

Every meal consists of :

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

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

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