

Week Day	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Date	19/4/2021	20/4/2021	21/4/2021	22/4/2021	23/4/2021	
MORNING	Snack	Mini ham cheese roll	Mini chocolate stick	French toast	Mini croissant	Cereal
	Drinks	Fresh Milk	Fresh Milk	Fresh Milk	Fresh Milk	Fresh Milk
	Fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits
LUNCH	Salad	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
	Western	Pork Goulash	Roasted pork with Charcutière sauce	Pork Lasagna	Beef Bourguignon	Deep Fried Chicken
		Grilled fish with salsa	Stir-fried Spaghetti with Garlic mushroom & bacon	Chicken Gyros	Fettucine chicken alfredo	Spinach stuffed chicken with sesame sauce
	Oriental	Curried Fried Fish	Stir-fried chicken with cashew nut	Fried Eggs in Tamarind sauce	Stir-fried Chicken with Basil Leave	Stir-fried crispy pork with curry paste
		Stir-fried Cabbage with pork	Stir-fried Zucchini with shrimp	Seafood in Hot & Spicy soup	Stir-fried mixed vegetables with pork	Chinese mixed vegetable & pork Stew
	Vegetarian	Ratatouille	Mac n' Cheese	Pasta pesto	Pasta with Tomato sauce	Potatoes and spinach curry rice
		Stir-fried Cabbage with Tofu	Stir-fried vegetable protein with Zucchini	Fried Taro	Stir-fried mixed vegetable with vegetable protein	Chinese vegetable stew with tofu
	Live Cooking	Spaghetti carbonara	Minced Pork Omelette with Rice	Korean style pork on rice	Sausage fried rice	Grilled chicken, som tum and sticky rice
	Noodle	Yen Ta Fo (noodle in red soup)	Egg Noodle soup with Barbecued Red Pork	Minced Pork Noodle soup (Kiem Eii)	Paste of Rice Flour (Pork)	Sukiyaki (Chicken)
	Potatoes	Lyonnais Potatoes	Potato Sticks	Natural Cut potatoes	Mash potatoes	French fries
	Vegetables	String Beans & Cherry Tomato	Broccoli & Carrots	Grilled tomatoes	Vichy carrots	Stir-fried Vegetables with Butter
	Rice	White rice Brown rice	White rice Brown rice	White rice Brown rice	White rice Brown rice	White rice Brown rice
	Dessert	Not available	Not available	Not available	Not available	Not available
AFTERNOON	Snack	Garlic bread	Pumpkin muffin	Chinese cream bun	Mini Danish apricot	Jam sandwich
	Drinks	Fresh Milk	Fresh Milk	Fresh Milk	Fresh Milk	Fresh Milk
	Fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits

EY1 and EY2 students will also enjoy the same variety menu despite their separate sitting.