

# February - For EC/Kinder SSIS

	MONDAY	TUESDAY	WEDNESDAY 1	THURSDAY 2	FRIDAY 3	
Western			chicken& palm heart salad,pork cutlet with apple sauce mashed potato	Miso seafood soup,Grilled chicken Breast with baked bean & boiled French bean	Crad meat &vermicelli salad, Spaghetti with chicken and tomato sauce	Western
Asian			Ciabatta- Fresh fruit Cream of spinach soup, steamed chicken with chinese mushroom, steamed rice	Baguette- Fresh fruit Zucchini salad, Sauteed beef with noodle& vegetables	Pita Bread- Fresh fruit Clear vegetables soup, Szechuan pork with cucumber, steamed rice & sauteed chayote	Asian
	MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10	
Western	Cucumber & tuna salad ,Crab farci with sauteed carrot & french bean	Cream of watercress soup, Chicken casserole & sauteed cabbage, carrot	Chicken & cabbage salad, Pork patty with tomato sauce, boiled potato	Kraut soup, Grilled fish with lemon cream sauce & boiled carrot, french bean	Pomelo & shrimp salad, Chicken chipolata, gravy & mashed potato	Western
Asian	Soft roll- Fresh fruit cabbage & minced pork soup,Beef curry with potato & steamed rice	 Baguette- Fresh fruit Beetroot salad, Braissed pork with bean curd , steamed rice & stir fried glory morning	Rye bread- Fresh fruit Choysum with minced pork Simmered mousse with pineapple, steamed rice	Pita Bread- Fresh fruit Apple coleslaw salad,Chicken Tandoori, fried rice & sauteed pokchoy	Ciabatta- Fresh fruit Chicken , white fungus soup, Simmered pork with shrimp, steamed rice & sauteed bean sprout	Asian
	MONDAY 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17	
Western	Carrot & raisin salad, Pork escalope Milanese with tomato sauce & sauteed potato	Yam with shrimp soup, Spaghetti with meat balls	Thai beef salad, Fish Meuniere with cream lemon sauce & boiled carrot, french bean	Kraut soup, Honey BBQ chicken served with mashed potato	Mayumi roll fish salad, Stewed spare ribs with carrot & potato	Western
Asian	Baguette- Fresh fruit Beef chowder soup,Simmered chicken with ginger, steamed rice & boiled gourd	Pita- Fresh fruit Garden & egg salad, Fish mousse with plum sauce, steamed rice & sauteed cabbage	Ciabatta- Fresh fruit Cream of chicken soup,Beef ragout with carrot, potato & steamed rice	Soft roll- Fresh fruit Russian salad, Braissed pork with eggs, steamed rice & sauteed bean sprout	Baguette- Fresh fruit Chicken , white fungus soup, Roasted chicken with black bean sauce, steamed rice	Asian
	MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24	
Western	Pasta & Ham, Stewed Spanish chicken with carrot, sausage, capsicum	Cream of tomato soup, Pork Fricasse served roasted potato	Spinach & mushroom, Grilled fish with cream mushroom sauce & mashed potato	Cream of potato soup, Beef moussaka & boiled carrot , french bean	Chicken & rhizome lotus salad, Grilled chicken breast with peper sauce & fried potato	Western
Asian	Rye bread- Fresh fruit Mustard leaf & fish mousse soup, Pork sieu mei with steamed rice & sauteed choyete	Baguette- Fresh fruit Spring rolls & lettuce, Sauteed seafood with noodle & vegetable	Whole wheat bread- Fresh fruit Wonton soup, Roasted chicken with Hoisin sauce, rice & boiled gourd	Pita - Fresh fruit Tomato & eggs salad, Omelete with minced pork, sauteed choysum & steamed rice	Ciabatta- Fresh fruit Tom yam kum, Stewed beef with peper corn, carrot & steamed rice	Asian
	MONDAY 27	TUESDAY 28	WEDNESDAY 29			
Western	Tuna & cucumber salad, Pork cutlet apple sau & boiled potato	Chicken & asparagus soup, Spaghetti Bolognese	Green garden with egg salad, Chicken Cacciatora with rosemary & fried potato			Western
Asian	Baguette- Fresh fruit Clear vegetables soup, Sreamed fish with black bean sauce, rice & sauteed pok choy	Soft roll- Fresh fruit Thai chicken salad, Simmered pork with radish, steamed vegetables	Ciabatta- Fresh fruit Minestrone soup, Beef dumplings with tomato sauce & steamed rice			Asian

**NAME:** \_\_\_\_\_ **GRADE:** \_\_\_\_\_ **CLASS:** \_\_\_\_\_ **TEACHER:** \_\_\_\_\_