



WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
7	WED	01/06/2022	Coconut tart	Orange juice	Salad with vinaigrette		Macaroni and pork spare ribs with red wine sauce		Fruit	Western lunch set	Fresh fruit	Fresh milk
	THU	02/06/2022	Dragon fruit	Fresh milk	Seaweed with shrimp broth	Cabbage kimchi	Grilled pork with BBQ sauce	Mixed noodle with vegetables and meat shrimp	Fruit	Asian lunch set	Wafer	Fresh milk
					Rice							
FRI	03/06/2022	Rice crackers	Yoghurt	Herbs		Slow cooked chicken in tomato sauce with bread		Fruit	Western lunch set	Samosa (pork)	Fresh milk	

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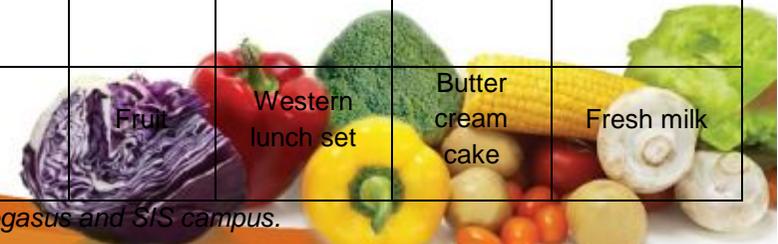




WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
8	MON	06/06/2022	Cornflakes	Fresh milk	Vine spinach with meat broth Rice	Stir fired morning glory vegetables with garlic	Grilled chicken with lemon sauce and olive oil	Sweet and sour pork rolls	Fruit	Western + Asian lunch set	Fresh fruit	Fresh milk
	TUE	07/06/2022	Pear	Yoghurt	Amaranth with shrimp broth Rice	Grilled eggplant with teriyaki sauce	Braised pork Chinese style	Braised quail eggs	Fruit	Asian lunch set	Salty cookies	Fresh milk
	WED	08/06/2022	Pineapple cake	Fresh milk	Winter melon with meat broth Bread	Lettuce, tomato, cucumber + Chips	Pan-seared beef tender with Demi-glass sauce		Fruit	Western lunch set	Chocolate tube cake	Fresh milk
	THU	09/06/2022	Watermelon	Apple juice	Seaweed with shrimp broth Rice	Coleslaw salad (White cabbage salad with mayonnaise sauce and vinaigrette)	Fried chicken with fish sauce	Tofu with tomato sauce and meat	Fruit	Asian lunch set	Fresh fruit	Fresh milk
	FRI	10/06/2022	Banana cake	Fresh milk	Tempura vegetables		Chicken pasta		Fruit	Western lunch set	Butter cream cake	Fresh milk

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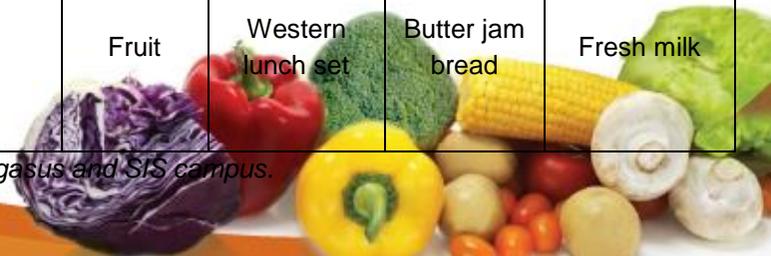


MENU FOR TERM 4 – JUN 2022



WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
9	MON	13/06/2022	Vanilla crackers	Fresh milk	Vine spinach with shrimp broth Rice	Bake sweet potato purple	Grilled pork chop with honey and garlic	Scramble eggs	Fruit	Western + Asian lunch set	Fresh fruit	Fresh milk
	TUE	14/06/2022	Banana	Fresh milk	Papaya with meat broth Rice	Stir fried morning glory vegetables with garlic	Roasted Char-Siu chicken	Shrimp and cabbage coleslaw	Fruit	Western + Asian lunch set	Rice crackers	Fresh milk
	WED	15/06/2022	Sponge cake	Fresh milk	Amaranth with shrimp broth	Garden salad (Lettuce, tomato, cucumber)	Pasta with pesto sauce		Fruit	Western lunch set	Grilled sausage	Fresh milk
	THU	16/06/2022	Cream Donut	Fresh milk	Seaweed with shrimp broth Rice	Grilled pumpkin leaves Oregano	Baked fish with BBQ sauce	Sausage and vegetable pancake	Fruit	Western + Asian lunch set	Fresh fruit	Fresh milk
	FRI	17/06/2022	Orange	Fresh milk	Pumpkin soup		Chicken pizza		Fruit	Western lunch set	Butter jam bread	Fresh milk

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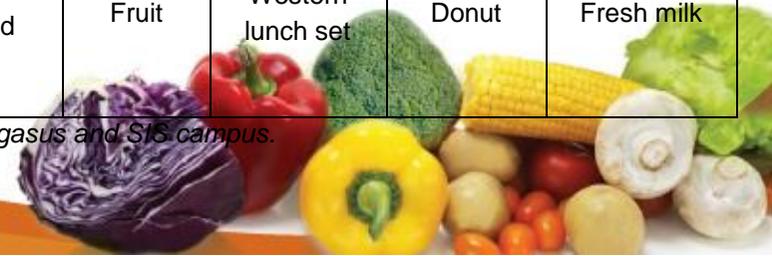




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					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
10	MON	20/06/2022	Salty cookies	Fresh milk	Amaranth with meat broth Rice	Salad with mayonnaise sauce	Grilled chicken with BBQ sauce and thyme leaves	Fried pork with sweet and sour sauce	Fruit	Western + Asian lunch set	Fresh fruit	Fresh milk
	TUE	21/06/2022	Banana	Fresh milk	Vine spinach with shrimp broth Rice	Stir fried morning glory vegetables with garlic	Grilled pork with onion	Quail eggs with tamarind Thai sauce	Fruit	Asian lunch set	Sweet bread with egg sauce and ham	Fresh milk
	WED	22/06/2022	Sausage bread	Fresh milk	Papaya with meat broth Rice/ Bread	Green salad with mayonnaise (lettuce, tomato, cucumber)	Fish fillet with cream sauce		Fruit	Western lunch set	Fresh fruit	Fresh milk
	THU	23/06/2022	Dragon fruit	Fresh milk	Seaweed with shrimp broth Rice	Moroccan carrot Rondelle cut salad	Ham sandwich	Stir fried corn with baby shrimp and onion	Fruit	Asian lunch set	Rice crackers	Fresh milk
	FRI	24/06/2022	Butter jam sandwich	Fresh milk	Rice/ Bread	Herbs	Chicken and red wine stewed		Fruit	Western lunch set	Donut	Fresh milk

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11	MON	27/06/2022	Cornflakes	Fresh milk	Chayote with shrimp broth Rice	Stir fried long cabbage with garlic	Fish tempura	Tofu with BBQ sauce	Fruit	Asian lunch set	Fresh fruit	Fresh milk
	TUE	28/06/2022	Cream choux	Fresh milk	Vine spinach with meat broth Rice	Pumpkin, bean and corn	Char-Siu pork	Shrimp and macaroni with butter and garlic sauce	Fruit	Western + Asian lunch set	Croissant	Fresh milk
	WED	29/06/2022	Watermelon	Fresh milk	Papaya with meat broth	Garlic butter potato Salad lettuce, tomato, cucumber	Spaghetti with chicken balls sauce		Fruit	Western lunch set	Fried fish balls	Fresh milk
	THU	30/06/2022	Butter cream cake	Fresh milk	Seaweed with shrimp broth Rice	Tomato vinaigrette	Fried pork legs with sweet and sour sauce	Omelet	Fruit	Western + Asian lunch set	Fresh fruit	Fresh milk

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