

MENU FOR TERM 1 – SEP 2016



WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
5	MON	05/09/2016	Papaya	Fresh milk	Winter melon with meat broth	Mixed morning glory vegetables with sesame	Braised pork with eggs	Stir fried chicken with green bean and soya noodles	Fruit	Asian + Western lunch set	Cookies	Fruit juice
					Rice							Fresh milk
	TUE	06/09/2016	Croissant	Fruit juice	Sauropus with beef broth	Stir fried Bok Choy	Chicken BBQ	Stir fried pork	Fruit	Asian + Western lunch set	Milk bread	Fruit juice
					Rice							Fresh milk
	WED	07/09/2016	Butter cupcake	Fresh milk	Green gourd with shrimp broth	Boiled vegie	Spaghetti with shrimp sauce		Fruit	Asian + Western lunch set	Banana cake	Fruit juice
					Rice							Fresh milk
	THU	08/09/2016	Grapes	Fruit juice	Lufa with shrimp broth	Stir fried mushroom with meat and vegie	Braised fish	Stir fried broccoli with beef	Fruit	Asian + Western lunch set	3 flavors jelly	Fruit juice
					Rice							Fresh milk
	FRI	09/09/2016	Danish	Fresh milk		Herbs	Noodles with pork loin and pork pies		Fruit	Asian lunch set	Chicken dumpling	Fruit juice
												Fresh milk



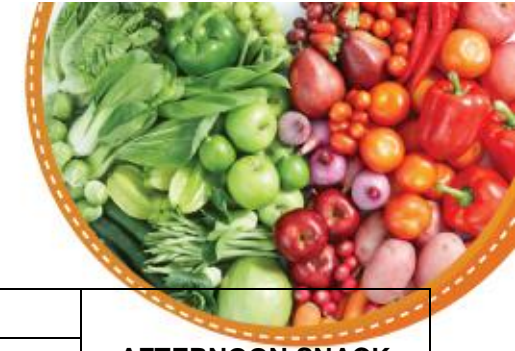
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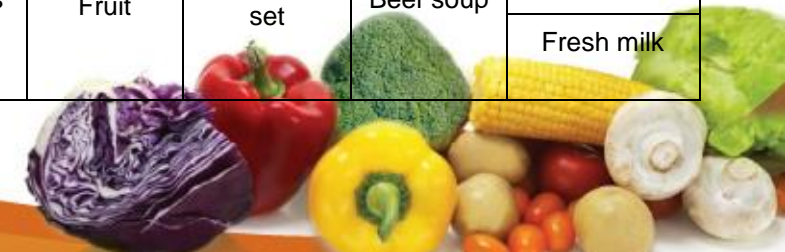
WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
6	MON	12/09/2016	Rice crackers	Apple juice	Sauropus with beef broth	Boiled Bok choy	Braised chicken	Pork stuffed in tofu	Fruit	Asian + Western lunch set	Butter cupcake	Fruit juice
					Rice							Fresh milk
	TUE	13/09/2016	Cornflake	Fresh milk	Winter melon with shrimp broth	Stir fried green gourd	Pork BBQ	Omelet	Fruit	Asian + Western lunch set	Waffle with honey	Fruit juice
					Rice							Fresh milk
	WED	14/09/2016	Watermelon	Orange juice	Tofu with tomato and beef broth	Stir fried chayote	Braised fish with tomato sauce	Stir fried vegie with beef	Fruit	Asian + Western lunch set	Dried meat balls	Fruit juice
					Rice							Fresh milk
	THU	15/09/2016	Raisin Danish	Yoghurt	Vegie with meat broth	Stir fried Bok choy	Grilled pork loaf	Braised pork stuffed in green gourd	Fruit	Asian + Western lunch set	Samosa (chicken)	Fruit juice
					Rice							Fresh milk
	FRI	16/09/2016	Banana	Apple juice	Rice	Herbs	Pork ragout		Fruit	Asian lunch set	Coconut jelly	Fruit juice
												Fresh milk



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					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
7	MON	19/09/2016	AFC crackers	Fresh milk	Vine spinach with pork broth	Stir fried Glory morning vegetable	Braised basa fish in Chinese style	Stir fried cauliflower with shrimp	Fruit	Asian + Western lunch set	Fried fish balls	Fruit juice
					Rice							Fresh milk
	TUE	20/09/2016	Dragon fruit	Apple juice	Lufa with shrimp broth	Stir fried green bean	Stewed beef	Omelet with bacon	Fruit	Asian + Western lunch set	Dumpling with meat and quail egg	Fruit juice
					Rice							Fresh milk
	WED	21/09/2016	Croissant	Fresh milk	Amaranth with beef broth	Steamed vegie	Spaghetti with minced beef sauce		Fruit	Asian + Western lunch set	Fruits stick	Fruit juice
					Rice							Fresh milk
	THU	22/09/2016	Watermelon	Orange juice	Pumpkin with pork broth	Stir fired green gourd with shrimp	Stir fried pork pies	Mixed noodles with shrimp	Fruit	Asian + Western lunch set	Dorayaky	Fruit juice
					Rice							Fresh milk
	FRI	23/09/2016	Butter cupcake	Fresh milk	Tomato with eggs broth	Herbs	Noodles with grilled pork, spring rolls		Fruit	Asian lunch set	Beef soup	Fruit juice
												Fresh milk





WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
8	MON	26/09/2016	Dragon fruit	Fresh milk	Winter melon with shrimp broth	Stir fried Bok Choy	Roasted chicken thighs	Grilled potato with eggs	Fruit	Asian + Western lunch set	3 flavors jelly	Fruit juice
					Rice							Fresh milk
	TUE	27/09/2016	Banana cake	Orange juice	Vegetables with beef broth	Mixed salad	Sandwich with chicken and eggs		Fruit	Asian + Western lunch set	Crepe	Fruit juice
					Rice							Fresh milk
	WED	28/09/2016	Grapes	Fresh milk	Vine spinach with shrimp broth	Mixed shrimp, pork with noodles	Grilled pork loin	Mixed chicken with herbs	Fruit	Asian + Western lunch set	Bread with sausage	Fruit juice
Rice					Fresh milk							
THU	29/09/2016	Cornflake	Yoghurt	Chayote with meat broth	Stir fried kohlrabi, turnip	Braised pork with sesame	Fish balls with sweet and sour sauce	Fruit	Asian + Western lunch set	Fried chicken balls	Fruit juice	
				Rice							Fresh milk	
FRI	30/09/2016	Water-melon	Apple juice		Herbs	Local vegetables	Beef noodles in Hue style		Fruit	Asian lunch set	Pate Chaud	Fruit juice
												Fresh milk

