

Every meal consists of :

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Week 04-08</p> <p>WESTERN Or ORIENTAL</p>	<p>Tomato cherries and basil</p> <p>Spaghetti beef bolognese, Green salad Or Chicken tandoori, pilaf rice, sauteed veggies</p> <p>Banana</p>	<p>Niçoise salad</p> <p>Chicken parmigiana, ratatouille Or Beef semur, coconut rice Cucumber</p> <p>Banana cake</p>	<p>Miso soup</p> <p>Vegan chili con carne, tortilla, salsa, salad Or vegetables yaki udon, tamagoyaki</p> <p>Apple compote homemade</p>	<p>Edamame</p> <p>Minute Beef Steak, mashed potatoes, vegetables Or Fish katsu, Steamed Rice, vegetables</p> <p>Plain Yogurt</p>	<p>Tomatoes and edamame Salad</p> <p>Beef quiche Lorraine, Green salad crouton Or Lamb satay, Fried rice, acar</p> <p>Grapes</p>
<p>Week 11-15</p> <p>WESTERN or ORIENTAL</p>	<p>Pomelo salad</p> <p>Roast chicken &amp; potatoes, baby green beans Or Japanese beef and vegetable curry, Gohan</p> <p>Soft cookie</p>	<p>Tuna bruschetta</p> <p>Spinach and Ricotta Cannelloni, Green Salad</p> <p>Or</p> <p>Sautéed Chicken, Rice &amp; Capcay</p> <p>Slice of Sunkish</p>	<p>Pumpkin cream soup</p> <p>Beef &amp; carrots bourguignon, steam potatoes Or Chicken &amp; egg Shoyu Ramen,</p> <p>Fresh Fruits salad</p>	<p>Ascension of Jesus Christ</p>	<p>Raw vegetables and hummus</p> <p>Meat Pizza, Green salad Or Chicken Tso, Rice, stir-fried Chinese cabbage</p> <p>Dragon fruit</p>
<p>Week 18-22</p> <p>WESTERN or ORIENTAL</p>	<p>Mini Cheese pizza</p> <p>Beef kofta curry, basmati rice, Vegetables Or Sweet and sour fish Rice and salad</p> <p>Watermelon</p>	<p>Waldorf salad</p> <p>Grilled chicken, steamed vegetables Or Opor ayam, Nasi Jeruk rempah, Cucumber</p> <p>Grapes</p>	<p>Greek salad feta</p> <p>Mediterranean beef stew, mashed potatoes Or Java-style egg noodles with tempeh mendoan, veggies</p> <p>Piscok Aroma (banana chocolate pastry w caramel)</p>	<p>Moroccan salad</p> <p>Lamb tagine, couscous Or Chicken kaarage teriyaki, rice and salad</p> <p>Fruits Salad</p>	<p>Vegetable and cheese bruschetta</p> <p>Fish and chips, Mixed salad Or Beef Onigiri, gunkan maki, tamago sushi, vegetables Sushi</p> <p>Yogurt with honey</p>
<p>Week 25-29</p> <p>WESTERN or ORIENTAL</p>	<p>Tortilla and salsa</p> <p>Mexican rice, birria Mexican salad Or Pad Thai, Cucumber</p> <p>Pear</p>	<p>Macédoine salad</p> <p>Chicken fricassee sauteed potatoes, vegetable Or Roast duck, Cantonese fried rice, tomatoes</p> <p>Crêpes</p>	<p>Eid Adha</p>	<p>Tomatoes Cherry Salad</p> <p>Chicken and vegetable fettuccine, green salad Or Veg sapo tofu, rice and fuyunghai</p> <p>Fresh Strawberry w/ Mint</p>	<p>Grated carrots with vinaigrette</p> <p>Grilled sausage, hash browns, sautéed broccoli Or Sesame chicken Rice and salad</p> <p>Sorbet</p>

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<p>Week 01-05 WESTERN or ORIENTAL</p>	<p><b>Pancasila Day</b></p>	<p>Grated carrots</p> <p>Homemade beef and cheese burger and fries, veggies Or Stir-fried chicken and broccoli, rice</p> <p>Fresh fruit brochettes</p>	<p>Onion soup with croutons</p> <p>Chicken piccata, veg rice, sauteed veggies Or Korean beef and veg bbq, noodles</p> <p>Tangerine</p>	<p>Fattoush salad</p> <p>Egg and vegetables tagine Couscous Or Steamed fish, rice and salad</p> <p>Pineapple sorbet</p>	<p>Tomatoes and edamame</p> <p>Beef burrito, salsa, shredded lettuce Or Chicken Soto Betawi, Rice</p> <p>Waffle</p>
<p>Week 08-12 WESTERN or ORIENTAL</p>	<p>Chinese cucumber salad</p> <p>Roast chicken, mashed potatoes, cauliflower Or Chinese stir fry beef with kailan, rice</p> <p>Watermelon</p>	<p>Italian mixed salad</p> <p>Spaghetti with pesto, salad Or Beef nikujaga</p> <p>Plain yogurt with mixed berry</p>	<p>Cheese Gougères</p> <p>Beef goulash, steam potatoes, veggies Or Chicken katsu, rice and salad</p> <p>Apple slices</p>	<p>Mixed fresh vegetables with sesame dressing</p> <p>Grilled Fish, vegetables saute, bulgur Or Kalio beef, rice and cucumber</p> <p>Pineapples</p>	<p>Green Salad</p> <p>Meatball with ricotta and tomato, Pumpkin gnocchi or Egg Chicken Fried Rice, achar</p> <p>Cake Ape</p>
<p>Week 15-19 WESTERN or ORIENTAL</p>	<p>Vegetables Cream Soup and Croutons</p> <p>Chicken cordon bleu, butter rice, sauteed veggies Or Beef Yaki Udon, cucumber</p> <p>Grapes</p>	<p>Egg mimosa</p> <p>Breaded fish Roasted potatoes, Baby green beans Or Chicken biryani, vegetables</p> <p>Fruit Brochette</p>	<p>Mexican salad</p> <p>Quiche aux courgettes et aux poivrons Or Nasi uduk, tempe orek, Semur Tahu &amp; telur, veggies</p> <p>Milk &amp; Mini cookie</p>	<p>Salad with wafu dressing</p> <p>Chicken chasseur, mashed potatoes Or Beef teppanyaki, Gohan, salad</p> <p>Fresh Strawberry</p>	<p>Cheese croquette</p> <p>Beef Cheese Bean Quesadilla, green salad Or Chicken Soto Kemiri Khas Pati, Rice</p> <p>Fruit Salad</p>
<p>Week 22-26 WESTERN or ORIENTAL</p>	<p>Tomato and feta salad</p> <p>Beef moussaka, Green salad Or Chicken kung pao Rice and salad</p> <p>Pear Compote homemade</p>	<p>Tomato Bruschetta</p> <p>Creamy Garlic Chicken Green Beans, Steamed Potatoes Or Fish Karaage, Capcay, Rice</p> <p>Fresh strawberry</p>	<p>Vegetable stick with hummus</p> <p>Hamburger steak, mashed potatoes, Veggies Or Chicken Hainan Hainan rice , cucumber</p> <p>Choco chips Muffin</p>	<p>Crisp vegetables served with a vinaigrette</p> <p>Fettuccine Chicken carbonara, Green salad Or Yaki meshi, Tamago, and tempura</p> <p>Slice Oranges</p>	<p>Edamame</p> <p>Chicken fajitas, Onion green Salad Or Beef Rawon, rice, salted egg</p> <p>Fresh Fruits salad</p>

# Menu Cantine

**JULY 2026**

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- A dessert

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Week</p> <p>June 29 - July 03</p> <p>WESTERN or ORIENTAL</p>	<p>Buttered corn</p> <p>Chicken Hamburg steak, mashed potatoes, green beans Or Thai noodles with chicken and cucumber</p> <p>Pumpkin donut</p>	<p>Caesar salad</p> <p>Chicken Provençal, baked polenta, sautéed vegetables Or Roast chicken, fried rice, peas</p> <p>Plain yogurt</p>	<p>Grated carrot and radish salad</p> <p>Beef hot dog, fries, mixed fresh vegetables Or Egg and vegetable japchae </p> <p>Fruit salad</p>	<p>Avocado and tomato salad</p> <p>Hachis Parmentier, Green salad Or Honey garlic chicken, rice, coleslaw</p> <p>Magnum Ice Cream / Fruit salad (Preschool)</p>	<p>Tabouleh and vegetables</p> <p>Chicken, pesto, and cheese panini Or Beef pho</p> <p>Grapes</p>
<p>Week</p> <p>WESTERN or ORIENTAL</p>					
<p>Week</p> <p>WESTERN or ORIENTAL</p>					
<p>Week</p> <p>20-24</p> <p>WESTERN or ORIENTAL</p>					