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|-------------------|-------------------|--|--|--|--|---|
| week 1<br>4-8th   | Meal A            | Sweet & Sour Pork with Rice<br> | Carbonara<br>                 | Char Siu with Rice<br>                       | Roasted Chicken in Tomato Sauce with Rice<br> | Hotdog with Fries<br>                              |
|                   | Veggie/<br>Starch | Choy Sum<br>                    | Wok-fried Broccoli<br>        | Cauliflower<br>                             | Dry-fried Green Beans<br>                     | Buttered Sweet Corn<br>                            |
| week 2<br>11-15th | Meal A            | Char Siu Chicken with Rice<br>  | Baked Ziti<br>                | Roasted Chicken in Brown Sauce with Rice<br> | Stir-fried Udon with Pork<br>                 | Fish & Chips<br>                                   |
|                   | Veggie/<br>Starch | Baby Bok Choy<br>              | Butter & Herbs Carrot<br>    | Broccoli<br>                               | Choy Sum<br>                                 | Butter Sweet Corn<br>                             |
| week 3<br>18-22th | Meal A            | BBQ Chicken with Rice<br>     | Bacon with Mac & Cheese<br> | Ham & Cheese with Pita Bread<br>           | Spaghetti Bolognese with Garlic Bread<br>   | Roasted Pork Jowl with Rice<br>                  |
|                   | Veggie/<br>Starch | Choy Sum<br>                  | Dry-Fried Green Beans<br>   | Shanghai Brassica<br>                     | Sweet Corn<br>                              | Choy Sum<br>                                     |
| week 4<br>25-29th | Meal A            |  |  |  | Char Siu Fried Rice<br>                     | Custard Bun, Dumpling, Ham & Cheese Sandwich<br> |
|                   | Veggie/<br>Starch |  |  |  | Cauliflower<br>                             | Spring Roll, Orange, Mochi<br>                   |
| Week 1-4          | Fruit             | Cut Fruit  | Cut Fruit  | Cut Fruit  | Cut Fruit  | Cut Fruit   |



## AISL Food Project



(V) Suitable for lacto-ovo vegetarians

Please kindly note that items on this menu may change or be unavailable at certain times.