



Week day Date	Monday 17/06/19	Tuesday 18/06/19	Wednesday 19/06/19	Thursday 20/06/19	Friday 21/06/19
Morning Snack	French toast, fruits & milk	Strawberry pie, fruits & milk	Ham melt, fruits & milk	Pizza, fruits & milk	Yoghurt, fruits & milk
Salad	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
Main Western	Seafood thermidor	Chicken lasagna	Baked fish with tomato sauce	Mexican grilled pork	Roasted pork with honey
Main Western	Grilled fish	Baked fish	Roasted chicken with gravy	Chicken piccata	Grilled fish
Main Thai	Stewed pork leg on rice	Stir fried sponge gourd with shrimps	Fried rice with Chinese sausage & eggs	Phad Thai	Steamed chicken with rice
Main Thai	Stir fried chicken with yellow chili	Stir fried pork with basil leaves	Thai hot soup with pork	Pork soup with tofu	Wax gourd soup
Vegetarian	Stir fried mushrooms with yellow chili	Spinach lasagna	Stir fried mixed vegetables	Stir fried mushrooms with tofu	Green curry (Dried)
Potatoes	Anna potatoes	Lyonnais potatoes	Sautéed potatoes	Roasted potatoes	Grilled potatoes
Vegetables	Baked asparagus	Cauliflower & carrots	Baked tomato with cheese	Broccoli & cherry tomatoes	Carrot sticks & baby corn
Noodles	Macaroni soup	Chicken sukiyaki	Rice noodle soup with pork	Rice noodle soup with pork balls	Rice noodle soup with fish balls
Fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits
Afternoon Snack	Watermelon	Guava	Apple	Pineapple	Cantaloupe
Fruit Juice	Fruit juice	Fruit juice	Fruit juice	Fruit juice	Fruit juice