










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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK OF 02-04 WESTERN Or ORIENTAL		salade tomate cerises Roast Chicken mashed potatoes, baby green bean Or Yakiniku beef, Steam rice, Jap salad cookies and milk	Pumpkin cream soup Marinara spaghetti & pesto, green salad  or Beef kalio rice and cucumber pineapple	grated carrot and jicama Beef & Cheese burger homemade fries, raw veg Or Sweet and sour fish, rice, Fresh Oranges	
WEEK OF 08-12 WESTERN Or ORIENTAL	cucumber salad spezzatino di manzo italian beef stew with polenta Or korean garlic and honey chicken, rice & fresh veg Fresh Banana	Grilled tomatoes & cheese satay Beef lasagna, green salad Or Fried noodles (shredded chicken, eggs and vegetables) Grapes	Miso soup grilled fish fillet meuniere, roast Tomatoes, butter rice Or Chicken satay, fried rice , achar Fresh Strawberry	Bruschetta tomatoes Vegetarian spinach and cheese quiche, green Salad  Or  Veg Pad thai, Tempura tofu and tempe Banana choco muffin	Mexican salad Beef and cheese quesadilla, green salad or Lamb curry, pita bread Yogurt w strawberry fresh sc
WEEK OF 15-19 WESTERN Or ORIENTAL	Veg Tzatziki Dip Beef & vegetables tagine, couscous Or Chicken tso rice and salad cream caramel	Veg lumpia Ground chicken steak, fries and sautéed veg Or Teriyaki fish karaage rice, chap cay mango	minestrone soup Fettucini carbonara w beef bacon, Salad Or Turmeric egg vegetables Fried  Rice, Tempe mendoan	Tortilla and salsa carne guisada, Mexican rice or Teppanyaki chicken fried noodle, cucumber Fruit skewer with cho	corn and cucumber salad parmesan crumbed fish, potatoes and veggie or beef soto Betawi Banana foster (w vanilla ice cream)
WEEK OF 22-26 WESTERN or ORIENTAL	waldorf salad Beef Hot Dog, fries and salad or Vegetables sapo Tahu , rice  Brownies	Grated carrots Raisin salad Chicken cordon bleu Ratatouille, rice or Beef vegetables braised, noodles Sliced Pear	Greek Salad Roasted beef, Steamed Potatoes , Veg Saute or opor ayam, rice and vegetable Crepes	macaroni and tuna salad croque monsieur, salad or fish Katsu, steamed rice salad watermelon	wakame and cucumber salad meatball with polenta broccoli or Onigiri & sushi mix berry sorbet

Every meal consists of :

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK OF 29 sept-03 oct WESTERN or ORIENTAL	Tomato and feta salad Beef moussaka, green salad or Chicken katsu, rice Salad Fruit season	carrot and cucumber salad Taco bean, cheese,  mixed salad or Beef semur, coconut Rice, veg Piscok (banana chococo Pastry)	Caesar Salad minute steak Mashed potatoes, sauteed vegetable Or fish teriyaki, rice yasai itame Madeleine & milk	Carrots soup Chicken cacciatore with pasta, Salad or Beef tandoori, Naan Yellow Watermelon	Italian salad Meat lover pizza, green salad Or Chicken Noodles meatball Potato doughnut
WEEK OF 06-10 WESTERN or ORIENTAL	Garlic bread with parmesan chese chicken basque, sauteed potatoes Or Beef pho Honey Pineapple	Cucumber and mint salad Vegetable moussaka, Green salad  or Kung pao vegetables, Fuyunghai, rice  Soft cookies	Veg cream soup with/ crouton Breaded fish, homemade fries, vegetable or Chicken Mandi Rice tangerine	Avocado and tomato salad Beef kebab wrap, green red salad or Chicken Niku Udon Vanilla ice Cream w Fresh Strawberry sc	Beef puff pinwheel Chicken Steak w/ mushroom sc, potatoes & veg Or Nikujaga Grapes
WEEK OF 13-17 WESTERN or ORIENTAL	Nicoise salad Roast lamb, potatoes broccoli and corn Or chicken satay Green Rice (w/ oranges Leave) , achar chocolate cake	vegetable stick with hummus Vegetables Tagine,  boiled egg, couscous or Beef Rendang herb rice, tomato Grapes	Grissini fish papillote, steam potatoes, roast tomato Or Chicken Miso ramen fruit salad	Corn with butter chicken piccat w/ spaghetti, green salad or korean beef and veg bbq, rice Chocolate Tiramisu	Veg Spring roll Beef shawarma, salad or fried chicken with hoisin sc cantonese rice, Waffle