















# PRIMARY SCHOOL LUNCH MENU: *W1 June 2024*



V = VEGETARIAN

	MORNIN G SNACK	LUNCH						
		Main Dishes			Side Dishes	Noodle Soup	Fresh Fruits	
<b>MONDAY</b> 03 June 2024	Chicken sandwich Fresh milk				Grilled beef with pepper sauce Chicken stewed with mushrooms and lotus seeds Bried tofu w spring onion V	Hasselback potatoes V Steamed rice V Sauteed sweet mustard leaves V Red beans salad V Passion dressing & taco dressing sauce V Mix vegetable both V	Duck & bamboo shoot noodles	Season fruits
<b>TUESDAY</b> 04 June 2024	Pork sticky rice Fresh milk				Spaghetti carbonara Shrimp balls in chinese shichuan chili sauce Sauteed mix mushroom with vegetable V	Baked corn V Steamed rice V Baked vegetables with herbs V Apple salad V Taco dressing & hummus dressing V Malabar spinach both V	Wonton noodles w shrimp and pork	Season fruits
<b>WEDNESDAY</b> 05 June 2024	Carrot muffin Fresh milk				Baked chicken thighs w creamy mushroom sauce Stir-fried beef shaken with green pepper Cocconut curry vegetables V	Singapore fried noodles V Steamed rice V Fried kohlrabi V Cucumber and carrot pickled V Balsamic vinaigrette & Ceasar dressing V Kim chi and seaweed both V	Beef noodles	Season fruits
<b>THURSDAY</b> 06 June 2024	Chicken pita pocket Fresh milk				Pasta with pesto sauce and ham Fried fish with korean spicy sauce Eggs with tomatoes V	Dinner rolls V Steamed rice V Boile mix vegetable V Baked vegetable salad V Passion & taco dressing sauces V Sour bean both V	Noodle soup w grilled fish	Season fruits
<b>FRIDAY</b> 07 June 2024	Cheese pork burger Fresh milk				ITALIAN FOOD DAY Spaghetti Bolognese Ham & sausage Vegetables pizza	Sauteed cabbge V Synthetic salad V Caesar & thousand island dressing sauces V Cabbage broth V	Rice noodles	Season fruits


















	MORNING SNACK	LUNCH						
		Main Dishes			Side Dishes	Noodle Soup	Fresh Fruits	
<b>MONDAY</b> 10 June 2024	Beef piza Fresh milk				Cheese grilled pork Steamed fish with korean soy sauce Baby corn stir-fried with mixed mushrooms v	Steamed corn v Steamed rice v Boiled bottle gourd and carrot v Baked vegetable salad v Passion & taco dressing sauces v Katuk broth v	Chicken noodles	Season fruits
<b>TUESDAY</b> 11 June 2024	Ham sandwich Fresh milk				Spaghetti w min beef Grilled chicken with teriyaki sauce Vegetable with green bean curry v	Dinner rolls 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> 12 June 2024	Chicken and mushroom sticky rice Fresh milk				Beef stew with demi sauce Mixed stir-fried shrimp Tofu soaked in onions v	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	Goose vermicelli	Season fruits
<b>THURSDAY</b> 13 June 2024	Oatmeals cookies Fresh milk				Pasta w ham cream sauce Korean ganjang chicken Braised egg in spring onion v	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> 14 June 2024	Cheese sticks				<b>BIBIMBAP DAY</b> Stir fry beef Kim chi, zucchini, seaweed, mushroom, onion, spinach, bean sprouts	Fried egg v Steamed rice v Sauteed cabbage v Coleslaw v Sesame & passion dressing sauces japanese tofu seaweed soup v	Noodle soup w grilled fish	Season fruits





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	MORNIN G SNACK	LUNCH				
		Main Dishes		Side Dishes	Noodle Soup	Fresh Fruits
<b>MONDAY</b> 17 June 2024	Pork sandwich Fresh milk	  	Pesto bacon spaghetti Fried squid with snow flower Eggs with tamarind sauce v	Dinner rolls v Steamed rice v Sauteed bok choy v Green vegetable salad w italian vinegar dressing v Thousand island sauce & balsamic dressing sauce v Bottle gourd soup v	Noodle soup w minced pork	Season fruits
<b>TUESDAY</b> 18 June 2024	Seaweed rice rolls	  	Oven-roasted chicken with aromatic leaves and orange sauce Korean bulgogi stir-fried beef Szechuan tofu v	Korea's mixed noodle v Steamed rice v Sauteed bean sprouts w green onion v Mango salad v Honey & sesame dressing sauces v Sour soup v	Beef noodles	Season fruits
<b>WEDNESDAY</b> 19 June 2024	Mixed pizza Fresh milk	  	Pasta w ham cream sauce Spicy fried pork with korean sauce Stewed white beans and vegetables v	Hasselback potatoes v Steamed rice v Boil chayoted and carrot v Garden salad in passion fruit sauce v Southwest & taco dressing sauces v Katuk broth v	Wonton noodles w shrimp and pork	Season fruits
<b>THURSDAY</b> 20 June 2024	Apple muffins Fresh milk	  	French style stewed beef Baked fish satay Stir-fried asparagus with mixed mushrooms v	Steamed corn v Steamed rice v Fried cabbage v Apple salad v Thosand island + balsamic dressing v Broccoli soup v	Goose vermicelli	Season fruits
<b>FRIDAY</b> 21 June 2024	Strawberry jam sandwich Fresh milk	  	INDIAN FOOD DAY Chicken curry Pakora Samosa meat	Steamed rice v Sauteed mix vegetable v Baked vegetable salad v Sesame + italian dressing v Mix vegetables soup v	Rice noodle w meat ball	Season fruits



# PRIMARY SCHOOL LUNCH MENU: W4 June 2024



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	MORNIN G SNACK	LUNCH				
		Main Dishes	Side Dishes	Noodle Soup	Fresh Fruits	
<b>MONDAY</b> 24 June 2024	Pork kebab Fresh milk	  	Spaghetti carbonara Pork stew with Japanese dashi sauce Lotus root stewed with fruits and vegetables V	Dinner rolls V Steamed rice V Boil mix vegetable V Egg salad V Sesame + Italian dressing V Bottle gourd soup V	Noodle soup w grilled fish	Season fruits
<b>TUESDAY</b> 25 June 2024	Mixed pizza Fresh milk	  	Baked chicken thighs w creamy mushroom sauce Sweet and sour stir-fried fish Szechuan tofu V	Steamed corn V Steamed rice V Sautéed bean sprouts w green onion V Mango salad V Thousand island + balsamic dressing V Sour soup V	Beef noodles	Season fruits
<b>WEDNESDAY</b> 26 June 2024	Seaweed rice rolls	  	<b>HAMBURGER DAY</b> Beef burger, Mixed fried rice ,KFC fried chicken	Pad thai V Steamed rice V Boil chayote and carrot V Red beans salad V Sesame + Italian dressing V Katuk broth V	Wonton noodles w shrimp and pork	Season fruits
<b>THURSDAY</b>						
<b>FRIDAY</b>						