

## **MENU FOR TERM 2 – OCTOBER 2024**



3.	ince 1986			LUNCH			-		
WEEK	DAY	DATE	WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT	AFTERNOC	N SNACK
	MON	21/10/2024	Stir-fried pasta with seafood & tomato sauce served with	Nha Trang fish cake noodle soup	Herbs	Wintermelone with meat broth	Fresh fruit	Cheese wafer	Apple juice
30.00	7	S. Santa	potato wedges			Steamed rice			Fresh milk
27.5	TUE	22/10/2024	Baked pork tenderloi <mark>n with</mark> Gravy sauce	Braised fish with fish sauce & garlic	Salad mixed Tartar sauce	Sour soup with morning glory and soft tofu	Fresh fruit	Grilled sausage	Passion juice
	100		Stir-fried jica	ama with meat		Steamed rice			Fresh milk
1	WED	23/10/2024	Beef stew in red wine sauce served with bread	Chicken rice steamed with lemon leaves	Stir fried bok choy with mushroom	Napa cabbage with meat broth	Fresh fruit	Green beans sweet with coconut gruel	Fresh milk
	THU	24/10/2024	Pan-fried fish fillet with passion fruit sauce	Roasted pork belly served with bean sprouts	Stir-fried morning glory with garlic	Seaweed with shrimp broth	Fresh fruit	Milk biscuit	Milk tea
			Noodle mix	c minced pork	1. W. O	Steamed rice		100	Fresh milk
	FRI	25/10/2024	Egg & sausage burger with	Chicken Pho	Herbs	Vegetable with	Fresh fruit	Butter cream sponge cake	Lime juice
			cheese served with potato baked	Drammally	Minn	meat broth	riesii iiuli	sponge cake	Fresh milk



#### **MENU FOR TERM 2 - OCTOBER + NOVEMBER 2024**



				LUNCH					
WEEK	DAY	DATE	WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT	AFTERNO	OON SNACK
	MON	28/10/2024	Chicken katsu served with black sesame sauce	Braised pork with quail eggs	Baked pumpkin with Oregano leave	Creamy purple yam with meat broth	Fresh fruit	Strawberry tube cake	Apple juice
297		200	Stir fried string	bean with meat	4 10	Steamed rice			Fresh milk
	TUE	29/10/2024	Meat ball stuffed with tomato sauce	Fish clay pot	Stir-fried white cabbage with garlic	Seaweed with shrimp broth	Fresh fruit	Cocoa jelly	Kumquat tea
2	000	1.00	Stir-fried with cha	ayote with shrimp		Steamed rice	1		Fresh milk
2	WED	30/10/2024	Spaghetti bolognese served with grilled sweet potato	Grilled pork cutlet with satay sauce served with steamed rice	Salad mixed Thousand Island sauce	Papaya with meat broth	Fresh fruit	Papparoti bread	Fresh milk
	THU	31/10/2024	Baked fish with Teriyaki sauce	Fish sauce fried chicken	Honey roasted carrots with dill	Leaf mustard with shrimp broth	Fresh fruit	Banana cake	Milk tea
			Tofu stuffed w	rith mince pork	seeds	Steamed rice		care	1 Testi illik
	FRI	01/11/2024	Pasta with bacon & vegetables served shaken	Vietnamese hand-cut rice noodles with pork roll and quail	Herbs	Pumpkin with meat broth	Fresh fruit	Egg yolk & oil sauce sponge	Passion juice
			potatoes with cheese	egg	11003	mode broat	A SA	cake	Fresh milk



## **MENU FOR TERM 2 – NOVEMBER 2024**

	Since 1986			LUNCH					
WEEK	DAY	DATE	WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT	AFTERNO	ON SNACK
	MON	04/11/2024	Chicken McNuggets	Chinese simmered pork	Grilled carrot with Oregano leave and cheese	Morning glory with shrimp broth	Fresh fruit	Rice crackers	Milk tea
	200		Stir fried eggplant with mi	ince pork sauce		Steamed rice			Fresh milk
1	TUE	05/11/2024	Shrimp tempura served with mayonnaise sauce	Braised fish with garlic chives	Salad mixed cheese sauce	Amaranth with meat broth	Fresh fruit	Cheese bread with pork floss	Apple juice
	200		Quang noodle mix n	nince pork		Steamed rice	7	pork floss	Fresh milk
3	WED	06/11/2024	Lagu pork stew with white beans served with bread	Hoi An chicken rice	Vietnamese salad (carrot, papaya mixed vinegar, sweet & sour	Malabar spinach with meat broth	Fresh fruit	Almond butter cake	Lemongrass peach tea
200	N. Service		33133	47	fish sauce)			7	Fresh milk
	THU	07/11/2024	Baked tenderloin with BBQ sauce	Fish katsu served with tomato sauce	Stir fried bok choy with garlic	Seaweed with shrimp broth	Fresh fruit	Wafer	Fresh milk
			Korean panc	ake		Steamed rice			1
	FRI	08/11/2024	Ham sandwich served with honey roatsed pumpkin	Hanoi kebab rice noodles	Vegetables salad	Courgette with meat broth	Fresh fruit	Hot dog	Ginger lemon tea
	-////	.1 08/11/2024	roatsed pumpkin		modt 2.5m.		NAME OF THE OWNER, OF THE OWNER, OF THE OWNER, OF THE OWNER, OWNER, OWNER, OWNER, OWNER, OWNER, OWNER, OWNER,	Fresh milk	



#### **MENU FOR TERM 2 – NOVEMBER 2024**



				LUNCH					
WEEK	DAY	DATE	WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT	AFTERNO	ON SNACK
	MON	11/11/2024	Baked chicken Carbonara with mushroom & ham	Braised pork with shrimp paste	Stir fried white cabbage with garlic	Tomato and egg with minced pork soup	Fresh fruit	Solite sponge cake	Fresh milk
497	Trans.	X	Stir frie <mark>d wintern</mark>	nelone with shrimp		Steamed rice		carc	
	TUE	12/11/2024	Grilled fish with dressing roasted sesame	Caramelized shrimp and pork	Salad mixed Coktail sauce	Mustard green with shrimp broth	Fresh fruit	Sweet bread served with strawberry	Ginger lemon tea
4	100		Tofu with sweet so	ur sauce & q <mark>uail eggs</mark>		Steamed rice	_	strawberry jam	Fresh milk
	WED	1 <mark>3/11/</mark> 2024	Cullet steamed rice Paella	" Ech" Quang noodle	Lettuce, tomato, cucumber salad	Luffa with chicken broth	Fresh fruit	Donut	Milk tea
CAMES	Valenda				with mayonnaise		Troominan	-2/	Fresh milk
	THU	14/11/2024	Pan-fried fish with lemon butter sauce	Braised chicken with chives	Stir fried chayote with onion	Vietnamese garlic chives & soft tofu soup	Fresh fruit	Green bean sticky rice served with	Passion juice
	-		Omelette	with cheese	1 10	Steamed rice		pork floss	Fresh milk
	FRI	15/11/2024	Cream pasta with bacon served with grilled sweet	Beef Pho	Herbs	Seaweed with	Fresh fruit	Vietnamese pork	Apple juice
			potato with honey	All Marie Ma		shrimp broth		samosa	Fresh milk



#### **MENU FOR TERM 2 – NOVEMBER 2024**



				LUNCH				er Suc.	
WEEK	DAY	DATE	WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT	AFTERNO	ON SNACK
	MON	18/11/2024	Chicken fillet with spicy cheese sauce	Coconut-braised pork belly	Baked pumpkin	Malabar spinach with meat broth	Fresh fruit	Chocopie	Watermelon juice
343	7		Stir fried corn	with butter	with Oregano leave	Steamed rice		Orion	Fresh milk
29.	TUE	19/11/2024	Grilled fish with Teriyaki sauce	Braised curry duck	Salad mixed	Pink melone with shrimp broth	Fresh fruit	Lotus seed coconut	Fresh milk
	a New York		Southern noo	odle salad	Coktail sauce	Steamed rice		sticky rice	A STATE OF THE PARTY OF THE PAR
5	WED	20/11/2024	Bacon pizza served with french fries	Hai Nam chicken rice	Salad mixed vinegar dressing and mustard	Pumpkin with pork broth	Fresh fruit	Cream choux	Apple juice Fresh milk
	THU	21/11/2024	Baked pork with Lee Kum Kee sauce	Braised fish with pineapple	Stir fried vegetables with	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Milk tea
		-	Fried eggs & v	vegetables	garlic	Steamed rice			Fresh milk
	FRI	22/11/2024	Chicken curry served with bread	"Nam Vang" noodle	Russian salad	Napa cabbage with chicken	Fresh fruit	Egg yolk & oil sauce sponge	Ginger lemon tea
		22/11/2024				broth		cake	Fresh milk

Vegetables 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 2 – NOVEMBER 2024**



				LUNCH					
WEEK	DAY	DATE	WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT	AFTERNO	ON SNACK
	MON	25/11/2024	Grilled chicken with honey	Caramelized pork ribs	Mexican salad	Wintermelone with meat broth	Fresh fruit	Cheese wafer	Fresh milk
225	1	5 Page 1	Stir fried jic	ama with meat	1000	Steamed rice			
12	TUE	26/11/2024	Baked pork with Bul <mark>gogi</mark> sauce	Steamed fish with soy sauce	Grilled vegetables with butter	Long bottle gourd with shrimp broth	Fresh fruit	Milk biscuits	Guava juice
			Roll egg	gs with ham	battor	Steamed rice			Fresh milk
	WED	27/11/2024		7 95		Napa cabbage	7 6	Pork floss	Apple juice
6	VVLD	27/11/2024	Seafood pizza served with potato wedges	Saigon broken rice	Lettuce, tomato, cucumber salad	with meat broth	Fresh fruit	bread	Fresh milk
	THU	28/11/2024	Pan-fried fish fillet with passion fruit sauce	Roasted pork belly served with bean sprouts	Morning glory salad mixed vinegar dressing	Seaweed with shrimp broth	Fresh fruit	Chocolate jelly	Milk tea
			Noodle mi	x minced pork	, magan arecoming	Steamed rice			Fresh milk
	FRI	29/11/2024	Egg & sausage burger with	Chicken Pho	Herbs	Vegetable with	Fresh fruit	t cream sponge	Lime juice
100 mm	,,,,,,		cheese served with honey roatsed carrots			meat broth			Fresh milk



#### **MENU FOR TERM 2 – DECEMBER 2024**



				LUNCH					
WEEK	DAY	DATE	WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT	AFTERNO	OON SNACK
	MON	02/12/2024	Chicken katsu served with black sesame sauce	Braised pork with quail eggs	Baked pumpkin with Oregano leave	Creamy purple yam with meat broth	Fresh fruit	it Strawberry tube cake  Coconut jelly	Apple juice
297		X 1949	Stir fr <mark>ied string</mark>	bean with meat	10 30	Steamed rice			Fresh milk
	TUE	03/12/2024	Meat ball stuffed with tomato sauce	Fish clay pot	Stir-fried white cabbage with garlic	Seaweed with shrimp broth	Fresh fruit		Kumquat tea
15	000	3	Stir-fried with ch	ayote with shrimp		Steamed rice	7	, ,	Fresh milk
7	WED	04/12/2024	Spaghetti bolognese served with grilled sweet potato	Grilled pork cutlet with satay sauce served with steamed rice	Salad mixed Thousand Island sauce	Papaya with meat broth	Fresh fruit		Fresh milk
	THU	05/12/2024	Baked fish with Teriyaki sauce	Fish sauce fried chicken	Honey roasted carrots with dill	Leaf mustard with shrimp broth	Fresh fruit	Banana	Milk tea
			Tofu stuffed w	vith mince pork	seeds	Steamed rice		cake	Fresh milk
	FRI	06/12/2024	Pasta with bacon & vegetables served shaken	Vietnamese hand-cut rice noodles with pork roll and quail	Herbs	Pumpkin with meat broth	Fresh fruit	Egg yolk & oil sauce	Passion juice
		06/12/2024	potatoes with cheese egg	Minn	meat brout	· Audille	sponge	Fresh milk	



## **MENU FOR TERM 2 – DECEMBER 2024**



	Stace 1986			LUNCH			10	No.	
WEEK	DAY	DATE	WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT	AFTERNO	ON SNACK
	MON	09/12/2024	Chicken McNuggets	Chinese simmered pork	Grilled carrot with Oregano leave and cheese	Morning glory with shrimp broth	Fresh fruit	Rice crackers	Milk tea
			Stir fried eggplant with mi	ince pork sauce	100	Steamed rice			Fresh milk
297	TUE	10/12/2024	Shrimp tempura served with mayonnaise sauce	Braised fish with garlic chives	Salad mixed cheese sauce	Amaranth with meat broth	Fresh fruit	Cheese bread with	Apple juice
	. 700		Quang noodle mix n	nince pork		Steamed rice	4	pork floss	Fresh milk
8	WED	11/12/2024	Lagu pork stew with white beans served with bread	Hoi An chicken rice	Vietnamese salad (carrot, papaya mixed vinegar, sweet & sour fish sauce)	Malabar spinach with meat broth	Fresh fruit	Almond butter cake	Lemongrass peach tea
	Variable			317	listi sauce)			4	1 10011 11111.
	THU	12/12/2024	Baked tenderloin with BBQ sauce	Fish katsu served with tomato sauce	Stir fried bok choy with garlic	Seaweed with shrimp broth	Fresh fruit	Wafer	Fresh milk
			Korean panc	ake		Steamed rice			-
	FRI	13/12/2024	Ham sandwich served with honey roatsed pumpkin	Hanoi kebab rice noodles	Vegetables salad	Courgette with	Fresh fruit	Hot dog	Ginger lemon tea
		RI   13/12/2024	Toatsed pumpum	- Allin	- Systabloo dalad	meat broth			Fresh milk



# **MENU FOR TERM 2 – DECEMBER 2024**



				LUNCH					
WEEK	DAY	DATE	WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT	AFTERNOC	ON SNACK
	MON	16/12/2024	Baked chicken Carbonara with mushroom & ham	Braised pork with shrimp paste	Stir fried white cabbage with garlic	Tomato and egg with minced pork soup	Fresh fruit	Solite sponge cake	Fresh milk
297		7	Stir frie <mark>d winterr</mark>	nelone with shrimp		Steamed rice		bake	Segment.
	TUE	17/12/2024	Grilled fish with dressing roasted sesame	Caramelized shrimp and pork	Salad mixed Coktail sauce	Mustard green with shrimp broth	Fresh fruit	Sweet bread served with	Ginger lemon tea
9	des		Tofu with sweet so	ur sauce & quail eggs	- Contain Gauco	Steamed rice	1	Fresh fruit strawberry jam	Fresh milk
	WED	18/12/2024	Cullet steamed rice Paella	" Ech" Quang noodle	Lettuce, tomato, cucumber salad with mayonnaise	Luffa with chicken broth	Fresh fruit	Donut	Milk tea
					Will Mayormaise				Fresh milk
	THU	19/12/2024	Pan-fried fish with lemon butter sauce	Braised chicken with chives	Stir fried chayote	Vietnamese garlic chives & soft tofu soup	Fresh fruit	Green bean	Passion juice
			Omelette	with cheese	with onion	Steamed rice		sticky rice served with pork floss	Fresh milk
	FRI	20/12/2024	Cream pasta with bacon served with grilled sweet	Beef Pho	Herbs	Seaweed with shrimp broth	Fresh fruit	Vietnamese pork	Apple juice
			potato with honey	examillin	THORN	Similip broth	1000	samosa	Fresh milk



#### **MENU FOR TERM 2 – JANUARY 2025**



				LUNCH			-		
WEEK	DAY	DATE	WESTERN MAIN COURSE	ASIAN MAIN COURSE	VEGETABLE	SOUP/ STEAMED RICE	DESSERT	AFTERNO	ON SNACK
	MON	06/01/2025	Stir-fried pasta with seafood &	Nha Trang fish cake noodle	Herbs	Wintermelone with meat broth	Fresh fruit	Chocopie	Watermelon juice
	WON	00/01/2023	tomato sauce serve <mark>d with potato wedges</mark>	soup	1000	Steamed rice		Orion	Fresh milk
1	TUE	07/01/2025	Grilled fish with Teriyaki sauce	Braised curry duck	Salad mixed	Pink melone with shrimp broth	Fresh fruit	Lotus seed coconut	Fresh milk
	. 00		Southern no	odle salad	Coktail sauce	Steamed rice		sticky rice	A STATE OF THE PARTY OF THE PAR
10	WED	08/01/2025	Bacon pizza served with french fries	Hai Nam chicken rice	Salad mixed vinegar dressing and mustard	Pumpkin with pork broth	Fresh fruit	Cream choux	Apple juice Fresh milk
TO CO	THU	09/01/2025	Baked pork with Lee Kum Kee sauce	Braised fish with pineapple	Stir fried vegetables with	Seaweed with shrimp broth	Fresh fruit	Fresh fruit	Milk tea
		00/01/2020	Fried eggs &	vegetables	garlic	Steamed rice	ricorriuit	ricarrial	Fresh milk
	FRI	10/01/2025	Chicken curry served with bread	"Nam Vang" noodle	Russian salad	Napa cabbage with chicken	Fresh fruit	Egg yolk & oil sauce sponge	Ginger lemon tea
****	7777				1 1 00	broth		cake	Fresh milk

Vegetables in the Menu mainly come from organic gardens planted at Pegasus and SIS campus.

Menu may be changed due to market availability.