

7-May

Monday Tuesday Wednesday Thursday Friday

set menu

Stir fried chicken breast with					
mushroom	Beef ball cheese sandwich	Pan fried pork with cheese	Chunky beef goulash	Korean BBQ chicken leg	
Curry pork with assorted				Pan fried fish with sweet sour	
vegetables	Duck Breast in Orange sauce	Grilled meat loaf	Pork chop in bread flour	sauce	
Mixed veggie	Celery	Broccoli & corn	Bok choy	Broccoli	
Steamed rice	Corn rice	Rice with beans	Steamed rice	Roasted potato	

Spinach pizza Veggie samosa Mushroom with bean curd Viggie Lasagna Egg fried rice

Carrot cake Cream butter cake Crème carame Brownie Swiss roll

ES

	Stir fried chicken breast with				
Daily hot dish	mushroom	Beef ball tomato sauce	Grilled meat loaf	Chunky beef goulash	BBQ chicken drumstick
Pasta or noodles	Pasta with tomato sauce	Shanghai fried noodle with bok	Pasta with bacon and cream	Egg and ham with frie rice	Pasta with mushroom and
Fun dish of the day	sandwich	choy and pork	sauce		chicken
Hot wraps	Chicken fajitas and cheese	Cheese pizza	Roasted cheese and tuna	Hot dog	Pork dumpling
Cold wraps			sandwich		
Daily soup	Carrot and cucumber sushi	Egg and ham with cheese	Chicken and cheese and	Pork tacos	Salami and cheese
Dessert	Tomato egg soup	Smoked chicken and lettuce	spinach		
	Vanilla bread pudding	Cream pumpkin soup	Ham with onion and cuucmber	Chicken and cucumber sushi	Egg-mayo, carrot & lettuce
		Cream potato soup	warp	Vegetable soup	Egg and sweet corn soup
		Raisin Oatmeal Cookie	Crème carame	Ice cream	Swiss roll

14-May

	Monday	Tuesday	Wednesday	Thursday	Friday
set menu		Stir fried chicken with curry and conconnut cream	Stewed Beef topped mashed potato Smoked Chicken mozzarella	Grilled pork leg with BBQ sauce Steamed chicken roll with cheese	Spicy Sichuan fish fillet Chicken in bread flour Egg fried rice
	Chicken leg Teriyaki Pork yuxiang style Jacket potatoes/Steamed rice Mixed vegetables	Pork Goulash Spinach butter rice Broccoli and corn	baguette melt Roasted potatoes Tomato onion salad Sautéed butter veggie	Seasonal greens	Cabbage and carrots
	Fried egg and tomatc	Eggplant parmigiana	Cabbage rolls	Viggie Lasagna	Vegeterian Rissotto
	Coconut pudding	Lemon butter cake	Popsicle	Apple pear strudel	Chocolate brownies
ES					
Daily hot dish	Chicken leg Teriyaki	Stir fried chicken with curry and conconnut cream Shanghai fried noodle with bok choy	Stewed Beef	Chili con carne served with salsa and nachos	Breaded fish fingers
Pasta or noodles	Pasta with bacon and olive oil		Spaghetti meat ball	Egg and ham fried rice	Penne with bacon and cream
Fun dish of the day	Club bacon sandwich	Salami and cheese sandwich	Pork dumpling	Cheese pizza	Hot dog
Hot wraps	Ham onion fajitas with cheese Smoked chicken & cucumber	Egg pork & cheese	Ham and cheese and spinach	Chicken taco	Salami onion and cheese roll
Cold wraps		Cheese & tomato wraps	Tuna salad and cucumber	Egg, cheese and lettuce	Cucumber and carrot sushi
Daily soup	French onion soup	Bean curd misso soup	Cream carrot soup	Cream potato soup	Minestrone soup
Dessert	Coconut pudding	Banana cake	Popsicle	Apple pear strudel	Chocolate brownies

21-May

	Monday	Tuesday	Wednesday	Thursday	Friday
set menu			Beef burger patties gratinated		
	Pork curry Pineapple sweet sour chicken finger Butter potatoes with parsley Mixed veggies	Classic cumin pork roast Chicken stir fry in oyster sauce and veggies Rice with corn Sautéed carrots with garlic and ginger	with cheese Chicken sauteed in oyster sauce Spinach rice Oven roasted sweet potato chips	Lamb kebab Chicken in red sauce and corn Carrot fried rice Mixed green vegetable	Beef Sheperd's pie Chicken melt sandwich Roasted potatoes Celery and peas
	Mushroom Rissotto	Cous cous with ratatouille	Potatoes Omellete	Zuchinni In Tomato	Fried egg with tomato
	carrot cake	Apple pear cake	Profiteroles au caramel	Chocolate Brownies	Swiss roll
ES			Beef burger patties gratinated		
Daily hot dish	Pork fingers	Mini beef steaks	with cheese Spaghetti cream mushroom and ham	Chicken in red sauce and corn Shanghai fried noodle with bokk choy	Sheperd's pie Macaroni with cheese and cream
Pasta or noodles	Penne bacon tomato	Rice noodle with beef and egg			
Fun dish of the day	Grilled cheese sandwich	Salami and cheese sandwich	Pan fried pork dumpling	Cheese pizza	Hot dog
Hot wraps	Chicken fajitas and cheese Smoked ham and cheese	Egg and cheese quiche	Ham and cheese and onion	Club bacon and chicken	Tuna tomato sadwich
Cold wraps	lettuce	Cucumber and carrot sushi	Spinach cheese and chicken	Apple chicken and cucumber	Sliced beef with cucumber
Daily soup	Misso bean curd soup	Tomato cream	Cream potatc	Minestrone	Mushroom crearr
Dessert	carrot cake	Apple pear cake	Profiteroles au caramel	Chocolate Brownies	Swiss roll

28-May

	Monday	Tuesday	Wednesday	Thursday	Friday
	set menu			set menu	set menu
	Country sausage sandwich w fried onions and home made ketchup	Stuffed Chicken with Prunes	Chicken fillet in basil butter and sliced tomatoes	Roast pork loin with gravy	Steamed fish fillet with lemon
	Crispy chicken with teriyaki sauce Rosemary roasted potatoes/Steamed rice Sautéed spinach	Sweet and sour pork	Beef sautéed in curry and onions	Chicken nugget	Oven baked shrimp cake
		Sautéed soy sauce bok choy Steamed rice	Mixed veggies Steamed rice	Roasted oregano potato Sautéed green peas	Green veggies Steamed rice
	Tomato egg with fried rice	Veggie mapo tofu	Taboulee	Fried veggie noodle	Egg and spinach cheese quiche
	Sago milk pudding	Carrot cake	Banana cake	Brownies	Profiteroles au chocolate
	ES				
Daily hot dish	Crispy chicken with teriyaki sauce	Sweet and sour pork	Beef sautéed in curry and onions	Chicken nugget	Fish finger
Pasta or noodles	Spaghetti with basil tomato sauce	Fried curry bee hoon with egg	Penne with bacon and garlic	Shanghai fried noodle with pork and egg	Spaghetti meat ball
Fun dish of the day	Grilled ham and cheese sandwich	Salami and cheese sandwich	Pan fried pork jiaozi	Hot dog	Nacho with tomato sasa
Hot wraps	Egg and ham fajitas and cheese	Egg, pork & cheese	Ham and cheese and spinach	Grilled cheese sandwich Ham chicken cheese tomato	Salami and cheese
Cold wraps	Smoked chicken & cucumber	Apple and smoked chicken	Cucumber and carrot sushi	lettuce	Egg-mayo tuna tomato & lettuce
Daily soup	Sweet corn with egg	Cream pumpkir	Misso bean curd	Cream tomato	Potato cream
Dessert	Sago milk pudding	Carrot cake	Banana cake	Brownies	ice cream

4-Jun

	Monday	Tuesday	Wednesday	Thursday	Friday
	set menu			set menu	set menu
	Creamy pasta with bacon and mushroom	Pan fried chicken leg	Fish fillets with capers and cherry tomatoes		
	Frankfurter sausage with crispy onions	Pork teriyaki	Beef goulash w puff pastry		
	Sauteed potato	Parsley rice	Garlic rice	Early release	Sandwich bar
	Corn and steamed carrot	Broccoli & corn	Cauliflowers and carrots	Sandwich bar	
	Mushroom tacc	Cauliflower Bechamel	Hummus with Pita		
	Profiteroles au caramel	Butter cake	Profiteroles au strawberry		
	ES				
Daily hot dish	Frankfurter sausage with crispy onion	Pan fried chicken leg	Grilled chicken breast with gravy sauce		
Pasta or noodles	Spaghetti with basil tomato sauce	Fried curry bee hoon with egg	Penne with bacon and garlic		
Fun dish of the day	Grilled ham and cheese sandwich	Salami and cheese pizza	Pan fried pork jiaozi	No school	No school
Hot wraps	Egg and ham fajitas and cheese	Egg, pork & cheese	Ham and cheese and spinach		
	Smoked chicken & cucumber				
Cold wraps	sushi	Apple and smoked chicken	Cucumber and carrot sushi		
Daily soup	Cream carrot	Cream pumpkin	Cream tomato		
Dessert	Profiteroles au caramel	Butter cake	Profiteroles au strawberry		