



WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					WESTERN MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP	DESSERT		
1	WED	01/02/2023	Pineapple cake	Apple juice	Roasted pork with red pepper sauce	Stir fried jicama with mince pork and spring onions	Salted sweet potato	Sweet leaf with meat broth Rice	Fresh Fruit	Fresh fruit	Fresh milk
	THU	02/02/2023	Banana	Fresh milk	Roasted chicken with five spices	Tofu with tomato sauce and mince pork	Stir-fried string bean with garlic	Seaweed with shrimp broth Rice	Fresh Fruit	Biscuit	Fresh milk
	FRI	03/02/2023	Butter & jam sandwich	Yoghurt	Macaroni with meat ball & roasted tomato sauce		Fried crispy vegetables tempura	Bread Rice	Fresh Fruit	Banana cake	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

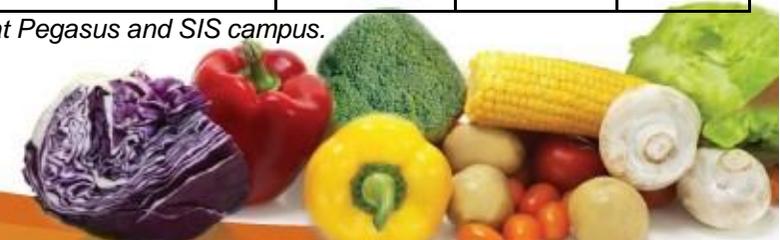




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					WESTERN MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP	DESSERT		
2	MON	06/02/2023	Rice crackers	Fresh milk	Pan- seared fish fillet serve with cream mustard sauce	Omelets	Fried pumkin	Malabar spinach with meat broth Rice	Fresh Fruit	Fresh fruit	Fresh milk
	TUE	07/02/2023	Banana	Fresh milk	Roasted chicken & garlic sauce	Sautéed crispy pork	Boiled string bean with mayonaise sauce	Leaf mustard with shrimp broth Rice	Fresh Fruit	Butter & jam sandwich	Fresh milk
	WED	08/02/2023	Cream choux	Fresh milk	Roasted pork with bell pepper sauce served with macaroni		Garden salad with vinegar dressing	Cabbage with mince pork broth	Fresh Fruit	Donut	Fresh milk
	THU	09/02/2023	Caramel carrot cake	Fresh milk	Roasted chicken with honey	Tapioca noodle with mince meat & shrimp	Steamed white cabbage served with sweet soy sauce	Seaweed with shrimp broth Rice	Fresh Fruit	Fresh fruit	Fresh milk
	FRI	10/02/2023	Watermelon	Apple juice	Ham burger with BBQ sauce		Chicken potato soup		Fresh Fruit	Chocolate cake	Fresh milk

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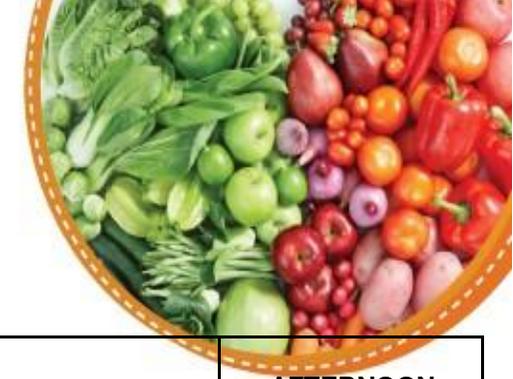


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					WESTERN MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP	DESSERT		
3	MON	13/02/2023	Butter and jam sandwich	Fresh milk	Roasted pork tenderloin with red honey sauce	Bacon scramble eggs	Bake purple sweet potato	Winter melon with meat broth Rice	Fresh Fruit	Fresh fruit	Fresh milk
	TUE	14/02/2023	Banana	Fresh milk	Fried fish with sweet & sour sauce	Stir fried corn with baby shrimp and onion	Stir fried morning glory with garlic	Malabar spinach with meat broth Rice	Fresh Fruit	Coconut sweet bread	Fresh milk
	WED	15/02/2023	Chocolate sponge cake	Fresh milk	Chicken pasta with pesto sauce		Russian salad	Cabbage with shrimp broth	Fresh Fruit	Fresh fruit	Fresh milk
	THU	16/02/2023	Dragon fruit	Fresh milk	Pan- seared fish fillet serve with lemon butter sauce	Fried tofu with fish sauce	Grilled pumpkin with Oregano	Seaweed with shrimp broth Rice	Fresh Fruit	Strawberry tube cake	Fresh milk
	FRI	17/02/2023	Milks crackers	Fresh milk	Red wine beef stewed served with bread		Herbs	Rice Bread	Fresh Fruit	Dumpling	Fresh milk

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MENU FOR TERM 3 – FEBRUARY 2023



WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					WESTERN MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP	DESSERT		
4	MON	20/02/2023	Butter cream sponge cake	Fresh milk	Roasted smoked chicken with BBQ sauce	Mix rice noodle with meat, shrimp & peanut	Boiled white cabbage	Calabash with shrimp broth Rice	Fresh Fruit	Fresh fruit	Fresh milk
	TUE	21/02/2023	Banana	Fresh milk	Roasted pork tenderloin with Gravy sauce	Quail eggs & Thai tamarind sauce	Green salad with mayonnaise	Egg tomato soup Rice	Fresh Fruit	Egg yolk oil sauce sweet bread	Fresh milk
	WED	22/02/2023	Coconut biscuit	Apple juice	Grilled chicken with Teriyaki sauce	Korean pancake	Grilled eggplant with Teriyaki sauce	Pumpkin with mince pork broth Rice	Fresh Fruit	Fresh Fruit	Fresh milk
	THU	23/02/2023	Dragon fruit	Fresh milk	Spiced grilled fish	Stir fried pork with lot leaves	Grilled pumpkin & bean salad	Seaweed with shrimp broth Rice	Fresh Fruit	Rice crackers	Fresh milk
	FRI	24/02/2023	Crackers	Yoghurt	Chicken spaghetti		Roasted sweet potato	Chicken soup	Fresh Fruit	Donut	Fresh milk

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					WESTERN MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP	DESSERT		
5	MON	27/02/2023	Rice crackers	Fresh milk	Chicken pasta with mushroom and pesto sauce		Stir-fried cabbage with oyster oil	Herbs	Fresh Fruit	Fresh fruit	Fresh milk
	TUE	28/02/2023	Pear	Apple juice	Pan-seared fish with Béchamel sauce	Grilled tofu with ram leave	Roasted carrots & honey with cumin seeds	Calabash with shrimp broth Rice	Fresh Fruit	Grilled sausage	Fresh milk

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