

Lunch Menu 15-19 Sep

	Monday	Tuesday	Wednesday	Thursday	Friday
Meal A	Hainan Chicken with Rice   	Pork Emince with Pasta    	Ground Beef with Pita Bread    	Bacon Carbonara     	Shredded Chicken and Cheese Taco with French Fries     
Veggie / Starch	Sauteed Baby Chinese Kale with Shallot sauce  	Baby Bok Choy in Broth  	Stir-Fried Indian Lettuce  	Chinese Cauliflower  	Vichy Carrot 
Fruit	Cut Fruits	Cut Fruits	Cut Fruits	Cut Fruits	Cut Fruits



Beef Pork Chicken Fish Crustacean Shellfish Wheat



Egg Dairy Celery Soybeans Mustard Sesame Seeds

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

(V) Suitable for lacto-ovo vegetarians



Lunch Menu

Specific Dietary Requirements

15-19 Sep



	Monday	Tuesday	Wednesday	Thursday	Friday
Meal A	Sauteed Chicken & Corn/Rice   	Pork Emince Bell Pepper /Rice   	Roasted Herb Chicken/ Rice   	Sauteed Pork with Pumpkin Sauce /Pasta   	Shredded Chicken W/ Carrot and Rice   
Veggie / Starch	Stir Fry Chinese Kale  	Baby Bok Cho w/Garlic  	Stir-Fried Indian Lettuce  	Chinese Cauliflower  	Roasted Carrot
Fruit	Cut Fruits	Cut Fruits	Cut Fruits	Cut Fruits	Cut Fruits



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