

WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
5	TUE	04/09/2018	Vanilla choux	Fresh milk		Herbs	Chicken Pho		Fruit	Asian lunch set	Cream wafer	Fruit juice
												Fresh milk
	WED	05/09/2018	Yoghurt	Apple juice	Pumpkin with shrimp broth	Stir fried glory morning vegetables	Braised pork in Chinese style	Mixed penne with shrimp, pork and vegie	Fruit	Western + Asian lunch set	Fried sausage	Fruit juice
					Rice							Fresh milk
	THU	06/09/2018	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	07/09/2018	Grapes	Orange juice		Herbs	Noodles in Hanoi style		Fruit	Asian lunch set	Salty crackers	Fruit juice
												Fresh milk

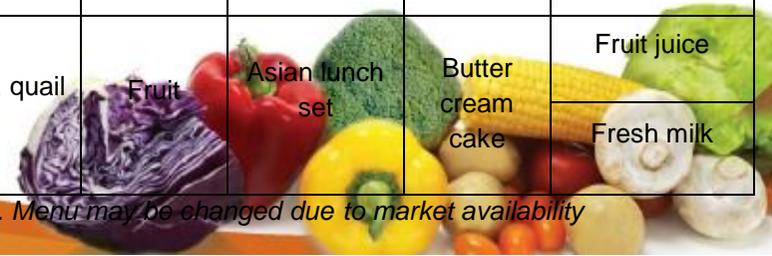
Vegetables and fruits in the Menu mainly come from organic gardens planted at Pegasus and SIS campus. Menu may be changed due to market availability



MENU FOR TERM 1 – SEPTEMBER 2018



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					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
6	MON	10/09/2018	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	11/09/2018	Croissant	Fresh milk	Veggie with meat broth	Fried potato	Spaghetti with minced beef		Fruit	Western lunch set	Pork ball tempura	Fruit juice
												Fresh milk
	WED	12/09/2018	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	13/09/2018	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	14/09/2018	Chocopie	Fresh milk		Local vegetables	Quang noodles (shrimp, pork, quail eggs)		Fruit	Asian lunch set	Butter cream cake	Fruit juice
												Fresh milk





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7	MON	17/09/2018	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	18/09/2018	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	Apple gateaux	Fruit juice
					Rice							Fresh milk
	WED	19/09/2018	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	20/09/2018	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	21/09/2018	Bread with dried floss	Fresh milk		Herbs	Chicken soya noodles		Fruit	Asian lunch set	Dumpling	Fruit juice
												Fresh milk

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8	MON	24/09/2018	Yoghurt	Fruit juice	Sauropus with pork broth Rice	Stir fried Kohlrabi	Fried pork	Pad Thai	Fruit	Western + Asian lunch set	Minced beef congee	Fruit juice Fresh milk
	TUE	25/09/2018	Strawberry pound cake	Fresh milk	Winter melon with shrimp broth Rice	Boiled cabbage	Braised fish	Steamed eggs in Korean style	Fruit	Western + Asian lunch set	Sesame crackers	Fruit juice Fresh milk
	WED	26/09/2018	Coconut tart	Fresh milk	Green mustard with pork broth	Lettuce, cucumber, tomato	Rice with grilled pork loin		Fruit	Western lunch set	Fish balls tempura	Fruit juice Fresh milk
	THU	27/09/2018	Raisin Danish	Fresh milk	Green gourd with shrimp broth Rice	Fried veggie cake	Grilled chicken with lemongrass	Tofu tempura with soya sauce	Fruit	Western + Asian lunch set	Minced beef with veggie soup	Fruit juice Caramel cream
	FRI	28/09/2018	Watermelon	Fresh milk		Local vegetables	Beef noodles		Fruit	Asian lunch set	Croissant	Fruit juice Fresh milk