








V = VEGETARIAN

	LUNCH					
	Main Dishes			Side Dishes	Noodle Soup	Fresh Fruits
MONDAY 03 June 2024				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
TUESDAY 04 June 2024				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
WEDNESDAY 05 June 2024				Singapore fried noodles v Steamed rice v Fried kohlrabi v Cucumber and carrot pickled v Balsamic vinaigrette & Caesar dressing v Kim chi and seaweed both v	Beef noodles	Season fruits
THURSDAY 06 June 2024				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
FRIDAY 07 June 2024				Sauteed cabbge v Synthetic salad v Caesar & thousand island dressing sauces v Cabbage broth v	Rice noodles	Season fruits



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	Main Dishes	Side Dishes	Noodle Soup	Fresh Fruits	
MONDAY 10 June 2024	  	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
TUESDAY 11 June 2024	  	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
WEDNESDAY 12 June 2024	  	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
THURSDAY 13 June 2024	  	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
FRIDAY 14 June 2024		BIBIMBAP DAY 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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MONDAY 17 June 2024	  	Pesto bacon spaghetti Fried squid with snow flower Eggs with tamarind sauce ✓	Dinner rolls ✓ Steamed rice ✓ Sauteed bok choy ✓ Green vegetable salad w italian vinegar dressing ✓ Thousand island sauce & balsamic dressing sauce ✓ Bottle gourd soup ✓	Noodle soup w minced pork	Season fruits
TUESDAY 18 June 2024	  	Oven-roasted chicken with aromatic leaves and orange sauce Korean bulgogi stir-fried beef Szechuan tofu ✓	Korea's mixed noodle ✓ Steamed rice ✓ Sauteed bean sprouts w green onion ✓ Mango salad ✓ Honey & sesame dressing sauces ✓ Sour soup ✓	Beef noodles	Season fruits
WEDNESDAY 19 June 2024	  	Pasta w ham cream sauce Spicy fried pork with korean sauce Stewed white beans and vegetables ✓	Hasselback potatoes ✓ Steamed rice ✓ Boil chayoted and carrot ✓ Garden salad in passion fruit sauce ✓ Southwest & taco dressing sauces ✓ Katuk broth ✓	Wonton noodles w shrimp and pork	Season fruits
THURSDAY 20 June 2024	  	French style stewed beef Baked fish satay Stir-fried asparagus with mixed mushrooms ✓	Steamed corn ✓ Steamed rice ✓ Fried cabbage ✓ Apple salad ✓ Thosand island + balsamic dressing ✓ Broccoli soup ✓	Goose vermicelli	Season fruits
FRIDAY 21 June 2024	  	INDIAN FOOD DAY Chicken curry Pakora Samosa meat	Steamed rice ✓ Sauteed mix vegetable ✓ Baked vegetable salad ✓ Sesame + italian dressing ✓ Mix vegetables soup ✓	Rice noodle w meat ball	Season fruits



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	Main Dishes		Side Dishes	Noodle Soup	Fresh Fruits
MONDAY 24 June 2024			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
TUESDAY 25 June 2024			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
WEDNESDAY 26 June 2024			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
THURSDAY					
FRIDAY					