



Week day Date	Monday 13/05/19	Tuesday 14/05/19	Wednesday 15/05/19	Thursday 16/05/19	Friday 17/05/19
Morning Snack	Sandwich, fruits & milk	Steamed bun, fruits & milk	Vegetarian Pancake, fruits & milk	Spring rolls, fruits & milk	Pancake, fruits & milk
Salad	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
Main Western	Roasted chicken with orange sauce	Baked fish	Vegetarian Burger	Spaghetti with ham	Roasted chicken
Main Western	Grilled fish	Mexican pork	Pumpkin Soup	Seafood with spinach	Grilled fish
Main Thai	Black pepper pork	Massaman curry with chicken	Vegetarian Hot & Spicy Soup with Omelette	Steamed chicken with rice	Papaya salad
Main Thai	Pork soup with tofu	Stir fried broccoli with pork	Vegetarian Stir-fried egg noodles	Vegetables soup	Spicy grilled pork salad
Vegetarian	Stir fried mixed vegetables with tofu	Massaman curry with tofu	Vegetarian Corn Cake	Northern style tofu curry with basil	Spicy mushroom salad
Potatoes	Sautéed potatoes	Lyonnais potatoes	Veggie French fries	Jacket potatoes	Grilled potatoes
Vegetables	Cauliflower, carrots & cherry tomatoes	Baked pumpkin	Grilled Vegetables	Corn & carrots	Vichy carrots
Noodles	Rice noodle soup with chicken	Pork wonton soup	Vegetarian Yen Ta Four Kiam ee	Rice noodle soup with fish balls	Paste of rice flour (chicken)
Fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits
Afternoon Snack	Watermelon	Guava	Cantaloupe	Chinese pear	Fruit salad
Fruit Juice	Fruit juice	Fruit juice	Fruit juice	Fruit juice	Fruit juice