

## Lunch Menu 15-19 Sep



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	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Ham & Cheese Sandwich  Pork  Dairy  Dairy  Wheat	Baked Mini Sweet Potato	Samosa  Soybeans  Wheat	Mini Spring Onion, Ham & Bacon Pizza  Pork  Pork  Pizza  Wheat	Soybean Nuggets  Soybeans Wheat
Salad & Fruit Bar	Assorted Salad & Fresh Fruit Bar	Assorted Salad & Fresh Fruit Bar	Assorted Salad & Fresh Fruit Bar	Assorted Salad & Fresh Fruit Bar	Assorted Salad & Fresh Fruit Bar
Meal A	Hainan Chicken with Rice  Soybeans Wheat	Pork Curry with Rice  Soybeans  Note: The pork of the	Crispy Chicken with Sweety Lemon sauce  Chicken  Soybeans  Wheat	Bacon Carbonara  Pork  Dairy  Egg Soybeans  Wheat	Shredded Chicken and Cheese Taco with French Fries  Chicken Dairy Egg Soybeans Wheat
Meal B	Beef Goulash with Herbs Potato  Soybeans  Wheat	Seafood Paella  Fish  Fish  Soybeans  Wheat	Ground Beef with Pita Bread  Pita Bread  Pita Bread  Soybeans Wheat	Fried Fish in Sweet Corn Sauce with Rice Fish Fish Figh Soybeans Wheat	Japanese Pork Stew with Rice  Soybeans  Soybeans
Chef's Choice	Braised Rice Noodle with Preserved Vegetable and Shredded Vegan Meat (V) Soybeans Wheat	Stir-Fried Mixed Vegetable and Dried Bean curd with Rice (V)	Meatball with Pomodoro Pasta (V)  Egg Soybeans Wheat	Curry Vegetable with Naan Bread (V)	Chili Con Carne with Rice (V)  Soybeans Wheat
Veggie / Starch	Sauteed Baby Chinese Kale with Shallot sauce	Egg & Baby Bok Choy in Broth  Figg Soybeans  Wheat	Stir-Fried Indian Lettuce	Chinese Cauliflower  Soybeans Wheat	Vichy Carrot
Soup	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
		Please kindly note that items on this menu may change or be unavailable at certain times			





Pork



Chicken









Crustacean

Shellfish





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