

# LUNCH MENU / PRE-SCHOOL

## JUNE 2019

### WEEK 1

	3 MONDAY	4 TUESDAY	5 WEDNESDAY	6 HARI RAYA SPECIAL	7 FRIDAY
<b>Main lunch</b>	V - Pumpkin and Cheese Risotto (D)	Beef Moussaka, potato-based with eggplants	Hari Raya Puasa	Vegetable Curry served with Pratha, pickled cucumber and prawn crackers (Krupuk) (G)	Fish Parmigiana with pasta, salad and baby tomatoes (G,E)
<b>Dessert</b>	Honeydew	Banana	Public Holiday	Grapes	Pineapple

### WEEK 2

	10 MONDAY	11 TUESDAY	12 WEDNESDAY	13 THURSDAY	14 FRIDAY
<b>Main lunch</b>	V - Penne With Red Lentil & Tomatoes Sauce & Cheese Sprinkles (G, D-optional)	Gyudon Beef (Yoshinoya) served with Japanese rice and cucumber sticks	Indian Butter Chicken with Naan, Cauliflower & Pickle Veg (G, D-optional cheese)	V- Foo Yong Egg with brown rice and Edamame ( E)	Teriyaki Fish with broccoli and roasted baby potatoes (G)
<b>Dessert</b>	Cut up apple	Honeydew	Banana	Watermelon	Orange

### WEEK 3

	17 MONDAY	18 TUESDAY	19 WEDNESDAY	20 THURSDAY	21 FRIDAY
<b>Main lunch</b>	Home-made popcorn chicken with olive oil baked chips (G,E)	V - Rigatoni with peas, asparagus and Ricotta cheese (G,D)	Gammon Ham Pizza on a grainy crust with sprinkle of red & green capsicum/salad (G,D)	V- Spanish Omelette and vegie crudites ( E)	Poached Fish with Bean Paste, served with brown rice and baby tomatoes ( E)
<b>Dessert</b>	Cut up Apple	Orange	Banana	Grapes	Honeydew

### WEEK 4

	24 MONDAY	25 TUESDAY	26 WEDNESDAY	27 THURSDAY	28 FRIDAY
<b>Main lunch</b>	V - Pumpkin Alfredo Pasta (G)	Honey Glazed Crispy Pork Stir-Fry with Capsicum on brown rice and Edamame	Homemade Cheeseburger and olive oil baked pomme frites with green salad and baby tomatoes (G,E)	School Break-up	Summer Holiday starts
<b>Dessert</b>	Pineapple	Cut-up apples	Grapes	Happy Holiday!	28/6 - 16/8