



# PRIMARY SCHOOL LUNCH MENU: *W1 April 2024*



V = VEGETARIAN

	MORNING SNACK	LUNCH				
		Main Dishes	Side Dishes	Noodle Soup	Fresh Fruits	
<b>MONDAY</b> 01 April 2024	Grilled chicken sandwiches Fresh milk		Oven-roasted chicken with aromatic leaves and orange sauce Stir-fried beef with Chinese Sichuan peppers Baby corn stir-fried with mixed mushrooms	Baked corn v Steamed rice v Sauteed Chinese cabbage v Red beans salad v Taco dressing & hummus dressing v Pumpkin both v	Rice noodles w meat ball	Season fruits
<b>TUESDAY</b> 02 April 2024	Seaweed rice rolls		Spaghetti carbonara Shrimp braised with pork Szechuan tofu	Dinner rolls v Steamed rice v Sauteed bean sprouts w green onion v Mango salad with chicken breast v Honey & sesame dressing sauces v Sour soup v	Beef noodles	Season fruits
<b>WEDNESDAY</b> 03 April 2024	Cornflakes cereal Fresh milk		Grilled beef with black pepper sauce Fried chicken with Korean spicy sauce Sautéed mushroom w vegetable	Pad thai v Steamed rice v Stir-fried white radish, carrots and mushrooms v Garden salad in passion fruit sauce v Southwest & taco dressing sauces v Malabar spinach both v	Wonton noodles w shrimp and pork	Season fruits
<b>THURSDAY</b> 04 April 2024	Cheese beef burger Fresh milk		Pasta in pesto sauce with ham Stir-fried fish with sweet and sour sauce Vegetable with green bean curry	Steamed corn v Steamed rice v Stir-fried Bok choy with ginger v Apple salad v Greek & balsamic dressing sauces v Broccoli soup v	Southern beef noodle soup	Season fruits
<b>FRIDAY</b> 05 April 2024	Mixed pizza Fresh milk		<b>BIBIMBAP DAY</b> Stir fry beef Kim chi, zucchini, seaweed, mushroom, onion, spinach, bean sprouts, Fried egg	Steamed rice v Sauteed cabbage v Chickpea salad v Sesame + Italian dressing v Cabbage broth v	Goose vermicelli	Season fruits



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		Main Dishes	Side Dishes	Noodle Soup	Fresh Fruits	
<b>MONDAY</b> 08 April 2024	Ham cheese sandwich Fresh milk	  	Pasta w ham cream sauce Fried squid in garlic butter Lotus root stewed with fruits and vegetables	Singapore fried noodles v Steamed rice v Boil mix vegetable v Egg salad v Sesame + Italian dressing v Bottle gourd soup v	Pork noodle soup	Season fruits
<b>TUESDAY</b> 09 April 2024	Oatmeal cookie Fresh milk	  	Beef stew with fragrant green pepper Stir-fried chicken with onions and mushrooms Tofu soaked in onions	Dinner rolls v Steamed rice v Stir-fried Bok choy with mushrooms v Mango salad v Thousand island + balsamic dressing v Sour soup v	Beef noodles	Season fruits
<b>WEDNESDAY</b> 10 April 2024	Cheese pork burger Fresh milk	  	Baked fish w dill cream sauce Pork stew with Japanese dashi sauce Stir-fried asparagus with mixed mushrooms	Baked potatoes with herbs v Steamed rice v Sauteed bean sprouts w green onion v Red beans salad v Sesame + Italian dressing v Cabbage broth v	Wonton noodles w shrimp and pork	Season fruits
<b>THURSDAY</b> 11 April 2024	Chicken pizza Fresh milk	  	Grilled chicken with mushroom cream sauce Korean stir-fried beef bulgogi Vegetable with green bean curry	Steamed corn v Steamed rice v Cabbage sauteed w garlic v Apple salad v Thousand island + balsamic dressing v Broccoli soup v	Rice noodles	Season fruits
<b>FRIDAY</b> 12 April 2024	Cheese sticks	  	ITALIAN FOOD DAY Spaghetti Bolognese, ham pizza, sausage, vegetables pizza.	Sauteed mix vegetable v Mango salad v Sesame + Italian dressing v Mix vegetables soup v	Noodle soup w grilled fish	Season fruits

