







Feb 5<sup>th</sup> to 7<sup>th</sup>

# Primary School Weekly Menu



	03/02 Monday	04/02 Tuesday	05/02 Wednesday	06/02 Thursday	07/02 Friday
<b>Meal A</b>			 Vegetable Napoleon with Pasta (Vegetarian)	 Braised Vegetable Lo Hon Style with Rice (Vegan)	  Vegetable Lasagna (Vegetarian)
<b>Meal B</b>			 Steamed Chicken and Mushroom with Rice	 Pork and Paprika Stew with Rice	 King Dou Pork Chop with Rice
<b>Meal C</b>			 Japanese Pork Chop Curry with Rice	 Tandoori Chicken with Roasted Potatoes	  BBQ Chicken Pizza 
<b>Chef Special</b>			  Fish Pie	 Yeung Chow Fried Rice	 Spaghetti Bolognese
<b>Daily Vegetable</b>			 Zucchini + Carrot	 Choi Sum + Shitake Mushroom	 Peking Cabbage + 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



Feb 10<sup>th</sup> to 14<sup>th</sup>

# Primary School Weekly Menu



	10/02 Monday	11/02 Tuesday Korea – Ethnic Gourmet	12/02 Wednesday	13/02 Thursday	14/02 Friday
<b>Meal A</b>	 Ratatouille with Pasta (Vegan)	 Olive, Caper and Tomato Pasta (Vegetarian)	  Mac & Cheese (Vegetarian)	 E-Fu Noodle with Mixed Mushroom (Vegan)	  Veggie Lovers Pizza (Vegetarian) 
<b>Meal B</b>	   Spinach Frittata with Herbed Potatoes (Vegetarian)	 Steamed Fish Black Bean Sauce with Rice	Sweet Soy Sauce Chicken with Rice	 Chinese Style BBQ Pork with Rice	Chicken Cacciatore with Pasta
<b>Meal C</b>	 Sweet & Sour Chicken with Rice	Lemongrass Chicken with Rice	Thyme & Lemon Pork Chop with Butter Potatoes	 Chicken A la king with Rice	  Malaysian Fish Curry with Rice
<b>Chef Special</b>	Beef Teriyaki with Rice	 Korean Kimchi Pork Belly Fried Rice	 Bangers and Mash	  Fish & Chorizo Paella	Pork Goulash Pasta
<b>Daily Vegetable</b>	Green Cabbage + Shitake Mushroom	Zucchini +Carrot	Cauliflower + Green Beans	Peking Cabbage + Shiitake Mushroom	Broccoli + Carrot



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Feb 17<sup>th</sup> to 21<sup>st</sup>

# Primary School Weekly Menu



	17/02 Monday	18/02 Tuesday	19/02 Wednesday	20/02 Thursday	21/02 Friday
<b>Meal A</b>	 <b>Shitake Lentil Bolognese with Pasta (Vegan)</b>	 <b>Taiwanese Stir-Fried Rice Noodle (Vegetarian)</b>	 <b>Grilled Vegetable with Couscous (Vegetarian)</b>	 <b>Braised Enoki Mushroom &amp; Tofu with Rice (Vegan)</b>	  <b>Braised Tomato and Scrambled Egg with Rice (Vegetarian)</b>
<b>Meal B</b>	  <b>Pumpkin Risotto (Vegetarian)</b>	<b>Roasted Cajun Chicken with Rice</b>	 <b>Carbonara Pasta</b>	<b>Lemon Pork Chop with Rice</b>	 <b>Hawaiian Pizza</b> 
<b>Meal C</b>	 <b>Braised Curry Chicken and Potato with Rice</b>	 <b>Sweet Corn and Pork with Rice</b>	 <b>Japanese Pork Cutlet Curry with Rice</b>	 <b>Roasted Chicken with Honey Mustard Sauce, Mashed Potato</b>	<b>Grilled Pork Chop with Onion Sauce &amp; Roasted Potatoes</b>
<b>Chef Special</b>	 <b>Hokkien Fried Rice</b>	 <b>Chicken Enchiladas</b>	  <b>Fish Burger with Fries</b>	  <b>Sweet &amp; Sour Fish with Rice</b>	<b>Roasted Lemongrass Pork Jowl with Rice</b>
<b>Daily Vegetable</b>	<b>Zucchini + Corn</b>	<b>Broccoli + Carrot</b>	<b>Choi Sum+ Shiitake Mushroom</b>	<b>Cabbage + Carrot</b>	<b>Cauliflower + Green Beans</b>



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Feb 24<sup>th</sup> to 28<sup>th</sup>

# Primary School Weekly Menu



	24/02 Monday	25/02 Tuesday	26/02 Wednesday	27/02 Thursday	28/02 Friday
<b>Meal A</b>	 Chickpea & Tomato Tagine with Rice (Vegan)	 Stir-fried Udon with Mixed Vegetables & Tofu (Vegetarian)	  Steamed Egg & Mushroom with Rice (Vegetarian)	 Garlic Herb Broccoli & Zucchini with Pasta (Vegan)	  Vegetable Enchiladas (Vegetarian)
<b>Meal B</b>	  Spinach Frittata with French Fries (Vegetarian)	 Baked Fish Fillet & Parsley Crust with Pasta	Pork and Paprika Stew with Roasted Potatoes	 Fried Rice with Beef and Lettuce	Chicken Teriyaki with Rice
<b>Meal C</b>	Stir Fried Chicken & Celery with Rice	 Singapore Rice Noodles	 Japanese Style Curry Beef with Rice	Pineapple Roasted Pork Loin with Roasted Potatoes	  Pepperoni Pizza
<b>Chef Special</b>	Penne Bolognese	 Beef Burgundy with Mashed Potato	 Orange & Fennel Roasted Fish Fillet with Rice	Roasted Chicken with Bell Pepper Sauce & Rice	 Nasi Goreng (Indonesian Fried Rice)
<b>Daily Vegetable</b>	Peking Cabbage + Shiitake Mushroom	Broccoli + Carrot	Zucchini + Corn	Cabbage + Carrot	Choi Sum+ Shiitake Mushroom



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