

DEC 2nd to 6th

Secondary School Weekly Menu



	02/12 Monday	03/12 Tuesday	04/12 Wednesday	05/12 Thursday Vietnam - Ethnic Gourmet	06/12 Friday
Meal A	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)
Meal B	Vegetables Singapore Rice Noodles (Vegetarian)	Malaysian Fish Curry with Mixed Rice	Hawaiian Pizza	Vietnamese Pork Chop with Rice	Roasted Cajun Chicken with Potatoes
Carving	Classic Beef Cheeseburger	BBQ Pork Ribs with Potatoes	Chicken Cordon Bleu with Roasted Potatoes	Banh Mi Vietnamese Baguette	N/A
Chef Special	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
Daily Vegetable	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 09th to 13th

Secondary School Weekly Menu



	09/12 Monday	10/12 Tuesday	11/12 Wednesday	12/12 Thursday	13/12 Friday
Meal A	 Ratatouille Pasta (Vegan)	 Taiwanese Braised Tofu with Rice (Vegetarian)	  Veggie Lovers Pizza (Vegetarian) 	 Japanese Grilled Eggplant with Rice (Vegan)	Noon Dismissal
Meal B	 Mexican Rolex (Lentil Wrap) (Vegetarian)	Thai Style Curry Chicken with Rice	Beef Burgundy with Pasta	 California Grilled Fish with Steamed Potatoes	
Carving	Roasted Spring Chicken with Herbed Potatoes	  Mini Burger with Fries (Beef / Potato Patty)	Hainanese Chicken Rice	 Meat & Cheese Hot Dog	
Chef Special	 Steamed Fish with Ginger, Scallion and Rice	Lemon Herbed Roasted Chicken with Potato	Salt & Pepper Pork Chop with Rice	 Pork Stroganoff with Potatoes	
Daily Vegetable	Cabbage + Shiitake Mushroom	Zucchini + Carrot	Cauliflower + Green Beans	Peking Cabbage + Carrot	



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