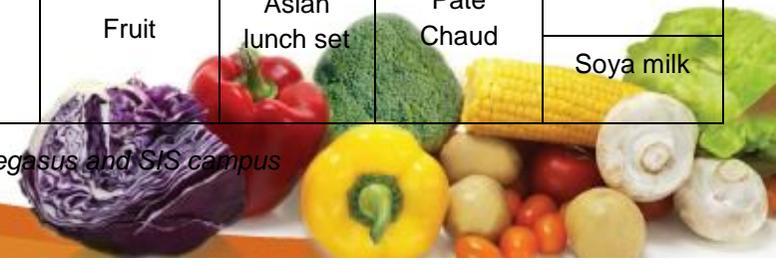


MENU FOR TERM 3 – APR 2017

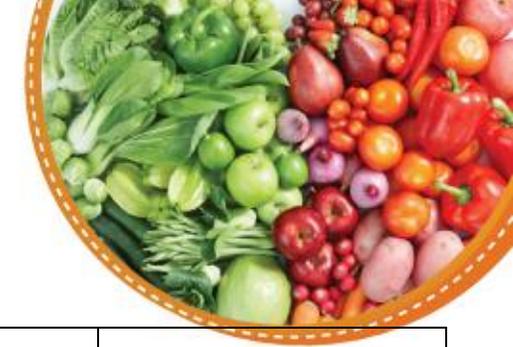


TUẦN	THỨ	NGÀY	BỮA NHÉ BUỔI SÁNG		BỮA TRƯA						BỮA NHÉ BUỔI CHIỀU	
					SÚP/CANH	RAU	MÓN CHÍNH 1	MÓN CHÍNH 2	TRÁNG MIỆNG	GHI CHÚ		
9	MON	03/04/2017	Dragon fruit	Fresh milk	Green gourd with shrimp broth Rice	Mixed Glory morning vegetables with sesame	Grilled teriyaki chicken	Stir fired shrimp with vegie	Fruit	Asian lunch set	AFC crackers	Fruit juice Soya milk
	TUE	04/04/2017	Cornflakes	Fresh milk	Sauropus with beef broth Rice	Stir fried chayote with onion	Braised pork with lemongrass	Fried eggs	Fruit	Western + Asian lunch set	Coconut jelly	Fruit juice Fresh milk
	WED	05/04/2017	Grapes	Soya milk	Vine spinach with shrimp broth Rice	Tempura sweet potato	Beef steak		Fruit	Western lunch set	Waffle	Yoghurt Fresh milk
	THU	06/04/2017	Public holiday									
	FRI	07/04/2017	Water melon	Fresh milk		Local vegetables/ Herbs	Noodles with pork and pork loaf		Fruit	Asian lunch set	Pate Chaud	Fruit juice Soya milk

Vegetables and fruits in the Menu mainly come from organic gardens planted at Pegasus and SIS campus

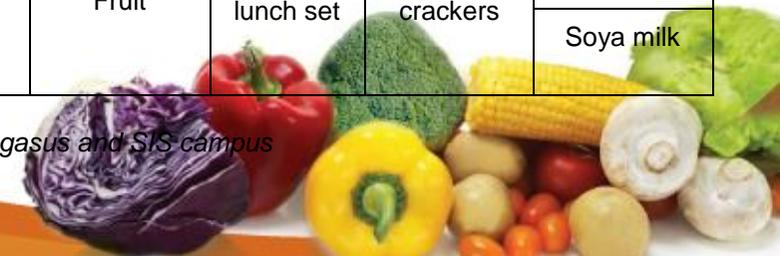


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TUẦN	THỨ	NGÀY	BỮA NHE BUỔI SÁNG		BỮA TRƯA						BỮA NHE BUỔI CHIỀU	
					SÚP/CANH	RAU	MÓN CHÍNH 1	MÓN CHÍNH 2	TRÁNG MIỆNG	GHI CHÚ		
10	MON	10/04/2017	Water melon	Fresh milk	Winter melon with shrimp broth	Boiled Vegie	Braised pork with eggs	Stir fried shrimp with green bean and vermicelli	Fruit	Asian lunch set	Solite cake	Fruit juice
					Rice							Fresh milk
	TUE	11/04/2017	Rice crackers	Apple juice	Bok Choy with chicken broth	Tomato, cucumber, lettuce	Broken rice with grilled pork ribs		Fruit	Asian lunch set	Stewed pork pizza	Caramel cream
					Soya milk							
	WED	12/04/2017	Cornflakes	Soya milk	Lufa with shrimp broth	Stir fried Bok Choy	Braised fish with turmeric	Pork balls with oyster sauce	Fruit	Asian + Western lunch set	Cookies	Fruit juice
					Rice							Fresh milk
	THU	13/04/2017	Banana	Yoghurt	Cabbage with meat broth	Stir fried vegie	Grilled chicken with lemon leaves	Braised pork with mushroom	Fruit	Asian + Western lunch set	Donut	Fruit juice
					Rice							Fresh milk
	FRI	14/04/2017	Croissant	Fresh milk	Rice	Herbs	Pork curry		Fruit	Asian lunch set	Rice crackers	Fruit juice
					Soya milk							

Vegetables and fruits in the Menu mainly come from organic gardens planted at Pegasus and SIS campus





TUẦN	THỨ	NGÀY	BỮA NHÉ BUỔI SÁNG		BỮA TRƯA						BỮA NHÉ BUỔI CHIỀU	
					SÚP/CANH	RAU	MÓN CHÍNH 1	MÓN CHÍNH 2	TRÁNG MIỆNG	GHI CHÚ		
11	MON	17/04/2017	Water melon	Fresh milk	Vine spinach with shrimp broth	Stir fried Lufa with onion	Braised fish	Braised pork with tofu and soya sauce	Fruit	Asian lunch set	AFC crackers	Fruit juice
					Rice							Fresh milk
	TUE	18/04/2017	Danish	Fresh milk	Crown daisy with meat broth	Boiled green gourd	Braised pork with sesame	Stir fried Lufa with shrimp	Fruit	Western + Asian lunch set	Cookies	Fruit juice
					Rice							Soya milk
	WED	19/04/2017	Grapes	Soya milk	Turnip with shrimp broth	Fried potato	Spaghetti with chicken balls sauce		Fruit	Western lunch set	Waffle	Yoghurt
					Rice							Fresh milk
	THU	20/04/2017	Croissant	Fresh milk	Vegie with minced pork broth	Stir fired Napa cabbage	Grilled basa fish	Omelet	Fruit	Western + Asian lunch set	Bo bia	Fruit juice
					Rice							Fresh milk
	FRI	21/04/2017	Papaya	Fresh milk		Local vegetables	Noodles with Char siu and wonton		Fruit	Asian lunch set	Chicken dumpling	Fruit juice
												Soya milk

