

## MENU FOR TERM 1 – SEP 2019



WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
5	TUE	03/09/2019	Caramel cream	Apple juice		Herbs	Noodles with pork		Fruit	Asian lunch set	Minced shrimp with vegetables soup	Fruit juice
												Fresh milk
	WED	04/09/2019	Bread with pork floss	Fresh milk	Long cabbage with shrimp broth	Lettuce, tomato, cucumber	Stewed beef sausage and beans served with rice		Fruit	Western lunch set	Vanilla cookies	Fruit juice
												Fresh milk
	THU	05/09/2019	Apple	Fresh milk	Green gourd with shrimp broth	Stir fried Napa cabbage	Roasted pork	Stir fried fish pies with sweet and sour sauce	Fruit	Western + Asian lunch set	Boiled corn	Fruit juice
					Rice							
	FRI	06/09/2019	Pate Chaud	Fresh milk		Herbs	Pork curry		Fruit	Asian lunch set	Fried chicken sausage	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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					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
6	MON	09/09/2019	Danish	Fresh milk	Amaranth with meat broth	Mixed cabbage in Korean style	Fillet chicken tempura	Boiled eggs	Fruit	Western + Asian lunch set	Minced beef with vegetables soup	Fruit juice
					Rice							Fresh milk
	TUE	10/09/2019	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	Salty rice crackers	Fruit juice
					Rice							Fresh milk
	WED	11/09/2019	Grapes	Fresh milk	Veggies with minced pork broth	Fried sweet potato	Stir fried noodles with chicken		Fruit	Western lunch set	Chicken ball tempura	Fruit juice
	THU	12/09/2019	Donut	Fresh milk	Napa cabbage with shrimp broth	Stir fried green gourd with onion	Fried fish	Stir fried beef with sweet and sour sauce	Fruit	Western + Asian lunch set	Shrimp and veggie, egg soup	Fruit juice
					Rice							Yoghurt
	FRI	13/09/2019	Banana	Fresh milk		Herbs	Braised beef + rice		Fruit	Asian lunch set	Dumpling	Fruit juice
												Fresh milk

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					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
7	MON	16/09/2019	Cornflakes	Fresh milk	Amaranth with shrimp broth	Stir fried long cabbage	Grilled fish	Braised chicken with mushroom	Fruit	Western + Asian lunch set	Shrimp and vegies congee	Fruit juice
					Rice							Fresh milk
	TUE	17/09/2019	Grapes	Fresh milk	Vine spinach with beef broth	Stir fried chayote with carrot	Grilled chicken with Western spice	Eggs tempura	Fruit	Western + Asian lunch set	Steamed dimsum	Fruit juice
					Rice							Fresh milk
	WED	18/09/2019	Pate Chaud	Fresh milk	Tomato with eggs broth	Sauté potato with butter and garlic	Pork balls with Demi sauce		Fruit	Western lunch set	Fish tempura	Fruit juice
					Rice							Fresh milk
	THU	19/09/2019	Croissant	Fresh milk	Seaweed with shrimp broth	Stir fried green bean	Sauté fillet fish	Tofu with tomato and minced meat sauce	Fruit	Western + Asian lunch set	Tapioca, minced beef soup	Fruit juice
					Rice							Fresh milk
	FRI	20/09/2019	Apple	Fresh milk		Herbs	Fish pies noodles		Fruit	Asian lunch set	Pork balls tempura	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		
8	MON	23/09/2019	Banana	Fresh milk	Winter melon with shrimp broth	Boiled vegetables	Grilled chicken with lime leaves	Mixed noodles with mushroom and fried pork	Fruit	Western + Asian lunch set	Tapioca, shrimp and vegies congee	Fruit juice
					Rice						Fresh milk	
	TUE	24/09/2019	Yoghurt	Orange juice	Lufa with shrimp broth	Stir fried morning glory vegetables	Boiled pork	Fried eggs with mushroom and minced pork	Fruit	Western + Asian lunch set	Stir fried corn with butter	Fruit juice
					Rice						Fresh milk	
	WED	25/09/2019	Salty rice crackers	Fresh milk	Cabbage with minced beef broth	Fried potato	Spaghetti with Bolognese sauce		Fruit	Western lunch set	Donut	Fruit juice
					Rice							Fresh milk
	THU	26/09/2019	Grapes	Fresh milk	Tunggho with shrimp broth	Grilled pumpkin	Grilled chicken with teriyaki sauce	Stir fried beef with pineapple	Fruit	Western + Asian lunch set	Minced beef with vegies soup	Fruit juice
					Rice							Yoghurt
	FRI	27/09/2019	Muffin	Fresh milk		Herbs	Beef noodles in Hue style		Fruit	Asian lunch set	Steamed sweet potato	Fruit juice
												Fresh milk

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