



WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					WESTERN MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP	DESSERT		
5	WED	01/03/2023	Coconut biscuit	Fresh milk	Rotisserie chicken	Boiled eggs dipping soy sauce	Stir fried morning glory with garlic	Calabash with shrimp broth Rice	Fresh Fruit	Fresh fruit	Fresh milk
	THU	02/03/2023	Banana	Fresh milk	Grilled pork with BBQ sauce	Mixed noodle with meat & shrimp	Vegetables tempura	Seaweed with shrimp broth Rice	Fresh Fruit	Waffle	Fresh milk
	FRI	03/03/2023	Butter & jam sandwich	Fresh milk	Stewed pork ribs with mushroom & vegetables	Vegetables salad	Bread Rice	Fresh Fruit	Vietnamese pork samosa	Fresh milk	

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Menu may be changed due to market availability*





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					WESTERN MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP	DESSERT		
6	MON	06/03/2023	Rice crackers	Fresh milk	Pan- seared fish fillet served with cream mustard sauce	Sautéed crispy pork	Fried pumpkin	Malabar spinach with meat broth Rice	Fresh Fruit	Fresh fruit	Fresh milk
	TUE	07/03/2023	Banana	Fresh milk	Grilled pork with marjoram leaves with Pesto sauce	Omelets	Stir fried bok choy with garlic	Leaf mustard with shrimp broth Rice	Fresh Fruit	Butter & jam sandwich	Fresh milk
	WED	08/03/2023	Cream biscuits	Apple juice	Roasted chicken with honey	Eggplant with mince pork sauce	Garden salad with vinegar dressing	Cabbage with mince pork broth	Fresh Fruit	Donut	Fresh milk
	THU	09/03/2023	Caramel carrot cake	Fresh milk	Roasted pork with bell pepper sauce served with macaroni	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	10/03/2023	Watermelon	Yoghurt	Ham burger with BBQ sauce		Chicken potato soup		Fresh Fruit	Chocolate cake	Fresh milk

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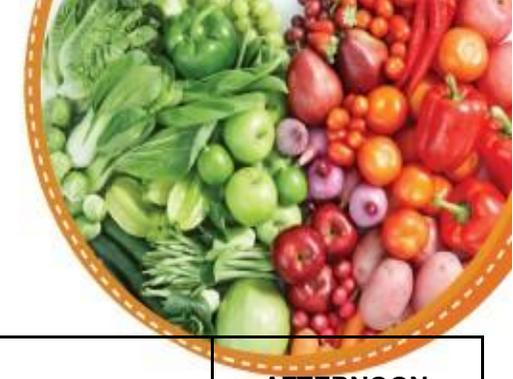
WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					WESTERN MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP	DESSERT		
7	MON	13/03/2023	Butter and jam sandwich	Fresh milk	Roasted pork tenderloin with red honey sauce	Bacon scramble eggs	Bake purple sweet potato	Wintermelon with meat broth	Fresh Fruit	Fresh fruit	Fresh milk
							Rice				
	TUE	14/03/2023	Banana	Fresh milk	Fried fish with sweet & sour sauce	Stir fried corn with baby shrimp and onion	Stir fried bok choy with garlic	Green mustard with meat broth	Fresh Fruit	Coconut sweet bread	Fresh milk
								Rice			
	WED	15/03/2023	Chocolate sponge cake	Apple juice	Spaghetti carbonara with bacon & mushroom sauce		Russian salad	Cabbage with shrimp broth	Fresh Fruit	Strawberry tube cake	Fresh milk
THU	16/03/2023	Dragon fruit	Fresh milk	Pan-seared fish fillet served with lemon butter sauce	Fried tofu with fish sauce	Grilled pumpkin with Oregano	Seaweed with shrimp broth	Fresh Fruit	Fresh Fruit	Fresh milk	
							Rice				
FRI	17/03/2023	Milks biscuits	Fresh milk	Red wine chicken stewed served with bread		Herbs	Rice	Fresh Fruit	Ham sauce sponge cake	Fresh milk	
							Bread				

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## MENU FOR TERM 3 – MARCH 2023



WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					WESTERN MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP	DESSERT		
8	MON	20/03/2023	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	21/03/2023	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	22/03/2023	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	23/03/2023	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	24/03/2023	Crackers	Yoghurt	Chicken spaghetti		Roasted sweet potato	Chicken soup	Fresh Fruit	Donut	Fresh milk

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WEEK	DAY	DATE	MORNING SNACK		LUNCH					AFTERNOON SNACK	
					WESTERN MAIN COURSE	SIDE DISHES	VEGETABLE	SOUP	DESSERT		
9	MON	27/03/2023	Rice crackers	Fresh milk	Chicken fillet with mushroom sauce	Braised calabash with meat	Stir-fried cabbage with oyster oil	Wintermelon with shrimp broth	Fresh Fruit	Fresh fruit	Fresh milk
	TUE	28/03/2023	Pear	Fresh milk	Pan- seared fish with Béchamel sauce	Grilled tofu with ram leave	Roasted carrots & honey with cumin seeds	Pumpkin with meat broth Rice	Fresh Fruit	Grilled sausage	Fresh milk
	WED	29/03/2023	Coconut biscuit	Apple juice	Rotisserie chicken	Boiled eggs dipping soy sauce	Stir fried morning glory with garlic	Calabash with shrimp broth Rice	Fresh Fruit	Fresh fruit	Fresh milk
	THU	30/03/2023	Banana	Fresh milk	Grilled pork with BBQ sauce	Mixed noodle with meat & shrimp	Vegetables tempura	Seaweed with shrimp broth Rice	Fresh Fruit	Waffle	Fresh milk
	FRI	31/03/2023	Butter & jam sandwich	Yoghurt	Stewed pork ribs with mushroom & vegetables		Vegetables salad	Rice Bread	Fresh Fruit	Vietnamese pork samosa	Fresh milk

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