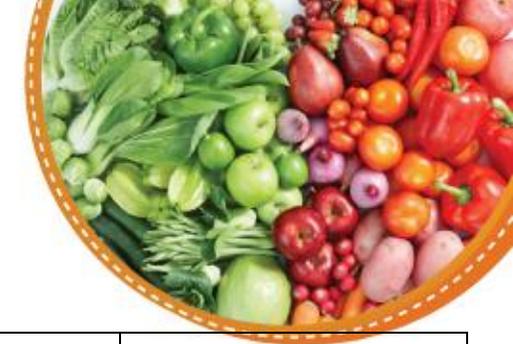


MENU FOR TERM 1 – AUGUST 2018



WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
1	MON	06/08/2018	Croissant	Fresh milk	Winter melon with shrimp broth	Stir fried glory morning vegetables	Grilled chicken with teriyaki sauce	Mixed soya noodles with crab stick	Fruit	Asian lunch set	Minced meat with vegetables soup	Fruit juice
					Rice							Fresh milk
	TUE	07/08/2018	Vanilla choux	Fresh milk	Tomato with beef broth	Stir fried green gourd with onion	Grilled pork	Boiled eggs	Fruit	Western + Asian lunch set	Cream wafer	Fruit juice
					Rice							Fresh milk
	WED	08/08/2018	Water melon	Fresh milk	Pumpkin with shrimp broth	Fried sweet potato	Stir fried noodles with chicken		Fruit	Western lunch set	Fried sausage	Fruit juice
	THU	09/08/2018	Almond cookies	Fresh milk	Pok choy with pork broth	Stir fried broccoli	Fish tempura	Tofu with tomato and minced pork sauce	Fruit	Western + Asian lunch set	Shrimp and vegie, egg soup	Fruit juice
					Rice							Yoghurt
	FRI	10/08/2018	Grapes	Orange juice		Herbs	Noodles in Hanoi style		Fruit	Asian lunch set	Brioche	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



MENU FOR TERM 1 – AUGUST 2018



WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
2	MON	13/08/2018	Dragon fruit	Fresh milk	Winter melon with shrimp broth	Boiled vegie with fish sauce	Braised pork in Chinese style	Omelet	Fruit	Western + Asian lunch set	Beef congee	Fruit juice
					Rice							Fresh milk
	TUE	14/08/2018	Dumpling	Fresh milk	Veggie with meat broth	Fried potato	Spaghetti with chicken balls		Fruit	Western lunch set	Pork ball tempura	Fruit juice
												Fresh milk
	WED	15/08/2018	Banana	Fresh milk	Papaya with shrimp broth	Stir fried Bok Choy with oyster oil	Fried pork with lemongrass	Shu mai with tomato sauce	Fruit	Asian lunch set	Danish	Fruit juice
					Rice							Fresh milk
	THU	16/08/2018	Pineapple gateaux	Fresh milk	Cabbage with minced meat broth	Grilled pumpkin	Grilled chicken with lime leaves	Mixed grilled tuna with sesame and noodles	Fruit	Western + Asian lunch set	Shrimp and vegie soup	Fruit juice
					Rice							Fresh milk
	FRI	17/08/2018	Chocopie	Fresh milk		Local vegetables	Quang noodles (shrimp, pork, quail eggs)		Fruit	Asian lunch set	Croissant	Fruit juice
												Fresh milk



WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
3	MON	20/08/2018	Cornflakes	Fresh milk	Amaranth with shrimp broth	Stir fried long cabbage	Braised pork with fish sauce	Mixed soya noodles with mushroom and fried pork	Fruit	Asian lunch set	Minced meat and vegie congee	Fruit juice
					Rice						Fresh milk	
	TUE	21/08/2018	Grapes	Apple juice	Vine spinach with meat broth	Stir fried chayote with carrot	Grilled chicken with Western spice	Braised pork with turnip	Fruit	Western + Asian lunch set	Butter cookies	Fruit juice
					Rice						Fresh milk	
	WED	22/08/2018	Pate Chau	Fresh milk	Tomato with eggs broth	Grilled vegie	Grilled pork loin with Demi sauce		Fruit	Western lunch set	Salty rice crackers	Fruit juice
					Rice							Fresh milk
	THU	23/08/2018	Water melon	Fresh milk	Pumpkin with shrimp broth	Stir fried green bean	Braised fish	Eggs tempura	Fruit	Western + Asian lunch set	Tapioca and minced meat soup	Fruit juice
					Rice		Fresh milk					
	FRI	24/08/2018	Bread with dried floss	Fresh milk		Herbs	Chicken Pho		Fruit	Asian lunch set	Fried sticky rice	Fruit juice
												Fresh milk

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MENU FOR TERM 1 – AUGUST 2018



WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
4	MON	27/08/2018	Dragon fruit	Fresh milk	Sauropus with pork broth Rice	Stir fried Kohlrabi	Fried pork	Pad Thai	Fruit	Western + Asian lunch set	Minced beef congee	Fruit juice Fresh milk
	TUE	28/08/2018	Pound cake	Fresh milk	Winter melon with shrimp broth Rice	Boiled cabbage	Roasted pork with lime sauce	Tofu tempura with soya sauce	Fruit	Western + Asian lunch set	Strawberry cookies	Fruit juice Fresh milk
	WED	29/08/2018	Coconut cake	Fresh milk	Green mustard with pork broth	Lettuce, cucumber, tomato	Rice with grilled pork loin		Fruit	Asian lunch set	Fish balls tempura	Fruit juice Fresh milk
	THU	30/08/2018	Raisin Danish	Fresh milk	Green gourd with shrimp broth Rice	Fried veggie cake	Grilled pork loaf	Steamed eggs in Korean style	Fruit	Western + Asian lunch set	Dumpling	Fruit juice Caramel cream
	FRI	31/08/2018	Banana	Fresh milk		Local vegetables	Beef noodles		Fruit	Asian lunch set	Donut	Fruit juice Fresh milk

