







V = VEGETARIAN

| | LUNCH | | | | |
|------------------------|---|--|---|---|---|
| | Main Dishes | | Side Dishes | Noodle Soup | Fresh Fruits |
| MONDAY | | | | | |
| TUESDAY | | | | | |
| WEDNESDAY | | | | | |
| THURSDAY | | | | | |
| FRIDAY 1 March 2024 |  | | BIBIMBAP DAY Stir Fry Beef, Steamed rice Fried egg Kim chi, Zucchini, Seaweed, Mushroom, Onion, Spinach, Bean sprouts | Mango salad V Sesame + Italian dressing V Mix vegetables soup V | Noodle soup w grilled fish Season fruits |















| | LUNCH | | | | |
|----------------------------------|---|--|---|--|---|
| | Main Dishes | | Side Dishes | Noodle Soup | Fresh Fruits |
| MONDAY 4 March 2024 |    | | 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 both V | Duck & bamboo shoot noodles Season fruits |
| TUESDAY 5 March 2024 |    | | 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 both V | Wonton noodles w shrimp and pork Season fruits |
| WEDNESDAY 6 March 2024 |    | | 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 both V | Beef noodles Season fruits |
| THURSDAY 7 March 2024 |    | | 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 both V | Noodle soup w grilled fish Season fruits |
| FRIDAY 8 March 2024 |    | | MEXICAN FOOD DAY 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 |













| | LUNCH | | | | |
|-----------------------------------|---|---|--|----------------------------------|---------------|
| | Main Dishes | | Side Dishes | Noodle Soup | Fresh Fruits |
| MONDAY 11 March 2024 |    | 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 |
| TUESDAY 12 March 2024 |    | 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 |
| WEDNESDAY 13 March 2024 |    | 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 |
| THURSDAY 14 March 2024 |    | 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 |
| FRIDAY 15 March 2024 |  | BÚN CHẢ DAY 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 |



| | LUNCH | | | | |
|----------------------------|---|--|--|----------------------------------|---------------|
| | Main Dishes | | Side Dishes | Noodle Soup | Fresh Fruits |
| MONDAY 18 March 2024 |    | Pesto bacon spaghetti Korean bulgogi stir-fried beef 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 19 March 2024 |    | Baked chicken with strawberry sauce Fried squid with snow flower 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 20 March 2024 |    | Pasta w ham cream sauce Korean stir-fried shrimp 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 21 March 2024 |    | French style stewed beef Baked fish satay Vegetable with Green bean curry | Steamed corn ✓ Steamed rice ✓ Fried cabbage ✓ Apple salad ✓ Thousand island + balsamic dressing ✓ Broccoli soup ✓ | Goose Vermicelli | Season fruits |
| FRIDAY 22 March 2024 |    | ITALIAN FOOD DAY Spaghetti Bolognese, ham & sausage pizza, , vegetables pizza | Sauteed mix vegetable ✓ Baked vegetable salad ✓ Sesame + italian dressing ✓ Mix vegetables soup ✓ | Rice noodle w meat ball | Season fruits |



| | LUNCH | | | | |
|-----------------------------------|---|--|---|----------------------------------|---------------|
| | Main Dishes | | Side Dishes | Noodle Soup | Fresh Fruits |
| MONDAY 25 March 2024 |    | Spaghetti carbonara Korean-style grilled beef Lotus root stewed with fruits and vegetables | Dinner rolls v Steamed rice v Boil mix vegetable v Egg salad v Sesame + Italian dressing v Bottle gourd soup v | Noodle soup w minced pork | Season fruits |
| TUESDAY 26 March 2024 |    | Baked chicken thighs w creamy mushroom sauce Sweet and sour stir-fried fish Szechuan tofu | Hasselback potatoes v Steamed rice v Sauteed bean sprouts w green onion v Mango salad v Thosand island + Balsamic dressing v Sour soup v | Beef noodles | Season fruits |
| WEDNESDAY 27 March 2024 |    | Pasta with pesto sauce and ham Braised Shrimp w pork Sauted mushroom w vegetable | Pad Thai v Steamed rice v Boil chayoted and carrot v Red beans salad v Sesame + Italian dressing v Katuk broth v | Wonton noodles w shrimp and pork | Season fruits |
| THURSDAY 28 March 2024 |    | Oven-roasted pork with green pepper sauce Stir-fried chicken with onions and mushrooms Vegetable with Green bean curry | Steamed corn v Steamed rice v Cabbage sauteed w garlic v Apple salad v Thosand island + balsamic dressing v Broccoli soup v | Rice noodle w eat ball | Season fruits |
| FRIDAY 29 March 2024 |    | INDIAN FOOD DAY Chicken curry, Vegetable Pakora, Samosa meat, steamed rice | Sauteed mix vegetable v Mango salad v Sesame + italian dressing v Mix vegetables soup v | Chicken vermicelli | Season fruits |