

## MENU FOR TERM 3 – MAY 2020



WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
1	MON	04/05/2020	Cornflakes	Fresh milk	Green gabbage with beef broth Rice	Stir fried Morning glory with garlic	Grilled chicken with Teriyaki sauce	Eggs Omelet	Fruits	Western + Asian lunch set	Coconut cake	Fresh milk
	TUE	05/05/2020	Muffin cake	Orange juice	Vine spinach with shrimp broth Rice	Stir fried chayote with carrot	Stri fried pork with Lot leaves and lemongrass	Stir fish cake with sour and sweet sauce	Fruits	Western + Asian lunch set	Cream cheese cake	Fresh milk
	WED	06/05/2020	Cream choux	Fresh milk	Tan O with shrimp broth	Fried sweet potato	Italy noodle with mince beef sauce		Fruits	Western lunch set	Waffles cake	Fresh milk
	THU	07/05/2020	Danish cake	Fresh milk	Seaweed with shrimp broth Rice		Grilled fillet chicken with BBQ sauce	Noodles mixed grilled fish and herbs	Fruits	Western + Asian lunch set	Potato chips	Fresh milk
	FRI	08/05/2020	Crackers	Fresh milk		Herbs	Quang noodles (beef and quail eggs)		Fruits	Asian lunch set	Stir fried corn with butter	Fresh milk

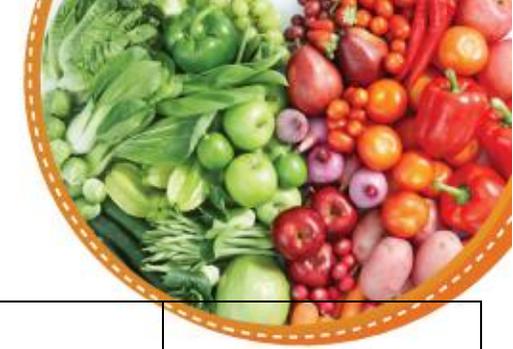
Vegetables and fruits in the Menu mainly come from organic gardens planted at Pegasus and SIS campus. Menu may be changed due to market availability.





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2	MON	11/05/2020	Yogurt / Rice cake	Peach juice	Folium Sauropi with beef broth  Rice	Stir fried Morning glory with garlic	Roasted chicken	Simmered tofu with lemongrass	Fruits	Western + Asian lunch set	Nhai cake	Fresh milk
	TUE	12/05/2020	Croissant cake	Fresh milk	Luffa gourd with shrimp broth  Rice	Stir fried vegies with sweet and sour sauce	Grilled pork with lemongrass and lime leaves	Braised quail eggs in Chinese style	Fruits	Western + Asian lunch set	Dumpling with taro	Fresh milk
	WED	13/05/2020	Butter waffles	Fresh milk	Green cabbage with shrimp broth	Lettuce, tomato, cucumber, papaya with sour sauce	Rice with grilled pork chop		Fruits	Western lunch set	Grilled beef sausage / cheese cake	Fresh milk
	THU	14/05/2020	Cake with pineapple leaves flavor	Fresh milk	Winter melon with shrimp broth  Rice	Stir fried broccoli with garlic	Fried Tilapia	Stir fried green bean with pork	Fruits	Western + Asian lunch set	Cream choux / Rice cake	Fresh milk
	FRI	15/05/2020	Yeast cake	Fresh milk	Herbs		Noodles with pork and quail eggs		Fruits	Asian lunch set	Muffin cake / Crackers	Fresh milk





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3	MON	18/05/2020	Flan cake/ Nabati cake	Apple juice	Calabash with shrimp broth  Rice	Stir fried with long cabbage	Fried chicken with sweet and sour sauce	Fried pork with sweet and sour sauce	Fruits	Western + Asian lunch set	Potato cake	Fresh milk
	TUE	19/05/2020	Cornflake	Fresh milk	Vegies with minced beef broth  Rice	Stir fried green bean	Grilled pork with BBQ sauce	Stir dried beef with mushroom, lime leaves and lemongrass	Fruits	Western + Asian lunch set	Cheese cake	Fresh milk
	WED	20/05/2020	Fresh bread	Fresh milk	Papaya with shrimp broth	Lettuce, tomato, cucumber	Grilled pork with lemongrass and sesame		Fruits	Asian lunch set	Fried fish ball	Fresh milk
	THU	21/05/2020	Coconut cake	Fresh milk	Pumpkin with shrimp broth  Rice	Stir fried Napa cabbage	Fried chicken with lemongrass and lime leaves	Stir fried broccoli with pork	Fruits	Asian lunch set	Cheese crackers	Fresh milk
	FRI	22/05/2020	Banana cake	Fresh milk	Herbs		Hue noodles		Fruits	Asian lunch set	Socola cake	Fresh milk

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4	MON	25/05/2020	Cornflake	Fresh milk	Spinach with shrimp broth Rice	Stir fried long cabbage with garlic	Fillet chicken tempura	Boiled eggs with fish sauce	Fruits	Western + Asian lunch set	Coconut cake	Fresh milk
	TUE	26/05/2020	Danish cake	Orange juice	Luffa gourd with shrimp broth Rice	Stir fried Chayout	Grilled pork roll with mushroom and veggies	Stir fried noodles with small shrimp and veggies	Fruits	Western + Asian lunch set	Crackers	Fresh milk
	WED	27/05/2020	Cream choux	Fresh milk	Turnip with shrimp broth	Fried sweet potato	Stir fried noodles with beef		Fruits	Asian lunch set	Boiled dimsum	Fresh milk
	THU	28/05/2020	Banana cake	Fresh milk	Seaweed with shrimp broth Rice	Stir fried calabash with onion	Minced pork roll with Lot leaves	Shrimp ball with sweet and sour sauce	Fruits	Western + Asian lunch set	Potato chips	Fresh milk
	FRI	29/05/2020	Crackers	Fresh milk	Herbs		Thang noodles		Fruits	Asian lunch set	Donut cake	Fresh milk

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## MENU FOR TERM 3 – JUN 2020



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					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
5	MON	01/06/2020	Yogurt	Peach juice	Tan O with shrimp broth Rice	Stir fried Napa cabbage with garlic	Fried chicken with fish sauce	Braised mushroom with minced pork	Fruits	Western + Asian lunch set	Yeast cake	Fresh milk
	TUE	02/06/2020	Croissant cake	Fresh milk	Katuk with beef broth Rice	Stir fried veggies	Stir fried pork with lemongrass and lime leaves	Tofu stuffed with meat and potato sauce	Fruits	Western + Asian lunch set	Sweet bread	Fresh milk
	WED	03/06/2020	Cheese cake	Fresh milk	Tomato with eggs broth	Sauted potato with butter, garlic + tomato, lettuce, cucumber	Beef steak		Fruits	Asian lunch set	Dumpling with pork	Fresh milk
	THU	04/06/2020	Rice cake	Fresh milk	Pumpkin with shrimp broth Rice	Stir fried green bean	Grilled chicken with BBQ sauce	Eggs tempura	Fruits	Western + Asian lunch set	Nhai cake	Fresh milk
	FRI	05/06/2020	Danish cake	Fresh milk	Herbs		Pho noodles		Fruits	Asian lunch set	Fried chicken ball	Fresh milk

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