

Week day Date	Monday 21/10/19	Tuesday 22/10/19	Wednesday 23/10/19	Thursday 24/10/19	Friday 25/10/19
Snack	Cupcake	Danish		Oat cookies	Cornflakes
Drink	Fresh milk	Fresh milk		Fresh milk	Fresh milk
Salad	Salad bar	Salad bar		Salad bar	Salad bar
Main Western	Roasted chicken with BBQ sauce	Mexican roasted pork	<b>No School</b>	Breadcrumbs pork	Fried fish
Main Western	Macaroni with tuna	Grilled chicken with tomato sauce		Roasted chicken with gravy sauce	Chicken lasagna
Vegetables	French beans & carrots	Pumpkin & cauliflower		Carrots & zucchini	French beans & pumpkin
Potatoes	Mashed potatoes	Anna potatoes		Lyonnise potatoes	French fries
Main Thai	Stir fried pork with ginger	Stir fried sponge gourd with eggs		Coconut milk soup with chicken	Shrimp-paste fried rice
Soup	Chicken soup with glass noodles	Pork soup with tofu		Fried eggs in clear soup	Pork soup with mixed vegetables
Noodles	Noodles with pork in gravy	Rice noodle soup with pork balls		Ramen noodle soup with pork	Rice noodle soup with pork stew
Fruits	Pineapple	Watermelon		Guava	Cantaloupe