

## MENU FOR TERM 2 – JAN 2018



WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
9	MON	01/01/2018	Public holiday									
	TUE	02/01/2018	Water melon	Fresh milk		Herbs	Beef Pho		Fruit	Asian lunch set	Crackers	Fruit juice
										Fresh milk		
	WED	03/01/2018	Cream cracker	Fresh milk	Turnip with meat broth	Stir fried kohlrabi with garlic	Grilled pork loaf	Fish loaf with sweet and sour sauce	Fruit	Asian + Western lunch set	Coconut jelly	Fruit juice
					Rice							Fresh milk
	THU	04/01/2018	Pineapple Danish	Fresh milk	Amaranth with shrimp broth	Stir fried jicama	Braised pork in Chinese style	Stir fried noodles in Singaporean style	Fruit	Asian lunch set	Banana cake	Fruit juice
					Rice							Fresh milk
	FRI	05/01/2018	Banana	Fresh milk		Herbs	Noodles with pork and pork loaf		Fruit	Asian lunch set	Cookies	Fresh milk
												Yoghurt

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		
10	MON	08/01/2018	Cornflakes	Fresh milk	Vine spinach with pork broth	Stir fried glory morning vegetables	Grilled fish	Braised pork with turnip	Fruit	Asian + Western lunch set	Cheese wafer	Fruit juice
					Rice							Fresh milk
	TUE	09/01/2018	Dragon fruit	Apple juice	Winter melon with shrimp broth	Stir fried chayote	Grilled pork	Shu mai	Fruit	Asian + Western lunch set	Chocolate chips cookies	Fruit juice
					Rice							Fresh milk
	WED	10/01/2018	Butter cream cake	Fresh milk	Tomato with beef broth	Fried potato	Spaghetti with minced beef sauce		Fruit	Western lunch set	Quail eggs dumpling	Fruit juice
					Rice							Fresh milk
	THU	11/01/2018	Water melon	Fresh milk	Papaya with pork broth	Stir fried Bok Choy	Braised pork with mushroom	Fried eggs	Fruit	Asian + Western lunch set	Sesame crackers	Fruit juice
					Rice		Fresh milk					
	FRI	12/01/2018	Almond croissant	Fresh milk		Local vegetables	Quang noodles (shrimp, pork, quail eggs)		Fruit	Asian lunch set	Shaken sweet potato	Fruit juice
												Fresh milk

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					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
11	MON	15/01/2018	Grapes	Apple juice	Sauropus with pork broth	Stir fired Bok Choy with oyster oil	Stir fried chicken with butter and garlic	Braised quail eggs in Chinese style	Fruit	Asian + Western lunch set	Pound cake	Fruit juice
					Rice							Fresh milk
	TUE	16/01/2018	Rice crackers	Fresh milk	Pumpkin with shrimp broth	Boiled cabbage	Grilled pork	Fish balls with oyster oil	Fruit	Asian + Western lunch set	Banana cake	Fruit juice
					Rice							Fresh milk
	WED	17/01/2018	Choux pastry	Orange juice	Vegie with meat broth	Lettuce, cucumber	Chicken rice in Hoian style		Fruit	Asian lunch set	Cheese rolls	Fruit juice
Fresh milk												
THU	18/01/2018	Banana	Fresh milk	Amaranth with shrimp broth	Stir fried green bean	Braised fish	Stir fried soya noodles with crab stick	Fruit	Asian + Western lunch set	Coconut Danish	Fresh milk	
				Rice							Caramel cream	
FRI	19/01/2018	Crullers	Fresh milk		Shaken potato with salt	Shrimp sandwich		Fruit	Western lunch set	Fried fish balls	Fruit juice	
											Fresh milk	

