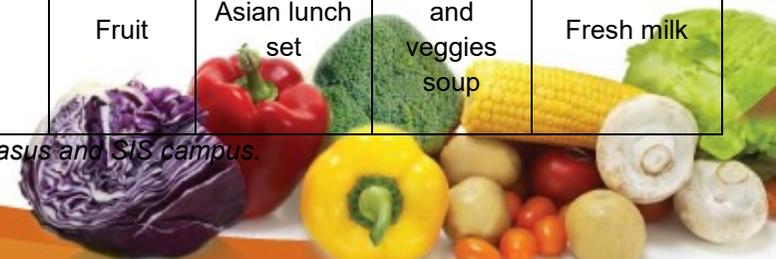




WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
9	MON	04/04/2022	Rice crackers	Fresh milk	Vine spinach with shrimp broth Rice	Boiled cabbage	Chicken tempura	Fried eggs	Fruit	Western + Asian lunch set	Dragon fruit	Fresh milk
	TUE	05/04/2022	Banana	Fresh milk	Papaya with meat broth Rice	Stir fried Bok-choy	Grilled pork	Stir fried chicken with cabbage, mushroom, lemon leaves	Fruit	Western + Asian lunch set	Panipopo	Fresh milk
	WED	06/04/2022	Vanilla crackers	Fresh milk	Morning glory vegetables with shrimp broth	Lettuce, tomato, cucumber	Stir fried noodles with chicken		Fruit	Asian lunch set	Grilled sausage	Fresh milk
	THU	07/04/2022	Milk and butter bread	Fresh milk	Seaweed with shrimp broth Rice	Grilled pumpkin	Braised fish	Stir fried shrimp with macaroni	Fruit	Western + Asian lunch set	Apple cake	Fresh milk
	FRI	08/04/2022	Pear	Fresh milk	Herbs		Pork pies noodles		Fruit	Asian lunch set	Chicken and veggies soup	Fresh milk

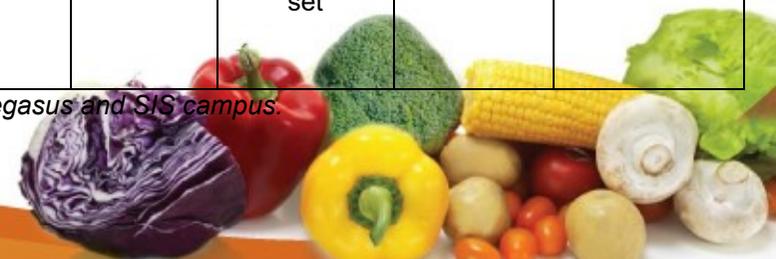
*Vegetables and fruits in the Menu mainly come from organic gardens planted at Pegasus and SIS campus.  
Menu may be changed due to market availability*





WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
1	MON	18/04/2022	Salty cookies	Fresh milk	Amaranth with meat broth Rice	Stir fried Napa cabbage	Grilled fish	Stir fried noodles with baby shrimp, pork, veggies	Fruit	Western + Asian lunch set	Pear	Fresh milk
	TUE	19/04/2022	Banana	Fresh milk	Calabash with shrimp broth Rice	Stir fried long cabbage	Roasted pork	Quail eggs with mandarin sauce	Fruit	Western + Asian lunch set	Sponge cake with eggs sauce	Fresh milk
	WED	20/04/2022	Coconut bread	Fresh milk	Winter melon with meat broth	Lettuce, tomato, cucumber	Roasted chicken served with rice		Fruit	Asian lunch set	Banana	Fresh milk
	THU	21/04/2022	Dragon fruit	Fresh milk	Seaweed with shrimp broth Rice	Stir fried long cabbage	Stir fried pork	Chicken with sweet and sour sauce and veggies	Fruit	Western + Asian lunch set	Choco-pie	Fresh milk
	FRI	22/04/2022	Orange cake	Fresh milk	Herbs		Fish pies noodles		Fruit	Asian lunch set	Donut	Fresh milk

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WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
2	MON	25/04/2022	Cornflakes	Fresh milk	Long cabbage with shrimp broth Rice	Stir fried cabbage with onion	Fish tempura	Stir fried shrimp with broccoli	Fruit	Western + Asian lunch set	Watermelon	Fresh milk
	TUE	26/04/2022	Cream choux	Fresh milk	Potato with meat broth Rice	Stir fried chayote with garlic	Braised pork with galangal	Boiled eggs with fish sauce	Fruit	Western + Asian lunch set	Danish	Fresh milk
	WED	27/04/2022	Watermelon	Fresh milk	Vine spinach with meat broth	Lettuce, tomato, cucumber + Pickles	Grilled pork served with rice		Fruit	Asian lunch set	Fried fish balls	Fresh milk
	THU	28/04/2022	Butter cream cake	Fresh milk	Seaweed with shrimp broth Rice	Grilled pumpkin	Braised fish	Stir fried green bean with meat	Fruit	Western + Asian lunch set	Banana	Fresh milk
	FRI	29/04/2022	Dragon fruit	Fresh milk	Herbs		Chicken Pho		Fruit	Asian lunch set	Shrimp and corn soup	Fresh milk

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