

Every meal consists of :

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK OF 03-07 WESTERN Or ORIENTAL	Cucumber Salad Beef Stroganoff Mashed Potatoes Or Fish Nuggets, Rice, and Sautéed Vegetables Swiss Roll cake	Tomato bruschetta Spaghetti Bolognese or pesto, Green salad Or Oriental fried rice Egg and carrot Fruit salad	Greek Salad Beef Moussaka, Green Salad Or Chicken Karaage Rice and Salad Watermelon	Corn and Cucumber Salad Bean and Cheese Taco Mixed Salad  Or Beef Semur, Nasi Uduk Fresh veggies Crepe	Mango salad Meatball with hash brown potatoes, veggies Or Chicken soto Potato Donut w powdered sugar savings (homemade)
WEEK OF 10-14 WESTERN Or ORIENTAL	Miso soup Lamb tagine couscous Or Chicken yakiniku rice and salad Mango	Grated Carrots Beef Bourguignon Potatoes Or Kuluyuk Fish Stir-fried Rice with Vegetables Coconut Ice Cream	Niçoise Salad Chicken Cordon Bleu Rice, Ratatouille Or Beef Vegetables Ramen Pear	Green Salad Carrot and Cream Cheese Fusilli  Or Vegetables bean Curry, Naan  Strawberry Yogurt	Tomato and Feta Salad Beef cheese & bean Quesadilla Mixed Salad Or Ayam Bakar Madu, Rice Rempah, Veggies Dadar Gulung
WEEK OF 17-21 WESTERN Or ORIENTAL	Coleslaw Beef & Cheese burger Homemade Fries Or Asian Grilled Fish Rice and Vegetables Banana	Tzatziki Chicken yassa, carrots, Bulgur Or Korean beef Bbq, vegetables, fried noodles Steamed Brownie	Macaroni and tuna salad Beef kebab wrap, salad Or Tofu, tempeh, vegetable kung pao, Omelette and rice  Fresh strawberry	Creamy Vegetable Soup w Crouton Pan-Fried Fish, Potatoes Or Chicken Katsu, Rice & Salad Banana Cake	Beef pinwheel Creamy chicken and gnocchi pumpkin, salad Or Beef sauteed, baby kailan, rice Grapes
WEEK OF 24-28 WESTERN Or ORIENTAL	Mexican Salad Chicken arroz, Mexican rice Or Beef Pho, kwetiau Mandarin Orange	Vegetables Asinan Roast beef, potatoes sauteed vegetable Or Indonesian fried rice, chicken satay, acar Cookies and milk	Egg mimosa Croque monsieur green salad Or Sweet & sour fish Karaage, Chapcay, Rice Slice Apples	Pumpkin Soup Roast chicken, mashed potatoes, gravy sc, Baby green beans Or Vegetarian fried noodles, egg, acar  Apple Pie	Grilled Tomato and Cheese Satay Beef Hot Dog with French Fries, Salad Or Stir-Fried Chicken with Rice Honeydew Melon

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK OF 01-05 WESTERN or ORIENTAL	Corn on cob Fettuccine alfredo, chicken tarragon carrot vichy Or Mongolian beef with rice Apple crumble	Pan con tomate Roast beef, baked potatoes, sautéed vegetables Or Vegan Pho  Mango	Vegetable sticks, hummus Chili con carne tortilla, salsa Or Fish Katsu, rice and salad Lemon cake	Cold Pasta Salad Lentils, Carrots, and Grilled Sausage Or Fried Rice, Chicken Satay Acar Sweet Pineapple	Edamame, corn Salad Chicken nuggets, potatoes, mixed salad Or Beef soto Betawi Yogurt
WEEK OF 08-12 WESTERN or ORIENTAL	Baba ganoush, pita bread Beef tagine, couscous Or Tso's chicken, vegetables, Rice Palmier and milk	Cherry Tomato and Basil Salad Lentil Bolognese, Green Salad  Or Rice Noodles Ramen, Hard-Boiled Egg, and Tofu  Grapes	Salade grecque Bbq ground Chicken steak, potato wedges, roasted vegetables Or Hainan chicken & rice, cucumber Crepe	Grated Carrots Roast fish, roast tomato and potatoes Or Beef teriyaki, rice & Salad Fruit salad	Gougère Hachis parmentier, Green Salad Or Seblak Kwetiau (kwetiau, chicken, egg, vegetables, broth) Mango Sorbet
WEEK OF 15-19 WESTERN or ORIENTAL	Tomatoes & Feta Macaroni & cheese gratin, green salad  Or Chicken teppanyaki, stir-fried Chinese cabbage, rice Watermelon	Tomato Soup Breaded Fish and Sautéed Potatoes, Cauliflower Or Peking Duck Cantonese Rice with Vegetables Sunkish Slice	Cucumber with sesame Chicken steak, veg rice Or Stir fry beef , Fried Veg noodle Crème brûlée	Coleslaw Beef and cheese burger, fries, and mixed salad Or Chicken opor, uduk rice, cucumber Chocolate ice cream	Puff pastry sausage roll Beef kebab wrap, shredded lettuce Or Chicken noodles, chicken pangsit Fresh strawberries