



WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
9	MON	30/09/2019	Cornflakes	Fresh milk	Amaranth with shrimp broth Rice	Stir fried morning glory vegetables	Roasted chicken	Simmered tofu with lemongrass	Fruit	Western + Asian lunch set	Beef and vegies, tapioca congee	Fruit juice Fresh milk
	TUE	01/10/2019	Caramel cream cake	Apple juice	Long cabbage with meat broth Rice	Stir fried vegies with sweet & sour sauce	Braised beef with ginger	Braised quail eggs in Chinese style	Fruit	Western + Asian lunch set	Danish	Fruit juice Fresh milk
	WED	02/10/2019	Bread with pork floss	Fresh milk	Bok Choy with shrimp broth	Cucumber, tomato, lettuce	Chicken rice in Hoian style		Fruit	Asian lunch set	Fried beef sausage	Fruit juice Fresh milk
	THU	03/10/2019	Apple	Fresh milk	Winter melon with shrimp broth Rice	Stir fried cauliflower with garlic	Braised basa fish	Stir fried green bean with beef	Fruit	Western + Asian lunch set	Shrimp and vegies soup	Fruit juice Fresh milk
	FRI	04/10/2019	Cream Choux	Fresh milk	Herbs		Quang noodles (chicken)		Fruit	Asian lunch set	Muffin	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



MENU FOR TERM 1 – OCT 2019



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					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
10	MON	07/10/2019	Danish	Fresh milk	Pumpkin with shrimp broth	Stir fried long cabbage	Grilled chicken with teriyaki sauce	Stir fried beef with mushroom	Fruit	Western + Asian lunch set	Minced beef with vegetables soup	Fruit juice
					Rice							Fresh milk
	TUE	08/10/2019	Yoghurt	Peach juice	Vegies with minced beef broth	Stir fried morning glory vegetables	Stir fried broccoli with shrimp	Simmered beef with eggs	Fruit	Western + Asian lunch set	Croissant	Fruit juice
					Rice							Fresh milk
	WED	09/10/2019	Coconut cake	Fresh milk	Turnip with shrimp broth	Lettuce, tomato, cucumber	Stewed beef and beans, vegies served with rice		Fruit	Western lunch set	Vanilla cookies	Fruit juice
	THU	10/10/2019	Apple	Fresh milk	Vine spinach with shrimp broth	Stir fried Napa cabbage	Roasted chicken with tamarind	Stir fried squid with sweet and sour sauce	Fruit	Western + Asian lunch set	Chicken with vegetables & tapioca soup	Fruit juice
					Rice							Fresh milk
	FRI	11/10/2019	Pate Chaud	Fresh milk	Herbs		Fish pies noodles		Fruit	Asian lunch set	Chicken balls tempura	Fruit juice
												Fresh milk

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1	MON	21/10/2019	Cornflakes	Fresh milk	Amaranth with beef broth	Mixed cabbage in Korean style	Fillet chicken tempura	Boiled eggs	Fruit	Western + Asian lunch set	Minced beef with vegetables congee	Fruit juice
					Rice							Fresh milk
	TUE	22/10/2019	Caramel cream	Orange juice	Lufa with shrimp broth	Stir fried chayote	Grilled beef rolls with mushroom	Stir fried noodles with beef and vegetables	Fruit	Western + Asian lunch set	Salty rice crackers	Fruit juice
					Rice							Fresh milk
	WED	23/10/2019	Grapes	Fresh milk	Turnip with shrimp broth	Fried sweet potato	Stir fried noodles with chicken		Fruit	Western lunch set	Butter cream sponge cake	Fruit juice
												Fresh milk
	THU	24/10/2019	Donut	Fresh milk	Vine spinach with shrimp broth	Stir fried green gourd with onion	Grilled minced beef in Lot leaves	Stir fried fish pies with sweet and sour sauce	Fruit	Western + Asian lunch set	Chicken with vegies congee	Fruit juice
					Rice							Yoghurt
	FRI	25/10/2019	Banana	Fresh milk	Herbs		Chicken Pho		Fruit	Asian lunch set	Fried chicken sausage	Fruit juice
						Fresh milk						

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2	MON	28/10/2019	Cornflakes	Fresh milk	Tungho with shrimp broth	Stir fried kohlrabi	Simmered beef with lemongrass	Tofu with tomato and minced beef sauce	Fruit	Western + Asian lunch set	Shrimp and vegies congee	Fruit juice
					Rice							Fresh milk
	TUE	29/10/2019	Grapes	Fresh milk	Sauropus with beef broth	Stir fried chayote with carrot	Grilled chicken with lime leaves	Simmered seafood with mushroom	Fruit	Western + Asian lunch set	Steamed dimsum	Fruit juice
					Rice							Fresh milk
	WED	30/10/2019	Pate Chaud	Fresh milk	Tomato with eggs broth	Sauté potato with butter and garlic	Grilled fish with butter and lemon sauce		Fruit	Western lunch set	Fish tempura	Fruit juice
					Rice							Fresh milk
	THU	31/10/2019	Cream choux	Fresh milk	Seaweed with shrimp broth	Stir fried green bean	Grilled chicken with Western spice	Eggs tempura	Fruit	Western + Asian lunch set	Tapioca, minced beef soup	Fruit juice
					Rice							Fresh milk
	FRI	01/11/2019	Apple	Fresh milk	Herbs		Beef Pho		Fruit	Asian lunch set	Dumpling	Fruit juice
												Fresh milk

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