

June 02<sup>nd</sup> to 06<sup>th</sup>

# Primary School Weekly Menu



	02/06 Monday	03/06 Tuesday Japan - Ethnic Gourmet	04/06 Wednesday	05/06 Thursday	06/06 Friday
<b>Meal A</b>	 Ratatouille with Roasted Potato (Vegan)	 Pan Fried Tofu & Miso with Rice (Vegetarian)	 Taiwanese Sallot oil Mixed Noodle with Spring Roll (vegetarian)	 Shitake Lentil Bolognese with Pasta (Vegan)	   Mushroom & Onion Frittata with Roasted Potato (Vegetarian)
<b>Meal B</b>	  Mixed Mushroom Stroganoff with Pasta (Vegetarian)	 Japanese Style Tomato & Chicken Fried Rice	 Thai Curry Pork with Rice	King Dou Pork Chop with Rice	  Hawaiian Pizza
<b>Meal C</b>	Steamed Pumpkin & Pork with Red Rice	Gilled Pork Chop & Tomato Sauce with Pasta	Moroccan Roasted Chicken with Pasta	Sallot Thyme Roasted Chicken with Herbed Potato	Beef Stifado with Rice
<b>Chef Special</b>	 Fried Rice with Minced Beef & Lettuces	Beef Teriyaki with Rice	  Fish & CheeseBurger with Fries	  Nasi Goreng	Italian Meat Ball with Rice
<b>Daily Vegetable</b>	Cauliflower & Green Beans	Peking Cabbage & Shitake Mushroom	Green Cabbage & Carrot	Choi Sum & Shitake Mushroom	Broccoli & Carrot



GO & ENJOY  
OK BUT THINK  
BE CAUTIOUS

Allergens and descriptive icons are displayed on our daily menu, helping students to make informed dietary choices



June 09<sup>th</sup> to 13<sup>th</sup>

# Primary School Weekly Menu



	09/06 Monday	10/06 Tuesday	11/06 Wednesday Malaysia- Ethnic Gourmet	12/06 Thursday	13/06 Friday
<b>Meal A</b>	 Olive, Caper & Tomato Pasta (Vegan)	  Cauliflower & Beans Curry with Rice (Vegetarian)	 Vegetable Paella (Vegetarian)	 Pesto Roasted Veggie with Tomato Couscous (Vegan)	 Marinated Tofu & Mushroom with Rice (Vegetarian)
<b>Meal B</b>	  Steamed Egg & Mushroom with Rice (Vegetarian)	  Fish Florentine with Mashed Potato	  Chicken Curry with Rice in Malaysian Style	Pork Goulash with Pasta	 BBQ Chicken Pizza 
<b>Meal C</b>	  Pork Schnitzel with Herbed Potato	Hong Kong Style Stir-fried Beef Noodle	Orange Teriyaki Pork with Rice	Braised Chicken and Potato with Rice	 Steamed Fish with Spring Onion & Soy Sauce with Rice
<b>Chef Special</b>	 Korean Kimchi Pork Belly Fried Rice	Grilled Thyme & Lemon Duck Breast with Garlic Potato	  Mee Goreng (Indonesian Noodle)	 Italian Style Fish Fillet & Tomato Sauce with Rice	Spaghetti Bolognaise
<b>Daily Vegetable</b>	Broccoli & Corn	Green Cabbage & Carrot	Cauliflower & Shitake Mushroom	Zucchini & Carrot	Choi Sum & Shitake Mushroom



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June 16<sup>th</sup> to 20<sup>th</sup>

# Primary School Weekly Menu



	16/06 Monday	17/06 Tuesday	18/06 Wednesday	19/06 Thursday	20/06 Friday
<b>Meal A</b>	 Taiwanese Braised Tofu with Rice (Vegan)	  Baked Cauliflower & Broccoli with Rice (Vegetarian)	  Scrambled Egg , Tomato & Mushroom with Rice (Vegetarian)	 Chickpea & Tomato Tagine with Rice (Vegan)	   Spinach Frittata with Roasted Potato (Vegetarian)
<b>Meal B</b>	   Vegetable Lasagna (Vegetarian)	Stir-fried Chicken & Celery with Rice	Roasted Cajun Chicken with Herbed Potato	Garlic & Chicken Spaghetti	  Chorizo Mozzarella Cheese Pizza
<b>Meal C</b>	Chicken Afritada with Pasta	Thai Basil Minced Pork with Rice	   Sweet & Sour Fish with Corn Rice	Taiwanese Style Braised Beef with Rice	Korean BBQ Pork with Rice
<b>Chef Special</b>	 Thai Style Pork Neck Fried Rice	 Orange & Fennel Roasted Fish Fillet with Herbed Potato	 Stir-fried Vegetable & Beef Udon	 Pork Chop Curry with Rice in Japanese Style	Roasted Chicken in Bell Pepper Sauce with Rice
<b>Daily Vegetable</b>	Zucchini & Corn	Choi Sum & Carrot	Green Cabbage & Shitake Mushroom	Cauliflower & Green Beans	Broccoli & Carrot



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June 23<sup>rd</sup> to 27<sup>th</sup>

# Primary School Weekly Menu



	23/06 Monday	24/06 Tuesday	25/06 Wednesday	26/06 Thursday	27/06 Friday
<b>Meal A</b>	 <b>Japanese Grilled Eggplant &amp; Miso with Rice (Vegan)</b>	 <b>Taiwanese Style Stir-fried Vermicelli with Dumplings (Vegetarian)</b>	   <b>Mixed Bell Pepper Frittata with Roasted Potato (Vegetarian)</b>	 <b>Mushroom E-fu Noodle with Spring Roll (Vegan)</b>	
<b>Meal B</b>	  <b>Vegetables Curry with Rice in Thai Style (Vegetarian)</b>	 <b>Pork Stroganoff with Rice</b>	  <b>Baked Fish Fillet &amp; Parsley Crust with Pasta</b>	<b>Braised Pork &amp; Pumpkin with Rice</b>	
<b>Meal C</b>	<b>Chicken Arrabiata with Pasta</b>	 <b>Italian Style Fish Fillet with Tomato Sauce &amp; Olives with French Fries</b>	<b>Minced Pork &amp; Eggplant with Rice</b>	 <b>Portuguese Chicken with Rice</b>	
<b>Chef Special</b>	<b>Japanese Style Beef with Rice</b>	<b>Buffalo Chicken with Roasted Potato</b>	<b>Shanghai Fried Noodle with Shredded Pork</b>	 <b>Malai Chicken Curry with Rice (Creamy White Chicken Curry)</b>	
<b>Daily Vegetable</b>	<b>Broccoli &amp; Carrot</b>	<b>Zucchini &amp; Corn</b>	<b>Green Cabbage &amp; Carrot</b>	<b>Choi Sum &amp; Shitake Mushroom</b>	



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