

Menu August 2022



Date		Morning Break	Lunch	Fruit (In Lunch Box)
Wed	10-Aug-22	Seasonal Fruit	Bonchon Chicken + Pickled Radish + Steamed Rice	Seasonal Fruit
Thu	11-Aug-22	Ham and Cheese Sandwich	Stir Fried Pork with Garlic + Stir Fried Chinese Cabbage with Fish Sauce + Steamed Rice	Seasonal Fruit
Mon	15-Aug-22	Roll Cake	Spaghetti Chicken Bolognese + Garlic Bread + Tricolour Veggie + Tuna Corn Salad	Seasonal Fruit
Tue	16-Aug-22	Club Sandwich	Stir Fried Chicken with Gochujang Sauce + Stir Fried Vegetables with Sesame Oil + Korean Seaweed Clear Soup + Boilled Egg + Steamed Rice	Seasonal Fruit
Wed	17-Aug-22	Seasonal Fruit	Hainanese Chicken Rice + Winter Melon Soup + Crispy Fried Chicken	Seasonal Fruit
Thu	18-Aug-22	Gold Egg Yolk Thread Cakes	Pork Stroganoff + Stir Fried Vegetables with Broccoli and Carrot Butter + Scrambled Egg + Riceberry	Seasonal Fruit
Fri	19-Aug-22	Seasonal Fruit	Steamed Fish with Soy Sauce + Stir Fried Chicken with Sweet Chilli Paste + Stir Fried Vegetables in Brown Sauce + Steamed Rice	Seasonal Fruit
Mon	22-Aug-22	Donut Cake	Chicken Karake + Japanese Curry + Scrambled Egg + Steamed Vegetable + Steamed Rice	Seasonal Fruit
Tue	23-Aug-22	Ham Pizza Spread Sandwich	Stir Fried Pork with Sweet&Sour Sauce + Fried Chicken with Herb + Thai Omelet + Steamed Rice	Seasonal Fruit
Wed	24-Aug-22	Seasonal Fruit	Stir Fried Penne with Chicken Sausage and Garlic + Potato Salad + Garlic Bread	Seasonal Fruit
Thu	25-Aug-22	Raisin Bread	American Fried Rice with Fried Chicken and Fried Egg and Chicken Sausage + Vegetable Clear Soup + Steamed Vegetable	Seasonal Fruit
Fri	26-Aug-22	Seasonal Fruit	Fried Chicken with Nam Bang Sauce + Stir-fried Vegetables with Japanese Soy Sauce + Miso Soup + Steamed Rice	Seasonal Fruit
Mon	29-Aug-22	Cereal	Deep Fried Minced Pork Balls with Corn + Chicken Green Curry + Stir Fried Chinese Cabbage + Steamed Rice	Seasonal Fruit

Tue	30-Aug-22	Ham&Cheese Croissant	Spaghetti Pesto Sauce + Grilled Chicken + Roasted Vegetable with Oregano + Garlic Bread	Seasonal Fruit
Wed	31-Aug-22	Seasonal Fruit	Tom Kha Gai + Roasted Chinese BBQ Pork + Scrambled Egg + Steamed Rice + Steamed Vegetable	Seasonal Fruit