






**Menu**

2017	Monday	Tuesday	Wednesday	Thursday	Friday
	03/04/17	04/04/17	05/04/17	06/04/17	07/04/17
<b>Morning snacks</b> 	Biscuit, fruits & milk	Pancake, fruits & milk	Cereal, fruits & milk	School Holiday	
<b>Salads</b> 	Salad bar	Salad bar	Salad bar		
<b>Main Western</b> 	Roasted pork with pepper sauce	Pasta with bacon & garlic	Pork stew		
<b>Main Western</b> 	Grilled fish	Baked salmon	Fried fish with pesto sauce		
<b>Main Thai</b> 	Massaman curry with chicken	Stir fried chicken with holy basil	Steamed chicken with rice		
<b>Main Thai</b> 	Mixed tempura	Fried eggs with tamarind sauce	Clear soup with egg tofu		
<b>Vegetarian</b> 	Massaman curry with tofu	Stir fried tofu with holy basil	Fried protein		
<b>Vegetarian</b> 	Stir fried protein with soy sauce	Vegetable spring roll	Green curry with tofu		
<b>Vegetarian (Indian)</b>	Chana dal curry	Black eye curry	Split lentil curry		
<b>Vegetarian (Indian)</b>	Tofu kebab	Falafel	Palak dal		
<b>Potatoes</b> 	Natural cut potatoes	Anna potatoes	Baked potatoes		
<b>Vegetables</b> 	Broccoli & carrots	Pumpkin & French beans	Garden vegetables		
<b>Noodles</b> 	Macaroni soup with chicken	Rice noodle soup with pork	Udon noodle soup		
<b>Fruits</b> 	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits		
<b>Desserts</b> 	Black jelly in syrup	Tao thueng	Pineapple in syrup		
<b>Afternoon snacks</b> 	Corn on cob	Small banana with yoghurt	Steamed bun		

2017	Monday 10/04/17	Tuesday 11/04/17	Wednesday 12/04/17	Thursday 13/04/17	Friday 14/04/17
Morning snacks 					
Salads 					
Main Western 					
Main Western 					
Main Thai 					
Main Thai 					
Vegetarian 					
Vegetarian 					
Vegetarian (Indian)					
Vegetarian (Indian)					
Potatoes 					
Vegetables 					
Noodles 					
Fruits 					
Desserts 					
Afternoon snacks 					

Songkran Holiday 10 - 14 April 2017

2017	Monday 17/04/17	Tuesday 18/04/17	Wednesday 19/04/17	Thursday 20/04/17	Friday 21/04/17
Morning snacks 					
Salads 					
Main Western 					
Main Western 					
Main Thai 					
Main Thai 					
Vegetarian 					
Vegetarian 					
Vegetarian (Indian)					
Vegetarian (Indian)					
Potatoes 					
Vegetables 					
Noodles 					
Fruits 					
Desserts 					
Afternoon snacks 					

School Holiday 17 - 21 April 2017

**Menu**

2017	Monday	Tuesday	Wednesday	Thursday	Friday
	24/04/17	25/04/17	26/04/17	27/04/17	28/04/17
<b>Morning snacks</b> 	Cereal, fruits & milk	Pancake, fruits & milk	Danish, fruit & milk	Biscuit, fruits & milk	Tuna melt, fruits & milk
<b>Salads</b> 	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
<b>Main Western</b> 	Chicken nuggets	Beef cottage pie	Tuna pasta	Marinated chicken	Combination pizza
<b>Main Western</b> 	Pork navarin	Fried fish with dill sauce	Roasted chicken with cheese sauce	Roasted fish	Fish thermidor
<b>Main Thai</b> 	Curried fried fish	Chicken Teriyaki	Stir fried pork with jeera leaves	Sushi	Pork curry with water spinach
<b>Main Thai</b> 	Stir fried rice noodles with pork (Hong Kong style)	Stir fried seafood with curry powder	Thai omelet	Spicy minced pork salad	Stir fried chicken with oyster sauce
<b>Vegetarian</b> 	Curried fried fish with tofu	Fried garlic rice & miso soup	Stir fried mushrooms	Sushi (V)	Protein curry with water spinach
<b>Vegetarian</b> 	Bread crumbed protein	Protein Teriyaki	Baked pasta	Spicy mushroom salad	Stir fried tofu with oyster sauce
<b>Vegetarian (Indian)</b>	Dal curry	Red bean curry	Green lentil & kale stew	Mong dal curry	Chickpea curry
<b>Vegetarian (Indian)</b>	Sautéed mushroom & peas	Green beans & carrots	Tomatoes & beetroot curry	Potatoes with cumin	Carrots & peas
<b>Potatoes</b> 	Parmentier potatoes	Spud potatoes	Roasted potatoes	Baked potatoes	Boiled potatoes
<b>Vegetables</b> 	Cauliflower, carrots & beans	Vichy carrots	Broccoli & cherry tomatoes	Garden vegetables	Mixed vegetables
<b>Noodles</b> 	Rice noodle soup with braised chicken	Yen Ta Four	Spicy noodle soup	Yellow noodle soup with fish balls	Noodles in gravy
<b>Fruits</b> 	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits
<b>Desserts</b> 	Black & white jelly	Mixed ice desserts	Pineapple in syrup	Thai pandan noodle in coconut milk	-
<b>Afternoon snacks</b> 	Corn on cob	Small banana with yoghurt	Steamed bun	Ham or cheese sandwich	Ice cream