



WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
3	MON	06/11/2017	Papaya	Apple juice	Sauropus with pork broth	Mixed morning glory vegetables	Pork belly with pineapple sauce	Pad Thai	Fruit	Asian + Western lunch set	Cheese wafer	Fruit juice
					Rice							Fresh milk
	TUE	07/11/2017	Raisin Danish	Fresh milk	Winter melon with shrimp broth	Stir fried Bok Choy	Grilled pork	Quail eggs with oyster oil	Fruit	Asian + Western lunch set	Butter cream cake	Fruit juice
					Rice							Fresh milk
	WED	08/11/2017	Grapes	Fresh milk	Tomato with sprout bean broth	Lettuce, cucumber, tomato	Mixed rice in Italian style		Fruit	Western lunch set	Donut	Fruit juice
	THU	09/11/2017	Chocolate croissant	Fresh milk	Amaranth with pork broth	Stir fried chayote	Crunchy shrimp	Braised pork loaf with onion	Fruit	Asian + Western lunch set	Rice crackers (salty)	Fruit juice
					Rice							Fresh milk
	FRI	10/11/2017	Cornflakes	Fresh milk	Vegie with shrimp broth	Local vegetables	Noodles with grilled pork and spring rolls		Fruit	Asian lunch set	Waffle	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





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4	MON	13/11/2017	Bread with dried pork	Apple juice	Sauropus with shrimp broth	Stir fried Napa cabbage	Grilled chicken with honey	Minced pork stuffed in tofu with tomato sauce	Fruit	Asian + Western lunch set	Rice crackers (salty)	Fruit juice
					Rice							Fresh milk
	TUE	14/11/2017	Water melon	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	Banana cake	Fruit juice
					Rice							Fresh milk
	WED	15/11/2017	Cream cracker	Fresh milk		Herbs	Beef Pho		Fruit	Asian lunch set	Coconut jelly	Fruit juice
												Fresh milk
	THU	16/11/2017	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	Crackers	Fruit juice
					Rice							Fresh milk
	FRI	17/11/2017	Banana	Fresh milk		Herbs	Noodles with pork and pork loaf		Fruit	Asian lunch set	Cookies	Fresh milk
												Yoghurt

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5	MON	20/11/2017	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	21/11/2017	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	22/11/2017	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	23/11/2017	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	24/11/2017	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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6	MON	27/11/2017	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	28/11/2017	Rice crackers	Orange juice	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	29/11/2017	Choux pastry	Fresh milk	Vegie with meat broth	Lettuce, cucumber	Chicken rice in Hoian style		Fruit	Asian lunch set	Cheese rolls	Fruit juice
Fresh milk												
THU	30/11/2017	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	01/12/2017	Crullers	Fresh milk		Shaken potato with salt	Shrimp sandwich		Fruit	Western lunch set	Fish balls tempura	Fruit juice	
											Fresh milk	

