

# Weekly Food Menu

## Early Years: T&C and J&C

	Tue 07/04	Wed 08/04	Thu 09/04	Fri 10/04
<i>Morning Snacks</i>				
	Banana Muffins Whole Milk & Fruits	Buttered Noodles with Cherry Tomatoes Whole Milk & Fruits	Cheese Sandwich Whole Milk & Fruits	Crackers with Cream Cheese Whole Milk & Fruits
<i>Lunch</i>				
	Stir-Fried Chicken with Crispy Holy Basil Steamed Rice Thai Omelette Egg Tofu Soup with Seaweed	Pizza Steamed Rice Scrambled Egg Tomato Salsa	Fish Fingers Steamed Rice Thai Omelette Seaweed Soup	Cheesy Pasta Bake with Chicken Steamed Rice Boiled Egg Winter Melon Soup
<i>Salad &amp; Fruit</i>				
	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>				
	Egg on Toast Whole Milk & Fruits	Thai Rice Soup with Minced Chicken Whole Milk & Fruits	Cheese Sandwich Whole Milk & Fruits	Cracker with Cream Cheese Whole Milk & Fruits
<i>Lunch</i>				
	Stir-Fried Chicken with Crispy Holy Basil Steamed Rice Thai Omelette Egg Tofu Soup with Seaweed	Pizza Steamed Rice Scrambled Egg Tomato Salsa	Fish Fingers Steamed Rice Thai Omelette Seaweed Soup	Cheesy Pasta Bake with Chicken Steamed Rice Boiled Egg Winter Melon Soup
<i>Salad &amp; Fruit</i>				
	Assorted Vegetables Seasonal fruit	Assorted Vegetables Seasonal fruit	Assorted Vegetables Seasonal fruit	Assorted Vegetables Seasonal fruit



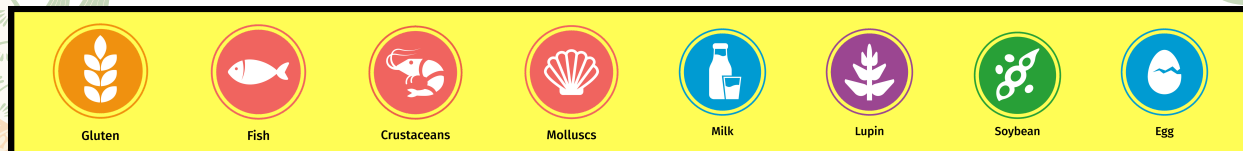
# Weekly Food Menu

## Grades 1 - 10

	Tue 07/04	Wed 08/04	Thu 09/04	Fri 10/04
<i>Morning Snacks</i>				
	Banana Muffins Whole Milk & Fruits 	Buttered Noodles with Cherry Tomatoes Whole Milk & Fruits 	Cheese Sandwich Whole Milk & Fruits 	Crackers with Cream Cheese Whole Milk & Fruits 
<i>Lunch</i>				
	Stir-Fried Pork with Holy Basil (Pad Krapao) Fried Egg Steamed Rice Oven Roasted Chicken with Lemon Rosemary Stir-Fried Protein with Holy Basil (Pad Krapao) White Radish Soup Noodle Soup with Shreded Chicken Oven Roasted Potatoes	Chicken and Bell Pepper Stir Fry Scrambled Egg Steamed Rice Pizza Tofu and Bell Pepper Stir Fry Thai Omelette Soup Thai Braised Chicken Noodle Soup With Bitter Melon Tomato Salsa	Fish Fingers Thai Omelette Steamed Rice Chicken Stew Pan Fried Tofu Seaweed Soup Thai Suki Soup with Pork Mashed Potatoes	Hainanese Chicken Rice Boiled Egg Steamed Rice/Hainanese Rice Cheesy Pasta Bake with Chicken Pasta Bake Winter Melon Soup Noodle Soup with Minced Pork Sliced Cucumber
<i>Salad &amp; 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
<i>After School Club Snacks</i>				
	Pizza Toast Seasonal Fruit	Crackers with Cream Cheese Seasonal Fruit	Cereal with Yogurt Seasonal Fruit	Banana Oat Bars Seasonal Fruit

### 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.