

Week day Date	Monday 07/10/19	Tuesday 08/10/19	Wednesday 09/10/19	Thursday 10/10/19	Friday 11/10/19
Snack	Cupcake	Sandwich	Steamed Buns	Cornflake 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	Breadcrumbs chicken	Roasted chicken with garlic sauce	Grilled fish with salsa	Roasted pork with gravy	Fried fish
Main Western	Macaroni with tuna	Pork stew	Chicken lasagna	Mexican roasted pork	Spaghetti with tomato sauce
Vegetables	French beans & carrots	Pumpkin & cauliflower	Broccoli & carrots	Corn & zucchini	French beans & carrots
Potatoes	Mashed potatoes	Sautéed potatoes	Roasted potatoes	Lyonnais potatoes	French fries
Main Thai	Stir fried chicken with basil leaves	Coconut milk soup with chicken	Mixed vegetables with sour curry	Stir fried pork with ginger	Stir fried mixed vegetables with crispy pork
Soup	Fried egg soup with mixed vegetable	Pork soup with wax gourd	Miso soup	Chicken soup with glass noodles	Clear Soup with Eggs
Noodles	Rice noodle soup with braised pork	Spicy noodle soup with chicken	Yenta Fo	Ramen noodle soup with pork	Macaroni Soup
Fruits	Guava	Banana	Pineapple	Watermelon	Dragon fruit