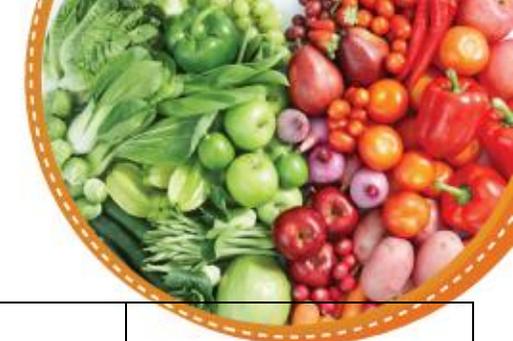


## MENU FOR TERM 1 – OCTOBER 2018



WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
9	MON	01/10/2018	Cinnamon Danish cake	Fresh milk	Lufa with shrimp broth	Mixed cabbage in Korean style	Fried chicken	Stir fried green bean with pork	Fruit	Western + Asian lunch set	Minced meat with vegetables soup	Fruit juice
					Rice							Fresh milk
	TUE	02/10/2018	Caramel cream	Orange Juice	Amaranth with shrimp broth	Stir fried chayote	Roasted pork	Boiled eggs	Fruit	Western + Asian lunch set	Dumpling	Fruit juice
					Rice							Fresh milk
	WED	03/10/2018	Water melon	Fresh milk	Pumpkin with minced meat broth	Fried sweet potato	Stir fried noodles with chicken		Fruit	Western lunch set	Pork ball tempura	Fruit juice
							Fresh milk					
	THU	04/10/2018	Rice cake	Fresh milk	Napa cabbage with shrimp broth	Stir fried green gourd with onion	Roasted shrimp, pork with fish sauce	Stir fried noodles with chicken and vegetables	Fruit	Asian lunch set	Shrimp and veggie, egg soup	Fruit juice
					Rice							Fresh milk
	FRI	05/10/2018	Grapes	Orange juice		Herbs	Beef noodles		Fruit	Asian lunch set	Butter cream cake	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*

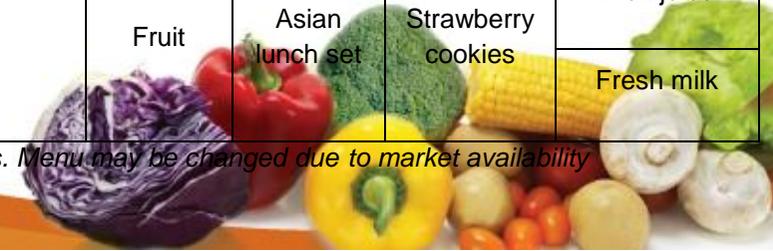


## MENU FOR TERM 1 – OCTOBER 2018



WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
10	MON	08/10/2018	Croissant	Fresh milk	Vine spinach with pork broth	Stir fried lufa	Braised pork in Chinese style	Mixed penne with shrimp, pork and vegie	Fruit	Western + Asian lunch set	Minced pork congee	Fruit juice
					Rice							Fresh milk
	TUE	09/10/2018	Vanilla choux	Fresh milk	Sauropus with shrimp broth	Stir fried glory morning vegetables	Braised fish	Braised pork with turnip	Fruit	Asian lunch set	Chocolate cream wafer	Fruit juice
					Rice							Fresh milk
	WED	10/10/2018	Yoghurt	Apple juice	Pumpkin with shrimp broth	Cucumber, tomato, lettuce	Rice with grilled pork		Fruit	Western + Asian lunch set	Fried sausage	Fruit juice
					Rice							Fresh milk
	THU	11/10/2018	Dumpling	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	12/10/2018	Grapes	Orange juice		Herbs	Noodles in Hanoi style		Fruit	Asian lunch set	Strawberry cookies	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





WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
1	MON	22/10/2018	Water-melon	Fresh milk	Winter melon with shrimp broth	Boiled vegie with fish sauce	Grilled chicken with lime leaves	Omelet	Fruit	Western + Asian lunch set	Beef congee	Fruit juice
					Rice							Fresh milk
	TUE	23/10/2018	Croissant	Fresh milk	Veggie with meat broth	Fried potato	Spaghetti with minced beef		Fruit	Western lunch set	Fish ball tempura	Fruit juice
												Fresh milk
	WED	24/10/2018	Banana	Fresh milk	Papaya with shrimp broth	Stir fried Bok Choy with oyster oil	Braised fish	Shu mai with tomato sauce	Fruit	Western + Asian lunch set	Cream Danish	Fruit juice
					Rice							Fresh milk
	THU	25/10/2018	Pineapple gateaux	Fresh milk	Cabbage with minced meat broth	Grilled pumpkin	Roasted pork	Mixed grilled tuna with sesame and noodles	Fruit	Western + Asian lunch set	Shrimp and vegie soup	Fruit juice
					Rice							Fresh milk
	FRI	26/10/2018	Chocopie	Fresh milk		Local vegetables	Quang noodles (shrimp, pork, quail eggs)		Fruit	Asian lunch set	Cheese cream wafer	Fruit juice
												Fresh milk





WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
2	MON	29/10/2018	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	Western + Asian lunch set	Minced meat and vegie congee	Fruit juice
					Rice							Fresh milk
	TUE	30/10/2018	Banana	Fresh milk	Vine spinach with meat broth	Stir fried chayote with carrot	Grilled chicken with Western spice	Eggs tempura	Fruit	Western + Asian lunch set	Fried potato	Fruit juice
					Rice							Fresh milk
	WED	31/10/2018	Rice crackers	Fresh milk	Tomato with eggs broth	Grilled vegie	Grilled pork loin with Demi sauce		Fruit	Western lunch set	Muffin	Fruit juice
					Rice							Fresh milk
	THU	01/11/2018	Caramel cream	Fresh milk	Pumpkin with shrimp broth	Stir fried green bean	Fried chicken with fish sauce	Braised pork with turnip	Fruit	Western + Asian lunch set	Tapioca and minced meat soup	Fruit juice
					Rice							Fresh milk
	FRI	02/11/2018	Bread with dried floss	Fresh milk		Herbs	Chicken soya noodles		Fruit	Asian lunch set	Dumpling	Fruit juice
												Fresh milk

