

Week	Monday	Tuesday	Wednesday	Thursday	Friday	
1	Morning	Fresh fruit platter, Juice				
	Lunch	Spaghetti bolognaise, cucumber/tomato salad. Homemade yogurt	Fish in tomato sauce, rice & vegetable. Homemade yogurt	Club sandwiches, french fries & salad. Homemade yogurt	Schnitzel, rice & vegetable. Homemade yogurt	Pho ga with bread. Homemade yogurt
	Afternoon	Sandwiches & milk	Crackers & yoghurt	Biscuits & milk	Pancakes & milk	Crackers & yoghurt
2	Morning	Fresh fruit platter, Juice				
	Lunch	Shrimp curry & vegetable. Homemade yogurt	Beef stew with vegetable & bread. Homemade yogurt	Fried rice, ham, pineapple, beans, lettuce/tomato/cucumber salad. Homemade yogurt	Macaroni with ham & vegetable. Homemade yogurt	Spring roll with noodle & vegetable. Homemade yogurt
	Afternoon	Biscuits & milk	Pancakes & milk	Sandwiches & milk	Crackers & yoghurt	Biscuits & milk
3	Morning	Fresh fruit platter, Juice				
	Lunch	Chinese Omelette with rice & pumpkin	Chicken soup with bread & vegetable	Fish in tomato sauce, rice & vegetable	Spaghetti bolognaise, cucumber/tomato salad	Bun chà, lettuce/cucumber/tomato/carrot salad
	Afternoon	Sandwiches & milk	Biscuits & milk	Sandwiches & milk	Pancakes & milk	Crackers & yoghurt
4	Morning	Fresh fruit platter, Juice				
	Lunch	Chicken curry, rice & green beans. Homemade yogurt	Fried noodle with chicken & vegetable. Homemade yogurt	Stewed pork with rice & vegetable. Homemade yogurt	Hotdog, french fries & salad. Homemade yogurt	Fish in tomato sauce, rice & vegetable. Homemade yogurt
	Afternoon	Biscuits & milk	Pancakes & milk	Sandwiches & milk	Crackers & yoghurt	Biscuits & milk
5	Morning	Fresh fruit platter, Juice				
	Lunch	Shrimp curry & vegetable. Homemade yogurt	Beef soup with bread. Homemade yogurt	Macaroni with ham & vegetable. Homemade yogurt	Chinese Omelette with rice & pumpkin. Homemade yogurt	Pho bo with bread. Homemade yogurt
	Afternoon	Sandwiches & milk	Pancakes & milk	Biscuits & milk	Crackers & yoghurt	Pancakes & milk

