

Year 3 - Year 11 Lunch Menu (May 2021)



Week 1 & 3

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Set Rice RM6.50	Teriyaki Chicken + Stir Fried Chinese Cabbage + Sweet and Sour Tofu	<u>Western Food</u> (RM7.50) Oriental Chicken Chop with Mash Potato and Salad	Stir Fried Chicken with Ginger and Spring Onion + Stir Fried Cauliflower and Carrot + Tempura Brinjal	<u>Asian Set</u> (RM7.50) Roti John - Bun with filling (Cabbage, Carrot, Onion, Chicken, Egg and Nacho Sauce) + Coleslaw	Chicken Loh Bak + Stir Fried Sawi + Japanese Tofu with Mixed Veggies
Vegetarian (served with steamed rice) RM4.50	Stir Fried Chinese Cabbage + Sweet and Sour Tofu	Vegetarian Drumstick in Oriental Sauce with Mash Potato and Salad	Stir Fried Cauliflower and Carrot + Tempura Brinjal	Roti John - Bun with filling (Cabbage, Carrot, Onion and Nacho Sauce) + Coleslaw	Stir Fried Sawi + Japanese Tofu with Mixed Veggies

Week 2 & 4

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Set Rice RM6.50	Paprik Chicken - Chicken cook with tomato sauce, chilli sauce and lemongrass + Stir Fried Cabbage with Carrot + Radish Cake	<u>Western Food</u> (RM7.50) Spaghetti Bolognese + Steamed Broccoli	Herba Chicken - Chicken cook with black mushroom and Garlic + Pak Choy with Oyster Sauce + Onion Omelette	<u>Western Food</u> (RM7.50) Teriyaki Grill Chicken with Mash Potato and Coleslaw	Honey Chicken + Stir Fried French Bean with Carrot + Soy Sauce Tofu
Vegetarian (served with steamed rice) RM4.50	Stir Fried Cabbage with Carrot + Radish Cake	Spaghetti Napoli + Steamed Broccoli	Pak Choy with Oyster Sauce + Deep Fried Oyster Mushroom	Vege Seafood Deli with Mash Potato and Coleslaw	Stir Fried French Bean with Carrot + Soy Sauce Tofu