

Weekly Food Menu

Early Years: T&C and J&C

Mon 23/03	Tue 24/03	Wed 25/03	Thu 26/03	Fri 27/03
<i>Morning Snacks</i>				
Crouton Sticks with Cherry Tomatoes Whole Milk & Fruits 	Cereal with Yogurt Whole Milk & Fruits	Eggs on Toast Whole Milk & Fruits 	Macaroni Soup Whole Milk & Fruits	Cracker with Cream Cheese Whole Milk & Fruits 
<i>Lunch</i>				
Sweet and Sour Chicken Steamed Rice Thai Omelette Cucumber Soup 	Homemade Pork / Chicken Burger Steamed Rice Mashed Potato Clear Soup  	Japanese Udon Soup with Chicken Steamed Rice Boiled Egg Noodle Soup	Fish Finger Steamed Rice Thai Omelette Winter Melon Soup 	Chicken Pizza Steamed Rice Scrambled Egg Onion and Tomato Soup
<i>Salad & Fruit</i>				
Assorted Vegetables Seasonal fruit	Assorted Vegetables Seasonal fruit	Assorted Vegetables Seasonal fruit	Assorted Vegetables Seasonal fruit	Assorted Vegetables Seasonal fruit

Early Years: P&U - Excellence

<i>Morning Snacks</i>				
Crouton Sticks with Cherry Tomatoes Whole Milk & Fruits 	Cereal with Yogurt Whole Milk & Fruits	Eggs on Toast Whole Milk & Fruits 	Macaroni Soup Whole Milk & Fruits	Cracker with Cream Cheese Whole Milk & Fruits
<i>Lunch</i>				
Sweet and Sour Chicken Steamed Rice Thai Omelette Cucumber Soup 	Homemade Pork / Chicken Burger Steamed Rice Mashed Potato Clear Soup  	Japanese Udon Soup with Chicken Steamed Rice Boiled Egg Noodle Soup  	Fish Finger Steamed Rice Thai Omelette Winter Melon Soup  	Chicken Pizza Steamed Rice Scrambled Egg Onion and Tomato Soup  
<i>Salad & Fruit</i>				
Assorted Vegetables Seasonal fruit	Assorted Vegetables Seasonal fruit	Assorted Vegetables Seasonal fruit	Assorted Vegetables Seasonal fruit	Assorted Vegetables Seasonal fruit



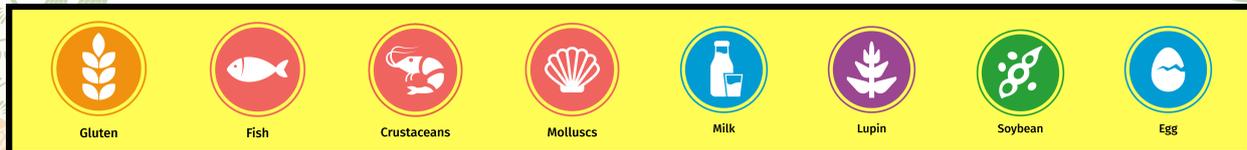
Weekly Food Menu

Grades 1 - 10

Mon 23/03	Tue 24/03	Wed 25/03	Thu 26/03	Fri 27/03
<i>Morning Snacks</i>				
Crouton Sticks with Cherry Tomatoes Whole Milk & Fruits 	Cereal with Yogurt Whole Milk & Fruits	Eggs on Toast Whole Milk & Fruits 	Macaroni Soup Whole Milk & Fruits	Cracker with Cream Cheese Whole Milk & Fruits 
<i>Lunch</i>				
Sweet and Sour Chicken Thai Omelette Steamed Rice Pasta Aglio e Olio with Chicken Sausage Sweet and Sour Tofu Cucumber Soup Noodle with Braised Pork Sautéed Baby Carrots	Crispy Chicken Strips Steamed Egg Steamed Rice Homemade Pork Burger Stir Fried Mixed Vegetables Clear Soup Noodle with Shredded Chicken Mashed Potato	Thai Minced Pork Salad (Larb Moo) Boiled Egg Steamed Rice Chicken Teriyaki Thai Larb Seaweed Soup Japanese Udon Soup with Chicken Stir Fried Cabbage and Carrots	Stir Fried Carrot&Broccoli with Chicken Thai Omelette Steamed Rice Fish Finger Stir Fried Broccoli with Protein Winter Melon Soup Kiam-ee with Minced Pork Buttered Corn	Phad See Ew Vermicelli with Chicken Scrambled Egg Steamed Rice Pizza Day Phad See Ew Vermicelli with Chicken Chinese Radish Soup Chicken Suki Soup Potato Wedges
<i>Salad & Fruit</i>				
Assorted Vegetables with Dressing Seasonal Fruit	Assorted Vegetables with Dressing Seasonal Fruit	Assorted Vegetables with Dressing Seasonal Fruit	Assorted Vegetables with Dressing Seasonal Fruit	Assorted Vegetables with Dressing Seasonal Fruit
<i>After School Club Snacks</i>				
Banana oat bars	Buttered Corn	Cracker with Cream Cheese	Cereal with Yogurt	Cheese Sandwich

Food Allergen Information

Please note that we are a nut-free campus; therefore, no dishes contain nuts. For other allergies, food will be notated with the relevant symbol if it contains that ingredient.



Available each day for lunch:

Eggs & steamed rice.

Noodle Station: a variety of noodle dishes cooked daily.

Salad bar selection: lettuce, tomato, cucumber, egg, carrot, onion, corn, and other fruit and vegetables served daily.