

Every meal consists of :

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 05-09  WESTERN or ORIENTAL	Bruschetta Tomato  A la Minute Beef Steak, Potatoes, Baked Cauliflower Or Chicken Curry, Basmati Rice, Vegetables  Watermelon	Edamame  Carrots cream cheese Pasta, Green salad Or Kung Pao quail eggs,tofu and vegetables,Tempura Tempeh, rice  Chocolate Crepes	Vegetables Spring roll  Chicken and vegetable tagine, couscous Or Java's Fried rice, Chicken Satay, acar  Grapes	Cucumber, tomato, and corn salad  Roasted chicken, hash browns, Baby green beans Or Asian-style grilled fish, rice, and salad  Brownie	Tomato and olive focaccia  Young Lamb skewers/ bbq sc, veg butter rice, Green salad Or chicken noodles with meatball  mix berry sorbet
Week 12-16  WESTERN or ORIENTAL	Pesto and cheese palmier  Beef goulash, mashed potatoes Or Korean chicken bbq, fried noodle , Fresh Tomato  Galette De Rois	Miso soup  Spaghetti Beef Bolognese, Green salad Or Teriyaki beef, Rice and salad  Cookies and milk	Chicken Lumpia  Pan fried fish, sauteed potatoes, veggie Or Beef kalio, nasi uduk, cucumber  Apple Compote	Waldorf salad  chicken cordon bleu Ratatouille, Or Vegetarian Egg ramen  Fresh strawberries	Ascension of the Prophet
Week 19-23  WESTERN or ORIENTAL	Greek salad feta Mediterranean chicken Roasted potatoes, tomatoes Or Braised beef, rice & pak choi  Banana	Lentil and tomato salad  Beef Stroganoff Tagliatelle Or Eggs foo young Cantonese fried rice with cucumber  Banana muffin cake	Grated carrots  Chicken cacciatore, bulgur with tomatoes, vegetables Or Sweet and sour fish, Rice and salad  Roasted pineapple	Tzatziki  Chicken & cheese burger, homemade fries, salad Or chicken tikka masala Basmati rice  Apple pie	Perkedel potatoes  Fish Kakap papillote baked gnocchi, green salad Or Beef noodles Soto, Risol  Honeydew melon
Week 26-30  WESTERN or ORIENTAL	Mexican salad  Carne asada, salsa Mexican rice Or Opor Chicken, rice jeruk Rempah, cucumber and tomatoes  Ice cream chocolate w/ choco chips	French onion soup with garlic bread  Breaded fish, green salad Vegetable rice Or Vegetables cheese Arabian wrap Kebab  Seasonal fruit	Corn, tomato and avocado salad  Croque monsieur, green salad or beef nikujaga  Crème brûlée	Cold Pasta salad  Beef and cheese wrap , mixed salad Or chicken teppanyaki, yakimeshi  Grapes	Italian salad  Meat Pizza, Green Salad Or Kimbap  Homemade potato Donut

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Week 02-06 WESTERN or ORIENTAL	Pumpkin Cream soup w/ crouton  Roast chicken with stuffing, mashed potatoes. green bean Or Beef rendang, rice uduk, cucumber  Fruit skewer with choco	Pan con tomate  Beef lasagna, Green salad Or <b>Vegan Rice noodle Pho</b>   Strawberry sorbet	Japan green salad with sesame lime dressing  fish a la meuniere, roast potatoes Or Chicken katsu, rice and salad  Roll cake chocolate	Macaroni tuna salad  Creamy garlic chicken , polenta, vegetable Or Mongolian beef noodle, cucumber pickle  Sliced oranges	Mini cheese and vegetable skewers Grilled  Turkish beef stir-fry, couscous Or Grilled chicken, oriental fried rice, pickled cabbage  Cream Chocolate
Week 10-14 WESTERN or ORIENTAL	Caesar salad  Beef hot-dog, cauliflower gratin Or Beef yakiniku, rice cucumber salad  Fruit	Mini cheese pizza  Roast beef, vegetable rice Or Chicken Yaki udon, tempura  Fruit salad	Corn with butter  Chicken and broccoli risoni greek salad Or Roast fish with soy sauce, rice sautéed baby kailan  Tiramisu	<b>Spinach puff</b>  <b>vegetable con carne</b>  tortilla, salsa Or <b>Vegetable stir fry</b>  egg foo young, rice  <b>Steam Chocolate Cake</b>	Cheese Croquettes  Fish and Chips, Mixed Salad Or Nigiri, Makizushi, Tamagoyaki  Sliced Pineapple
Week 16-20	Winter Break	Winter Break	Winter Break	Winter Break	Winter Break
Week 23-27 WESTERN or ORIENTAL	Winter Break	Winter Break	Winter Break	Tuna Bruschetta  Beef Stroganoff, Fettuccine, Salad Or Chinese-Style Chicken Stir-Fry Rice and Vegetables  Marble Cake	Carrot and jicama salad  Chicken Cheese Quesadilla, salsa Or Fish karaage rice and salad  Mini Banana popsicle covered chocolate