

DEC 2<sup>nd</sup> to 6<sup>th</sup>

# Primary School Weekly Menu



	02/12 Monday	03/12 Tuesday	04/12 Wednesday	05/12 Thursday Vietnam - Ethnic Gourmet	06/12 Friday
<b>Meal A</b>	Braised Enoki Mushroom & Tofu with Rice (Vegan)	Mushroom & Onion Quiche with Rice (Vegetarian)	Japanese Style Grilled Eggplant & Tofu with Rice (Vegetarian)	Vietnamese style Stir-fried Rice Vermicelli & Vegetables (Vegan)	Mac & Cheese (Vegetarian)
<b>Meal B</b>	Vegetables Singapore Rice Noodles (Vegetarian)	Malaysian Fish Curry with Mixed Rice	Hawaiian Pizza	Vietnamese Pork Chop with Rice	Roasted Cajun Chicken with Potatoes
<b>Meal C</b>	Stir-fried Leek & Pork with Brown Rice	Pineapple Roasted Pork Loin with Herbs Potatoes	Lemongrass Pork Chop with Roasted Potatoes	Vietnamese Coconut Curried Chicken with Rice	Teriyaki Pork Loin with Brown Rice
<b>Chef Special</b>	Herbed Roasted Pork Loin with Gravy & Potatoes	Chicken A La King with Pasta	Portuguese Chicken with Pasta	Roasted Pork Jowl with Lemongrass with Potatoes	Steamed Shiitake & Chicken with Brown Rice
<b>Daily Vegetable</b>	Cabbage + Shiitake Mushroom	Zucchini + Carrot	Cauliflower + Green Beans	Peking Cabbage + Carrot	Broccoli + Corn



- GO & ENJOY**
- OK BUT THINK**
- BE CAUTIOUS**














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



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

# Primary School Weekly Menu



	09/12 Monday	10/12 Tuesday	11/12 Wednesday	12/12 Thursday	13/12 Friday
<b>Meal A</b>	 Ratatouille Pasta (Vegan)	 Taiwanese Braised Tofu with Rice (Vegetarian)	  Veggie Lovers Pizza (Vegetarian) 	 Japanese Grilled Eggplant with Rice (Vegan)	<b>Noon Dismissal</b>
<b>Meal B</b>	 Mexican Rolex (Lentil Wrap) (Vegetarian)	Thai Style Curry Chicken with Rice	Beef Burgundy with Pasta	 California Grilled Fish with Steamed Potatoes	
<b>Meal C</b>	Braised Pork with Pumpkin & Rice	 Spaghetti Bolognaise	 Scrambled Egg with Tomato Minced Pork with Rice	 Pork Schnitzel with French Fries	
<b>Chef Special</b>	 Steamed Fish with Ginger, Scallion and Rice	Lemon Herbed Roasted Chicken with Potato	Salt & Pepper Pork Chop with Rice	 Pork Stroganoff with Potatoes	
<b>Daily Vegetable</b>	Cabbage + Shiitake Mushroom	Zucchini + Carrot	Cauliflower + Green Beans	Peking Cabbage + Carrot	



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