

MENU FOR TERM 1 – AUGUST 2015



WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
1	MON	17/08/2015	Rice cracker	Apple juice	Sweet and sour fish soup + rice	Boiled sweet potato leaves	Braised pork loin with green banana	Stir fried pork with bean sprouts	Tropical fresh fruit	Asian lunch set	Crepe	Fresh milk
	TUE	18/08/2015	Dragon fruit	Fresh milk	Vegie with pork soup		Spaghetti with chicken and mushroom cream sauce	Basa fish tempura	Tropical fresh fruit	Western lunch set	Vegie Pizza	Fruit juice
	WED	19/08/2015	Pineapple cake	Passion fruit juice	Tomato, tofu with beef soup + rice	Boiled cabbage	Braised chicken with lemongrass	Omelet	Tropical fresh fruit	Asian lunch set	Caramel cream cake	Fresh milk
	THU	20/08/2015	Rambutan	Fresh milk	Pumpkin soup	Stir-fried vegie with garlic	Roasted pork	Grilled potato + sausage	Tropical fresh fruit	Western lunch set	Sponge roll	Fruit juice
	FRI	21/08/2015	Home-made jelly	Fresh milk		Local vegetable	Noodle with pork rib and fried bread stick		Tropical fresh fruit	Asian lunch set	Banana cake	Yoghurt



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					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
2	MON	24/08/2015	Papaya	Fresh milk	Seaweed with seafood soup + rice	Mixed shrimp with rice vermicelli	Braised fish with turmeric	Stir fried beef with onion and celery	Tropical fresh fruit	Asian lunch set	Hollow bread	Passion fruit juice
	TUE	25/08/2015	Croissant	Fruit juice	Tomato soup	Salad with passion fruit sauce + Stir fried zucchini	Grilled pork loin with rosemary	Grilled corn with butter	Tropical fresh fruit	Western lunch set	Sandwich with cheese	Fresh milk
	WED	26/08/2015	Grape	Fresh milk	Chicken broth with cauliflower	Sweet and sour carrot	Chicken rice in Hoi An style		Tropical fresh fruit	Asian lunch set	Dumpling with meat and quail egg	Fruit juice
	THU	27/08/2015	Magic cracker	Orange juice	Carrot with dill's seed soup	Roasted pumpkin	Grilled squid with cocktail sauce	Shrimp tempura	Tropical fresh fruit	Western lunch set	Doughnut	Fresh milk
	FRI	28/08/2015	Cornflake	Fresh milk		Fresh vegetable	Rice vermicelli in Hue style		Tropical fresh fruit	Asian lunch set	Chocolate muffin	Yoghurt

