

Week day Date	Monday 30/09/19	Tuesday 01/10/19	Wednesday 02/10/19	Thursday 03/10/19	Friday 04/10/19
Snack	Banana cake	Pancake	Sandwich	Oat cookies	Cornflakes
Drink	Fresh milk	Fresh milk	Fresh milk	Fresh milk	Fresh milk
Salad	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
Main Western	Chicken stew	Grilled fish with butter sauce	Breadcrumbs chicken	Mexican roasted pork	Fried fish
Main Western	Roasted pork with garlic sauce	Spaghetti with tomato sauce	Pork Zurich style	Roasted chicken with BBQ sauce	Chicken stew
Vegetables	French beans & carrots	Pumpkin & carrots	Vichy carrots	Cauliflower & zucchini	Broccoli & baby corn
Potatoes	Mashed potatoes	Anna potatoes	Roasted potatoes	French fries	Sautéed potatoes
Main Thai	Hot & spicy soup with chicken	Stir fried chicken with basil leaves	Boiled eggs in brown sauce	Fried garlic pork	Stir fried Chinese kale with crispy pork
Soup	Clear soup with tofu	Clear soup with white radish	Clear soup with mixed vegetables	Miso soup	Pork soup with glass noodles
Noodles	Rice noodle soup with fish balls	Crispy noodles in gravy	Thai pink noodle soup	Kiem ee noodle soup with chicken	Chicken sukiyaki
Fruits	Pineapple	Watermelon	Guava	Cantaloupe	Papaya