



WEEK	DAY	DATE	MORNING SNACK		LUNCH						AFTERNOON SNACK	
					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
1	MON	23/10/2017	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	24/10/2017	Rice crackers	Orange juice	Winter melon 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	25/10/2017	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	26/10/2017	Banana	Fresh milk	Vine spinach with shrimp broth	Stir fried green bean	Braised fish	Stir fried soya noodles with crab stick	Fruit	Asian + Western lunch set	Coconut Danish	Fruit juice	
				Rice							Fresh milk	
FRI	27/10/2017	Crullers	Fresh milk		Shaken potato with salt	Shrimp sandwich		Fruit	Western lunch set	Fried fish balls	Fruit juice	
											Fresh milk	





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					SOUP	VEGETABLE	MAIN COURSE 1	MAIN COURSE 2	DESSERT	NOTE		
2	MON	30/10/2017	Water melon	Fresh milk	Vine spinach with pork broth	Boiled vegie	Char siu	Shu mai with tomato sauce	Fruit	Asian + Western lunch set	Rice crackers (salty)	Fruit juice
					Rice							Fresh milk
	TUE	31/10/2017	Strawberry Danish	Fresh milk	Green gourd with shrimp broth	Stir fried Napa cabbage	Grilled chicken	Fried fish loaf with oyster oil	Fruit	Asian + Western lunch set	Chocolate crackers	Fruit juice
					Rice							Fresh milk
	WED	01/11/2017	Dragon fruit	Fresh milk	Turnip with pork broth	Tempura sweet potato	Beef steak		Fruit	Western lunch set	Pork balls tempura	Fruit juice
					Rice							Fresh milk
	THU	02/11/2017	Chocolate croissant	Fresh milk	Bok Choy with shrimp broth	Mixed morning glory vegetables	Mackerel with tomato sauce	Stir fried penne with shrimp	Fruit	Asian + Western lunch set	3 flavor jelly	Fruit juice
					Rice							Fresh milk
	FRI	03/11/2017	Bread with dried pork	Apple juice		Herbs	Noodles with wonton and char siu		Fruit	Asian lunch set	Ham pizza	Fruit juice
												Fresh milk

