

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week					
WESTERN or ORIENTAL					
Week 12-16		Cherry tomatoes and basil Beef lasagna, green salad Or Tandoori chicken, basmati rice, fresh vegetables Vanilla Ice Cream. with Strawberry sc	Salade niçoise Beef Steak minute, mashed potatoes, sautéed vegetables Or Vegetable egg Fried noodles jawa Pineapple slice	Edamame, tomatoes & corn salad roast chicken, baby green bean, homemade fries Or grilled fish hoisin sc, rice and veg sauteed Classic apple pie	Caesar salad meatball tomato with grilled polenta Or Chicken Soto Betawi grapes
Week 19-23	Grated carrots grilled chicken Creamy tarragon sc, sauteed potatoes, veggies Or Beef kalio, Orange Leave Rice, vegetables Banana	Tomato bruschetta spaghetti bolognese & pesto, green salad or cantonese fried rice, Omelette, fresh vegetable mixed berry sorbet	vegetables Samosas Taco Bean Cheese and , omelette (with/ chopped tomatoes and spring onions) or Daal with Pita Bread, carrots stick Soft Cookie	corn and butter grilled fish, veg rice, sauteed broccoli Or chinesse braised beef, noodles, pakcoy Banana cake	mini skewer of cheese, tomatoes and olives Beef & chicken Pizza, green salad Or Onigiri sushi Yoghurt
Week 26-30	Tortilla and salsa Chilli dog, fries, green salad Or Egg Foo Young (veg+Chicken), Rice & sautéed bean sprouts Pear	Greek salad with Feta cheese vegetable moussaka, green salad Or Honey butter sesame chicken, rice and Capcay Steam brownies	garlic and parmesan cheese bread chicken fricassee, sautéed potatoes & vegetables Or Fish katsu, rice and salad Compote de pomme		

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<p>Week 02-06</p> <p>WESTERN or ORIENTAL</p>	<p>onion soup with crouton</p> <p>chicken piccata, potatoes, Veg Or Beef Tepanyaki, Steamed rice & broccoli</p> <p>Tangerine</p>	<p>fattoush salad</p> <p>Beef tagine with prunes, couscous Or fish cake, Thai fried noodle</p> <p>cookies and milk</p>	<p>Chinese cucumber salad</p> <p>Chicken cheese burger, fries, veggies or Vegetable SAPO with tofu, egg dadar, rice</p> <p>apple crumble</p>	<p>Vegetable Fritters</p> <p>Fish in foil, vegetable rice Or Arabic-style roast chicken, Rice Mandi (basmati), yellow achar</p> <p>Watermelon</p>	
<p>Week 09-13</p> <p>WESTERN or ORIENTAL</p>	<p>pomelo with vinaigrette'</p> <p>grilled chicken, baked potatoes, Vichy carrots Or beef pho</p> <p>Choco chips muffin</p>	<p>italian mixed salad</p> <p>Carrots cream cheese pasta , Green Salad or Rice Uduk, tempeh, tofu and egg Semur</p> <p>slice orange</p>	<p>Waldorf salad</p> <p>Croque monsieur, salad Or Chicken fuyunghai, yasai itame</p> <p>grapes</p>	<p>Grissini</p> <p>Beef goulash, steam potatoes, Green Salad Or Teriyaki fish, rice and salad</p> <p>Strawberry Sorbet</p>	<p>Avocado, Corn, and Tomato Salad</p> <p>Chicken Enchiladas, Mixed Salad Or Chicken Noodles Pangsit</p> <p>Potato Donut</p>
<p>Week 16-20</p> <p>WESTERN or ORIENTAL</p>	<p>cucumber salad</p> <p>Beef kofta kebabs, yellow rice, Tzatziki sc Or Fish Karaage , rice and chapchai</p> <p>strawberry yoghurt</p>	<p>mexican salad</p> <p>chili dog, fries, veggies Or korean beef bbq, sauteed green bean & corn, rice</p> <p>slice apple</p>	<p>Vegetable Stick tzatziki</p> <p>vegetable tagine, couscous or chicken satay, fried rice kemangi, acar</p> <p>Apple pie</p>	<p>Carrot cream soup</p> <p>Chicken cordon bleu, ratatouille, rice Or Beef & veg nikujaga, steamed potatoes</p> <p>Strawberry Swiss roll</p>	<p>vegetable lumpia</p> <p>grill sausage, hash brown potatoes Or chicken yaki udon , tempura Tempe</p> <p>fruit season</p>
<p>Week 23-26</p> <p>WESTERN or ORIENTAL</p>	<p>Deviled Egg</p> <p>Breaded fish, vegetable rice, tartar sauce Or Vegetarian stir-fried noodles, sunny side up egg</p> <p>Orange</p>	<p>Granny Smith Apple Salad</p> <p>mediterranean beef stew, roast potatoes Or Egg chicken katsu ramen</p> <p>madeleine and milk</p>	<p>Mini skewers (cheese, tomatoes, and cucumber) Roasted chicken, mashed potatoes, and sautéed green beans Or Yakiniku beef, rice, and salad</p> <p>Vanila Ice cream w/ Fresh mix berry</p>	<p>Tomato Bruschetta Beef Steak minute, Baked Potatoes, Pumpkin and Broccoli Or Oriental chicken Fried Rice, Egg</p> <p>Fruit Satay W Choco Fountain</p>	

Menu Cantine

June-July
2025

Every meal consists of :

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 30 June & 01 July WESTERN or ORIENTAL	Grated Carrots Hachi parmentier, Green Salad Or Tso Chicken, Rice & Veggies Sorbet	Macaroni, tuna, and cucumber salad Homemade beef and cheese burger, fries, and raw vegetables Or Chicken and kebab wrap, raw vegetables Vanilla and chocolate ice cream			