

WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
1	MON	07/08/2017	Grapes	Apple juice	Sauropus with pork broth	Stir fired Bok Choy with oyster oil	Stir fried chicken with butter and garlic	Braised quail eggs in Chinese style	Fruit	Asian + Western lunch set	Cheese wafer	Fruit juice
					Rice							Fresh milk
	TUE	08/08/2017	Cornflakes	Fresh milk	Winter melon with shrimp broth	Stir fired green gourd	Grilled pork	Fish balls with sweet and sour sauce	Fruit	Asian + Western lunch set	Waffle	Fruit juice
					Rice							Fresh milk
	WED	09/08/2017	Croissant	Orange juice	Vegie with meat broth	Lettuce, cucumber	Chicken rice in Hoian style		Fruit	Asian lunch set	Crullers	Fruit juice
	THU	10/08/2017	Banana	Fresh milk	Vine spinach with shrimp broth	Stir fried glory morning vegetables with garlic	Braised pork	Tofu with tomato sauce	Fruit	Asian + Western lunch set	Crepe	Fruit juice
					Rice							Fresh milk
	FRI	11/08/2017	Rice crackers	Fresh milk		Salted potato	Spaghetti with minced beef sauce		Fruit	Western lunch set	Solite cake	Fresh milk
												Yoghurt

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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MENU FOR TERM 1 – AUG 2017



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2	MON	14/08/2017	Water melon	Fresh milk	Moringa with shrimp broth	Boiled vegie	Braised shrimp with pork	Omelet	Fruit	Asian + Western lunch set	Hura cake	Fruit juice
					Rice							Fresh milk
	TUE	15/08/2017	Strawberry Danish	Apple juice	Pumpkin with pork broth	Stir fried Napa cabbage	Grilled fish	Shu mai with tomato sauce	Fruit	Asian + Western lunch set	Croissant	Fruit juice
					Rice							Fresh milk
	WED	16/08/2017	Dragon fruit	Yoghurt	Turnip with pork broth	Tempura sweet potato	Beef steak		Fruit	Western lunch set	Butter cream cake	Fruit juice
					Rice							Fresh milk
	THU	17/08/2017	Cornflakes (Choco rice)	Fresh milk	Bok Choy with shrimp broth	Stir fried broccoli	Braised pork with lemongrass	Stir fried penne with shrimp	Fruit	Asian + Western lunch set	Pineapple bread	Fruit juice
					Rice							Yoghurt
	FRI	18/08/2017	Cookies	Fresh milk		Local vegetables	Rolled cake with pork loaf		Fruit	Asian lunch set	Quail eggs dumpling	Fruit juice
												Caramel cream

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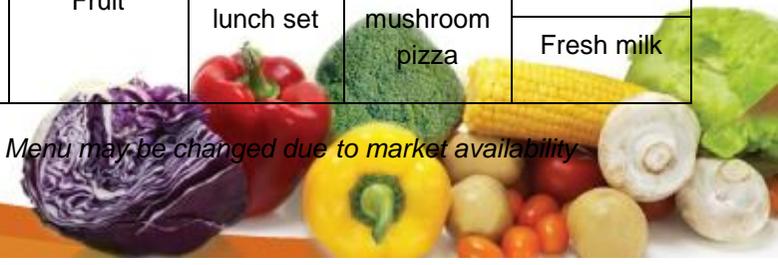


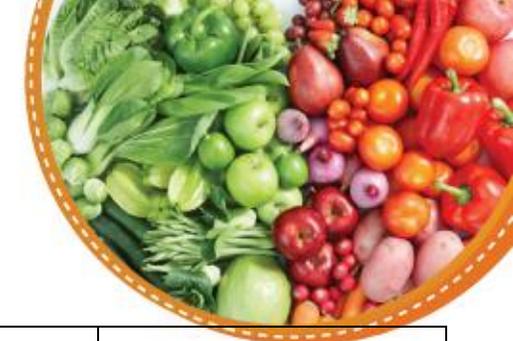
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3	MON	21/08/2017	Papaya	Fresh milk	Sauropus with pork broth	Mixed morning glory vegetables with sesame	Pork belly with pineapple sauce	Pad Thai	Fruit	Asian + Western lunch set	Cheese wafer	Fruit juice
					Rice							Fresh milk
	TUE	22/08/2017	Banana cake	Fresh milk	Winter melon with shrimp broth	Stir fried Lufa	Grilled pork	Quail eggs with oyster oil	Fruit	Asian + Western lunch set	Raisin Danish	Fruit juice
					Rice							Yoghurt
	WED	23/08/2017	Grapes	Fresh milk	Tomato with sprout bean broth	Lettuce, cucumber, tomato	Mixed rice in Italian style		Fruit	Western lunch set	Pate Chaud	Fruit juice
												Fresh milk
	THU	24/08/2017	Honey-moon cake	Apple juice	Amaranth with pork broth	Stir fried chayote	Crunchy shrimp	Braised pork loaf with onion	Fruit	Asian + Western lunch set	Donut	Fruit juice
					Rice							Fresh milk
	FRI	25/08/2017	Vanilla muffin	Fresh milk		Local vegetables	Noodles with grilled pork and spring rolls		Fruit	Asian lunch set	Chicken and mushroom pizza	Fruit juice
												Fresh milk

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4	MON	28/08/2017	Rice crackers	Apple juice	Chayote with pork broth	Stir fried Bok Choy with oyster oil	Grilled chicken with honey	Minced pork stuffed in tofu with tomato sauce	Fruit	Asian + Western lunch set	Pineapple Danish	Fruit juice
					Rice							Fresh milk
	TUE	29/08/2017	Water melon	Fresh milk	Crown daisy with shrimp broth	Stir fried kohlrabi with garlic	Grilled pork loaf	Fish loaf with sweet and sour sauce	Fruit	Asian + Western lunch set	Dorayaky	Fruit juice
					Rice							Fresh milk
	WED	30/08/2017	Croissant	Fresh milk	Bok Choy with shrimp broth	Pumpkin tempura	Chicken and eggs sandwich		Fruit	Western lunch set	Coffee jelly	Fruit juice
					Rice							Fresh milk
	THU	31/08/2017	Banana	Fresh milk	Vine spinach with pork broth	Coleslaw	Braised pork in Chinese style	Stir fried noodles in Singaporean style	Fruit	Asian + Western lunch set	Samosa (pork)	Fruit juice
					Rice							Fresh milk
	FRI	01/09/2017	Cupcake	Orange juice		Herbs	Noodles with Char siu and wonton		Fruit	Asian lunch set	Coconut bread	Fruit juice
												Fresh milk

