






- 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

Every meal consists of :

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 Vegan Rice noodle Pho  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 sauteed baby kailan Tiramisu	Spinach puff vegetable con carne  tortilla, salsa Or Vegetable stir fry egg foo young, rice  Steam Chocolate Cake	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