



# PRIMARY SCHOOL LUNCH MENU: *W1 March 2024*



**V = VEGETARIAN**















	MORNIN G SNACK	LUNCH				
		Main Dishes		Side Dishes	Noodle Soup	Fresh Fruits
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY 1 March 2024	Cheese sticks		<b>BIBIMBAP DAY</b> Stir Fry Beef, Steamed rice Fried egg kimchi, zucchini, seaweed, mushroom, onion, spinach, bean sprouts	Mango salad <b>V</b> Sesame + Italian dressing <b>V</b> Mix vegetables soup <b>V</b>	Noodle soup w grilled fish	Season fruits



# PRIMARY SCHOOL LUNCH MENU: W2 March 2024



V = VEGETARIAN










	MORNING SNACK	LUNCH				
		Main Dishes		Side Dishes	Noodle Soup	Fresh Fruits
<b>MONDAY 4 March 2024</b>	Chicken Kebab Fresh milk	  	Grilled beef with pepper sauce Curry chicken Fried Tofu w spring onion	Garlic bread V Steamed rice V Sauteed sweet mustard leaves V Red beans salad V Passion dressing & Taco dressing sauce V Mix vegetable broth V	Duck & bamboo shoot noodles	Season fruits
<b>TUESDAY 5 March 2024</b>	Seaweed rice rolls	  	Spaghetti carbonara Tomato tofu shrimp balls in tomato sauce Sauteed mix mushroom with vegetable	Baked corn V Steamed rice V Baked vegetables with herbs V Apple salad V Taco dressing & Hummus dressing V Malabar Spinach broth V	Wonton noodles w shrimp and pork	Season fruits
<b>WEDNESDAY 6 March 2024</b>	Banana Fresh milk	  	Baked fish w dill cream sauce Stir-fried beef shaken with green pepper Coconut curry vegetables	Singapore fried noodles V Steamed rice V Fried kohlrabi V Cucumber and carrot pickled V Balsamic vinaigrette & Caesar dressing V Kim chi and seaweed broth V	Beef noodles	Season fruits
<b>THURSDAY 7 March 2024</b>	Cheese pork burger Fresh milk	  	Pasta with pesto sauce and ham Chicken stewed with mushrooms and lotus seeds Eggs with tomatoes	Dinner rolls V Steamed rice V Boiled mix vegetable V Baked vegetable salad V Passion & taco dressing sauces V Sour bean broth V	Noodle soup w grilled fish	Season fruits
<b>FRIDAY 8 March 2024</b>	Chicken pizza Fresh milk	  	<b>MEXICAN FOOD DAY</b> Burrito , vegetable tortilla stack, Pork stew with white beans, steamed rice	Sauteed cabbage V Synthetic salad V Caesar & thousand island dressing sauces V Cabbage broth V	Rice noodles	Season fruits



# PRIMARY SCHOOL LUNCH MENU: W3 March 2024



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	MORNIN G SNACK	LUNCH				
		Main Dishes		Side Dishes	Noodle Soup	Fresh Fruits
<b>MONDAY</b> 11 March 2024	Beef pizza Fresh milk	  	Cheese grilled pork Mixed stir-fried shrimp Braised tofu and mushroom	Garlic bread V Steamed rice V Boiled bottle gourd and carrot V Baked vegetable salad V Passion & Taco dressing sauces V Katuk broth V	Southern beef noodle soup	Season fruits
<b>TUESDAY</b> 12 March 2024	Ham & cheese sandwich Fresh milk	  	Spaghetti w min beef Fried chicken with garlic Vegetable with Green bean curry	Steamed corn V Steamed rice V Sauteed bok choy V Chickpea salad V Caesar & thousand island dressing sauces V Malabar spinach broth V	Rice noodle w meat ball	Season fruits
<b>WEDNESDAY</b> 13 March 2024	Pork Kebab Fresh milk	  	Beef stew with demi sauce Steamed fish with korean soy sauce Baby corn stir-fried with mixed mushrooms	Stir-fried rice noodles w green vegetables V Steamed rice V Sauteed garlic spinach V Thai cucumber salad V Balsamic & taco dressing sauces V Sour vegetable broth V	Chicken noodles	Season fruits
<b>THURSDAY</b> 14 March 2024	Oatmeals cookies Fresh milk	  	Pasta w ham cream sauce Grilled chicken with mushroom sauce Braised egg in spring onion	Baked potatoes with herbs V Steamed rice V Kohlrabi & carrot sauteed w garlic V Greek potato salad V Greek & honey dressing sauces V Mustard green broth V	Wonton noodles w shrimp and pork	Season fruits
<b>FRIDAY</b> 15 March 2024	Chicken Burger Fresh milk		<b>BÚN CHÀ DAY</b> Grilled pork, grilled minced pork patties, fried spring rolls, Rice noodles & mixed herbs	Boiled cabbage V Coleslaw V Sesame & passion dressing sauces V Japanese tofu seaweed soup V	Noodle soup w grilled fish	Season fruits




















# PRIMARY SCHOOL LUNCH MENU: *W4 March 2024*



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	MORNIN G SNACK	LUNCH				
		Main Dishes		Side Dishes	Noodle Soup	Fresh Fruits
<b>MONDAY 18 March 2024</b>	Sandwiches with eggs cheese Fresh milk	  		Dinner rolls <span>V</span> Steamed rice <span>V</span> Sauteed bok choy <span>V</span> Green vegetable salad w Italian vinegar dressing <span>V</span> Thousand Island sauce & Balsamic dressing sauce <span>V</span> Bottle gourd soup <span>V</span>	Noodle soup w minced pork	Season fruits
<b>TUESDAY 19 March 2024</b>	Seaweed rice rolls	  		Baked chicken with strawberry sauce Fried squid with snow flower Szechuan tofu Korea's mixed noodle <span>V</span> Steamed rice <span>V</span> Sauteed bean sprouts w green onion <span>V</span> Mango salad <span>V</span> Honey & Sesame dressing sauces <span>V</span> Sour soup <span>V</span>	Beef noodles	Season fruits
<b>WEDNESDA Y 20 March 2024</b>	Mixed pizza Fresh milk	  		Pasta w ham cream sauce Korean stir-fried shrimp Stewed white beans and vegetables Hasselback potatoes <span>V</span> Steamed rice <span>V</span> Boil chayoted and carrot <span>V</span> Garden salad in Passion fruit sauce <span>V</span> Southwest & Taco dressing sauces <span>V</span> Katuk broth <span>V</span>	Wonton noodles w shrimp and pork	Season fruits
<b>THURSDAY 21 March 2024</b>	Ham & cheese sandwich Fresh milk	  		French style stewed beef Baked fish satay Vegetable with Green bean curry Steamed corn <span>V</span> Steamed rice <span>V</span> Fried cabbage <span>V</span> Apple salad <span>V</span> Thosand island + balsamic dressing <span>V</span> Broccoli soup <span>V</span>	Goose Vermicelli	Season fruits
<b>FRIDAY 22 March 2024</b>	Cheese pork burger Fresh milk	  		<b>ITALIAN FOOD DAY</b> Spaghetti Bolognese, ham & sausage pizza, , vegetables pizza Sauteed mix vegetable <span>V</span> Baked vegetable salad <span>V</span> Sesame + italian dressing <span>V</span> Mix vegetables soup <span>V</span>	Rice noodle w meat ball	Season fruits



# PRIMARY SCHOOL LUNCH MENU: *W5 March 2024*



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	MORNING SNACK	LUNCH				
		Main Dishes		Side Dishes	Noodle Soup	Fresh Fruits
<b>MONDAY</b> 25 March 2024	Pork Kebab Fresh milk			Dinner rolls <span>V</span> Steamed rice <span>V</span> Boil mix vegetable <span>V</span> Egg salad <span>V</span> Sesame + Italian dressing <span>V</span> Bottle gourd soup <span>V</span>	Noodle soup w minced pork	Season fruits
<b>TUESDAY</b> 26 March 2024	Mixed pizza Fresh milk			Hasselback potatoes <span>V</span> Steamed rice <span>V</span> Sauteed bean sprouts w green onion <span>V</span> Mango salad <span>V</span> Thousand island + Balsamic dressing <span>V</span> Sour soup <span>V</span>	Beef noodles	Season fruits
<b>WEDNESDA</b> <b>Y</b> 27 March 2024	Seaweed rice rolls			Pad Thai <span>V</span> Steamed rice <span>V</span> Boil chayoted and carrot <span>V</span> Red beans salad <span>V</span> Sesame + Italian dressing <span>V</span> Katuk broth <span>V</span>	Wonton noodles w shrimp and pork	Season fruits
<b>THURSDAY</b> 28 March 2024	Cheese & pork burger Fresh milk			Steamed corn <span>V</span> Steamed rice <span>V</span> Cabbage sauteed w garlic <span>V</span> Apple salad <span>V</span> Thousand island + balsamic dressing <span>V</span> Broccoli soup <span>V</span>	Rice noodle w meat ball	Season fruits
<b>FRIDAY</b> 29 March 2024	Cheese sticks			Sauteed mix vegetable <span>V</span> Mango salad <span>V</span> Sesame + italian dressing <span>V</span> Mix vegetables soup <span>V</span>	Chicken vermicelli	Season fruits