					Rice							Yoghurt
	FRI	05/04/2019	Banana	Fresh milk		Herbs	Noodles with fish, shrimp and eggs		Fruit	Asian lunch set	Chocolate cookies	Fruit juice
							Fresh milk					

Vegetables and fruits in the Menu mainly come from organic gardens planted at Pegasus and SIS campus. Menu may be changed due to market availability



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9	MON	08/04/2019	Banana	Fresh milk	Winter melon with shrimp broth	Boiled vegetables	Grilled chicken with lime leaves	Mixed noodles with mushroom and shrimp	Fruit	Western + Asian lunch set	Tapioca, minced shrimp and vegies soup	Fruit juice
					Rice						Fresh milk	
	TUE	09/04/2019	Yoghurt	Orange juice	Lufa with shrimp broth	Stir fried morning glory vegetables	Braised fish with lemongrass	Omelette	Fruit	Western + Asian lunch set	Fresh bread	Fruit juice
					Rice						Fresh milk	
	WED	10/04/2019	Cream choux	Fresh milk	Cabbage with minced beef broth	Fried potato	Spaghetti with chicken balls sauce		Fruit	Western lunch set	Cheese wafer	Fruit juice
	THU	11/04/2019	Grapes	Fresh milk	Tungho with shrimp broth	Grilled pumpkin	Fish tempura	Stir fried squid with sweet and sour sauce	Fruit	Asian lunch set	Minced beef and vegies soup	Fruit juice
					Rice							Fresh milk
	FRI	12/04/2019	Muffin	Fresh milk		Herbs	Beef noodles in Hue style		Fruit	Asian lunch set	Donut	Fruit juice
												Fresh milk

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