

January - For EC/Kinder SSIS



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Western						Western
Asia						Asia
	MONDAY 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13	
Western	Thai beef salad, fish fillet Meuniere & sauteed potato, fresh fruit	cream of pumpkin soup, spaghetti bolognese, fresh fruit	chicken & vermicelli salad, fish nuggets with sauteed french bean & carrots, fresh fruit	cream of potato soup, stewed pork spare ribs with carrots, potato & beans, fresh fruit	tomato & egg salad, texmex chicken with mashed potato, fresh fruit	Western
Asian	crab and sweetcorn soup, roasted chicken with black bean sauce, steamed rice & sauteed choy sum fresh fruit	carrot & raisin salad, simmered pork with lemongrass, rice & sauteed cabbage, fresh fruit	tofu, chives & dried shrimp soup, beef curry with potato, carrot & rice, fresh fruit	Ham & mixed salad, omelette with minced pork, rice & steamed bok choy, fresh fruit	watercress with minced pork soup, pan fried fillet with plum sauce, rice & boiled gourd, fresh fruit	Asian
	MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20	
Western	carmen cream soup, baked seafood with cheese sauce, sauteed french bean, fresh fruit	prawn, rhizome lotus salad, beef patty with pepper sauce, mashed potato, fresh fruit	celery cream soup, pork schnitzel with dill sauce & fried potatoes, fresh fruit	chicken & turnip cabbage salad, grilled fish with lemon cream sauce & sauteed french bean, fresh fruit	minestrone, chicken casserole & sauteed cabbage, carrots, fresh fruit	Western
Asian	russian salad, tonpo pork with rice & steamed bok choy, fresh fruit	sweet & sour shrimp broth, pan fried fish fillet with plum sauce, rice & sauteed cabbage, fresh fruit	mimosa salad, roasted chicken with rice & stir fried choy sum, fresh fruit	tomato & egg soup, szechuan beef with rice & boiled gourd, fresh fruit	bacon & crouton salad, simmered pork with pineapple & rice, fresh fruit	Asian
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
West						West
Asian						Asian
	MONDAY 30	TUESDAY 31	WEDNESDAY			
Western	pomelo & shrimp salad, grilled chicken breast with gravy sauce, french beans, fresh fruit	cream of leek & potato soup, baked omelete with bacon, mushroom, tomato & cheese, fresh fruit				Western
Asian	yam with shrimp soup, steamed fish with black bean sauce, rice & sauteed cabbage, fresh fruit	garden green & egg salad, pork balls with sweet & sour sauce, rice, sauteed bean sprouts, fresh fruit				Asian

NAME: _____ **GRADE:** _____ **CLASS:** _____ **TEACHER:** _____