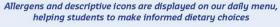


	Monday	Tuesday	Wednesday	01/05 Thursday	02/05 Friday
Meal A					Scrambled Egg & Tomato with Rice (Vegetarian)
Meal B					Pepperoni Cheese Pizza
Carving					N/A
Chef Special					Swiss Chicken with Rice
Daily Vegetable					Broccoli & Corn



























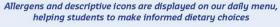






		05/05 Monday	06/05 Tuesday Filipino – Ethnic Gourmet	07/05 Wednesday	08/05 Thursday	09/05 Friday
	Meal A		Braised Vegetables in Lo Hon Style with Rice (Vegetarian)	Braised Enoki Mushroom & Tofu with Rice (Vegetarian)	Mushroom E-fu Noodle with Spring Roll (Vegan)	Stewed Pumpkin Beans and Herbed Potatoes (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
	Carving		Filipino Chicken Adobo with Rice	Roasted Lamb Shoulder with Pita Bread & Salad	Japanese Omelette Rice with Mixed Vegetable Salad	N/A
CI	hef 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 /egetable		Choi Sum & Shitake Mushroom	Green Cabbage & Carrot	Zucchini & Corn	Cauliflower & Green Bean





























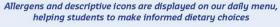


May 12th to 16th Secondary School Weekly Menu



	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
Carving	Hainanese Chicken with Turmeric Rice	Jumbo Pork Chop Cutlet Burger with Fries	Baked Eel & Scallop with Fried Rice in Japanese Style	Lemon Honey Pork Ribs with Roasted Potato	N/A
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





































	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
Carving	Baked Salmon with Roasted Potato	Roasted Spring Chicken with Mashed Potato	Texas Roasted Beef with Coleslaw	Chicken Cordon Bleu with Mashed Potato	N/A
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











Allergens and descriptive icons are displayed on our daily menu,





















		26/05 Monday	27/05 Tuesday	28/05 Wednesday Hunan – Ethnic Gourmet	29/05 Thursday	30/05 Friday
Mea	al 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)
Mea	al 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
Car	ving	Double Cheese Hot Dog with Herb Potato	Cheese & Beef Wrap with Fries	Dong'an Chicken with Rice	Baked Pork Chop Rice with Mushroom Gravy	N/A
Chef S	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
	nily etable	Cauliflower & Green Beans	Green Cabbage & Carrot	Cabbage & Shitake Mushroom	Zucchini & Corn	Broccoli & Carrot



