



V = VEGETARIAN

	LUNCH					
	Main Dishes		Side Dishes	Noodle Soup	Fresh Fruits	
MONDAY 01 April 2024			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
TUESDAY 02 April 2024			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
WEDNESDAY 03 April 2024			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
THURSDAY 04 April 2024			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
FRIDAY 05 April 2024			BIBIMBAP DAY 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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MONDAY 08 April 2024 	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
TUESDAY 09 April 2024 	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
WEDNESDAY 10 April 2024 	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
THURSDAY 11 April 2024 	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
FRIDAY 12 April 2024 	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



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MONDAY 15 April 2024	  	Spaghetti carbonara Braised pork brzail (carne de porco com quiabo) Eggs with tamarind sauce	Dinner rolls v Steamed rice v Boil mix vegetable 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
TUESDAY 16 April 2024	  	Grilled beef with mushroom cream sauce Fried fish nuggets Mixed spicy stir-fried tofu	Hasselback potatoes 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	Chicken noodles	Season fruits
WEDNESDAY 17 April 2024	 	HAMBURGER (beef burger, vegetarian burger, French fries)	Steamed rice v Sauteed cabbge v Chickpea salad v Sesame + italian dressing v Cabbage broth v	Duck vermicelli cooked with bamboo shoots	Season fruits
THURSDAY					
FRIDAY					