

Every meal consists of :

- Baguette
- An appetizer
- **Main course (2 options)**
- A dessert

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Week (Date) 03-06</p> <p>WESTERN or ORIENTAL</p>		<p>Caesar salad</p> <p>Minute steak, mashed potatoes, baby green bean Or Sweet and sour fish, Cantonese rice</p> <p>Apple pie</p>	<p>Miso soup</p> <p>chicken cordon bleu, homemade fries, sauteed vegetable Or Beef Yakiniku, rice, salad</p> <p>Grapes</p>	<p>tomato cerise and basil salad</p> <p>Beef lasagna, salade de vert Or <b>Vegan yaki udon</b></p> <p>ice cream</p>	<p>mexican salad</p> <p>chicken quesadilla, salsa and corn Or Chicken Hainan, hainan rice, cucumber</p> <p>fresh strawberry</p>
<p>Week (Date) 09-13</p> <p>WESTERN or ORIENTAL</p>	<p>pumpkin cream soup</p> <p>Grill sausage, vegetable rice Or sauteed veg, fish karaage, rice and salad</p> <p>cookies and milk</p>	<p>Nicoise salad</p> <p>fish grill lemon butter, steamed potatoes, baby green bean Or chinese beef stew, rice</p> <p>Banana fruit</p>	<p><b>garlic bread with parmesan</b></p> <p><b>pasta with cream sc, green salad</b></p> <p>Or</p> <p><b>Cantonese fried rice, acar, egg,</b></p> <p><b>Chocolate muffin</b></p>	<p>Cheese puff</p> <p>Breaded fish, homemade fries, sauteed vegetable Or chicken kung pao, rice &amp; veggies</p> <p>Yoghurt with honey</p>	<p>mixed salad</p> <p>stuffed tomatoes, hash brown potatoes, green salad Or Beef soto betawi, rice,</p> <p>Fruits Salad</p>
<p>Week (Date) 16-20</p> <p>WESTERN or ORIENTAL</p>		<p>Grated carrot and jicama Beef &amp; cheese burger, fries, vegies Or grilled fish with kabayaki sauce, rice and veggies</p> <p>roast pineapple</p>	<p>Tzatziki</p> <p>fish papillote, vegetable rice Or fried noodles, egg and acar</p> <p>lemon cake</p>	<p>vegetable spring roll</p> <p>Hachis parmentier, green salad Or chicken katsu, rice and salad</p> <p>Tangerine</p>	<p>Foccacia</p> <p><b>Baked gnocci , salad</b></p> <p>Or sushi,</p> <p>banana foster</p>
<p>Week (Date) 23-27</p> <p>WESTERN or ORIENTAL</p>	<p>Vegetable sticks with hummus</p> <p>Beef tagine, couscous Or Indonesian grilled chicken, rice liwet, veggies</p> <p>Slice mix fruit</p>	<p>vegetable cream soup crouton Beef carbonara , green salad Or fish Katsu, thai fried rice and cucumber</p> <p>Tiramisu strawberry</p>	<p>vegetable samosa</p> <p>Spinach quiche, green salad Or Sapo Tofu</p> <p>Fruit</p>	<p>Waldorf salad</p> <p>Fish &amp; vegetable skewer, butter rice Or Oriental braised beef, capcay, rice</p> <p>Banana cake</p>	<p>shepherd salad</p> <p>chicken kebab wrap, green salad Or Soto mie with shredded chicken and boiled eggs</p> <p>wingko Babat</p>

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Week (Date) 30 sept -04 oct</p> <p>WESTERN or ORIENTAL</p>	<p>Greek salad</p> <p>Chicken fillet tarragon, sauteed potatoes, mixed vegetables Or Beef teriyaki, rice, salad,  brownie cup</p>	<p>Tomato bruschetta</p> <p>croque monsieur, green salad Or oriental grill fish, lime leaf rice , vegetable,  fresh mango</p>	<p>Grissini spaghetti tomato or pesto sc, salad, Or sapo tofu &amp; veggies, steamed rice   strawberry with mint leaves</p>	<p>Zucchini gazpacho</p> <p>roast chicken, gratin potatoes, baby green bean Or lamb satay, fried rice, acar, Grapes (Autum/ Shine muscat/crimson)</p>	<p>corn salad,</p> <p>Beef stroganoff Or chicken tikka masala. Biryani rice,  crepe with chocolate sc</p>
<p>Week (Date) 07-11</p> <p>WESTERN or ORIENTAL</p>	<p>apple and cucumber salad</p> <p>Lentil dahl, basmati rice Or sweet and sour sausage, fried rice  ice cream with choco sc</p>	<p>Spring roll</p> <p>papillote de poisson, saute potatoes, roasted tomato Or chicken katsu, rice and salad slice orange</p>	<p>Tomato ceries Salad</p> <p>chicken chasseur, mashed potatoes, Or Saute beef kwetiau, fresh veggies  madeleine, milk</p>	<p>tortilla and salsa</p> <p>carne guisada, mexican rice Or Sweet and sour fish, rice, pakcoy  watermelon</p>	<p>French onion soup with crouton</p> <p>quiche lorraine, green salad Or Chicken noodle pangsit &amp; meatball éclair</p>
<p>Week (Date) 14-18</p> <p>WESTERN or ORIENTAL</p>	<p>Coleslaw</p> <p>Beef hot dog, fries and veggies Or chicken hainan, rice hainan &amp; cucumber  Grapes (Autum/ Shine muscat/crimson)</p>	<p>spinach puff pastry roasted pdt with leg of lamb, vegetables, green salad Or oriental fried rice, egg, vegetables Apple sauce/ apple compote</p>	<p>mixed salad</p> <p>Vegetarian Taco (Red Bean) Or crispy sesame chicken, rice, sautéed vegetables  vanilla cream</p>	<p>cucumber mint salad,</p> <p>breaded chicken, ratatouille Or beef semur, rice uduk ( coconut milk), veggies  strawberry yogurt</p>	<p>grated carrot with dry raisins meatball with cream sc, polenta Or fish and vegetable curry, pita bread Chocolate dipped fruit skewer</p>
<p>Week (Date) 21-23</p> <p>WESTERN or ORIENTAL</p>	<p>edamame, tomato salad</p> <p>fish meuniere, potatoes and vegetable Or beef kalio, rice, and vegetable  banana choco muffin</p>	<p>Tuna bruschetta</p> <p>pasta with creamy chicken, green salad Or Cantonese fried rice, egg,vegetable  Sweet pineapple</p>	<p>russian egg salad</p> <p>beef moussaka, salad Or breaded fish, rice, sauteed vegetable  Fruit pie</p>		