











May 05th to 09th

Primary School Weekly Menu



	05/05 Monday	06/05 Tuesday Filipino - Ethnic Gourmet	07/05 Wednesday	08/05 Thursday	09/05 Friday
Meal A		 Braised Vegetables in Lo Hon Style with Rice (Vegetarian)	 Braised Enoki Mushroom & Tofu with Rice (Vegetarian)	 Mushroom E-fu Noodle with Spring Roll (Vegan)	 Stewed Pumpkin Beans and Herbed Potatoes (Vegetarian)
Meal B		Peruvian Style Roasted Chicken with Herb Potato	 Macau Style Portuguese Chicken with Pasta	Spanish Pork Meatball stew with Rice	 Italian Beef Pizza 
Meal C		 Steamed Fish with Mushroom & Ganger with Rice	Pork Chop in Black Vinegar Sauce with Rice	 Chicken and Creamy Corn with Rice	 Chicken A la king with Rice
Chef Special		 Ginataang Gulay with Pork & Shrimp with Rice	  Fish Pie	Pan-fried Duck Breast and Pineapple Sauce with Roasted Potato	Ginger Pork Sautee with Rice
Daily Vegetable		Choi Sum & Shitake Mushroom	Green Cabbage & Carrot	Zucchini & Corn	Cauliflower & Green Bean



GO & ENJOY
OK BUT THINK
BE CAUTIOUS

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



May 12th to 16th

Primary School Weekly Menu



	12/05 Monday	13/05 Tuesday	14/05 Wednesday	15/05 Thursday	16/05 Friday Mexico – Ethnic Gourmet
Meal A	Teriyaki Tofu with Red Rice (Vegan)	Mixed Mushroom & Creamy Sauce with Pasta (Vegetarian)	Vegetable Napoleon with Pasta (Vegetarian)	Grilled Vegetable with Tomato couscous (Vegan)	Mexican Rolex (Lentil Wrap) (Vegetarian)
Meal B	Vegetable Frittata with Herbed Potato (Vegetarian)	Stir-fried Chicken with Zucchini & Fungus with Rice	Fish Curry with Red Rice in Malaysian Style	Pan Fried Pork chop & Mushroom with Roasted Potato	Mexican Style Fish in Creamy Tomatillo with Pasta
Meal C	Tomato Beef & Scrambled Egg with Rice	Pork and Paprika with Mashed Potato	Lemongrass Chicken with Roasted Potato	Tandoori Fish Fillet with Rice	BBQ Chicken Pizza
Chef Special	Pineapple Seafood Fried Rice	Beef Rib Curry with Pasta	Pork Piccata & Lemon with Roasted Potato	Chicken Carbonara Spaghetti	Mexican Style Chicken Wraps with Potatoes
Daily Vegetable	Zucchini & Shitake Mushroom	Green Cabbage & Carrot	Cauliflower & Green Bean	Cabbage & Corn	Choi Sum & Shiitake Mushroom



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May 19th to 23rd

Primary School Weekly Menu



	19/05 Monday	20/05 Tuesday	21/05 Wednesday	22/05 Thursday	23/05 Friday
Meal A	 Chunky Vegetable & Red Kidney Bean with Pasta (Vegan)	 Braised Glass Noodles with Mixed Vegetables (Vegetarian)	  Japanese Style Vegetable Fried Rice (Vegetarian)	 Shanghai Style Fried Noodle with Vegetable Dumplings (Vegan)	  Broccoli & Cauliflower Cheese Baked with Rice (Vegetarian)
Meal B	  Omni Meat Steamed Egg with Rice (Vegetarian)	 Braised Beef Brisket & Radish with Rice	 Cheese Pork Casserole with Pasta	  Pan Fried Fish Fillet in Pumpkin Sauce with Red Rice	  Ham & Corn Pizza
Meal C	 Chicken Curry with Rice in Japanese Style	 BBQ Chicken with Roasted Sweet Potato	 Steamed Chicken & Mushroom in Black Bean Sauce with Rice	 Chicken Marbella with French Fries	 Grilled Pork Chop & Mushroom Gravy with Pasta
Chef Special	  Hokkien Fried Rice	 Baked Lemongrass Pork Jowl with Rice	 Bangers and Mash	 Italian Style Beef Ribs Stew with Pasta	 Chicken & Chorizo Paella
Daily Vegetable	 Green Cabbage & Carrot	 Choi Sum & Shitake Mushroom	 Cabbage & Carrot	 Zucchini & Corn	 Broccoli & Carrot



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May 26th to 30th

Primary School Weekly Menu



	26/05 Monday	27/05 Tuesday	28/05 Wednesday Hunan – Ethnic Gourmet	29/05 Thursday	30/05 Friday
Meal A	 Ma-Po Tofu with Red Rice (Vegan)	  Mac & Cheese (Vegetarian)	 Hunan Style Braised Tofu with Rice (Vegetarian)	 Stewed Pumpkin & Beans with Rice (Vegan)	   Margherita Pizza (Vegetarian)
Meal B	  Vegetable Enchiladas with Herb Potato (Vegetarian)	Honey Glazed BBQ Pork with Rice	Tomato Basil Chicken with Pasta	Stir-fried Chicken & Celery with Rice	Mediterranean Style Roasted Chicken with Herbed Potato
Meal C	 Sweet & Sour Pork with Rice	 Italian Style Fish Cacciatore with Pasta	Lemongrass Pork Chop with Roasted Potato	 Pork Stroganoff with Roasted Potato	Mongolian Style Chicken with Rice
Chef Special	 Smoked Salmon & Ham in Creamy Sauce with Pasta	 Crispy Salted Chicken with Rice	Spicy Hunan Style Fried Pork & Green Chilli Pepper with Rice	  Beef Lasagna	  Japanese Style Eel & Vegetable Fried Rice
Daily Vegetable	Cauliflower & Green Beans	Green Cabbage & Carrot	Cabbage & Shitake Mushroom	Zucchini & Corn	Broccoli & Carrot



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