

SENIOR SCHOOL MENU JUNE 2010

Week 1

07-Jun-10		08-Jun-10		09-Jun-10		10-Jun-10		11-Jun-10	
A LA CARTE HOT MEALS									
Roasted Porkloin with Apple Thyme, Buttered Peas & Mashed Potatoes \$5.00	Fusilli Pasta with Tuna 'Arrabiatta', Side Salad & Wholemeal Bread X1 \$5.00	Chicken with Tarragon Casserole, Glazed Carrots & Pilaf Rice \$5.00	Oven-Baked Dory Fillet with Mango & Cilantro Pesto, Steamed Broccoli & Boiled Potatoes \$5.00	Homemade Beef Burger with Cheese, Side Salad & Potato Wedges \$5.00					
Crispy Fish Fillet with Hot Bean Sauce, Green Vegetables & Steamed Rice \$3.50	Grilled Chicken with Satay Marinade, Vegetables Pickles & Turmeric Rice \$3.50	Stir-Fried Beef Slices with Ginger & Scallion, Green Vegetables & Steamed Rice \$5.00	Honey Pork Char Siu, Cucumber with Tomato Slices & Fragrance Rice \$3.50	Oriental Chicken Stew In Soy Sauce, Green Vegetables & Steamed Rice \$3.50					
Roasted Vegetables with Tomato Salsa, Potato & Cheese Gratin \$3.50	Nasi Goreng with Samosa X3, Tomato & Cucumber Slices \$3.50	Penne Pasta 'Aglio-Olio', Side Salad & Wholemeal Garlic Bread X1 \$3.50	Cheesy Frittata with Green Asparagus & Potato Salad \$3.50	Baked Pasta with Cheese, Side Salad & Wholemeal Garlic Bread X1 \$3.50					
Caramelized Chicken with BBQ Glazed, Buttered Peas & Garlic Mashed Potato \$5.00	Grilled Sirloin Beef Steak with Pommery Mustard Sauce, Vichy Carrots & Roasted \$5.00	Pan-Fried Salmon Fillet with Horseradish Cream, French Beans & Pilaf Rice \$5.00	Roasted Chicken with Smoked Bacon & Tomato Coulis & Steamed Broccoli \$5.00	Fish Fillet with Thai Chilli, Green Vegetables & Steamed Rice \$3.50					
SLICED WHOLEMEAL PIZZAS									
Teriyaki Chicken		Beef Fajitas		Pepperoni					
Two Cheese		Tomato & Cheese		Margarita					
Single Slice	\$3.00	Single Slice	\$3.00	Single Slice	\$3.00				
Two Slices	\$5.00	Two Slices	\$5.00	Two Slices	\$5.00				
RICE, NAAN BREAD & CURRIES									
Naan	\$1.80	Naan / Briyani Rice	\$1.80	Naan	\$1.80	Naan / Pilau Rice	\$1.80	Naan	\$1.80
Meat Curry	\$3.00	Meat Curry	\$3.00	Meat Curry	\$3.00	Meat Curry	\$3.00	Meat Curry	\$3.00
Vegetable Curry	\$1.20	Vegetable Curry	\$1.20	Vegetable Curry	\$1.20	Vegetable Curry	\$1.20	Vegetable Curry	\$1.20
BACON / SAUSAGES ROLLS & PANINIS									
Bacon Roll	\$2.50	Pork Sausage Wholemeal Roll	\$3.00	Bacon Roll	\$2.50	Pork Sausage Wholemeal Roll	\$3.00	Bacon Roll	\$2.50
Beef Fajitas		Teriyaki Chicken & Nori		Spicy Sausage & Onion		Pepperoni		Bacon & Egg	
Gourmet Cheese & Tomato	\$4.00	Gourmet Cheese & Tomato	\$4.00	Gourmet Cheese & Tomato	\$4.00	Gourmet Cheese & Tomato	\$4.00	Gourmet Cheese & Tomato	\$4.00
SUSHI, HANDROLLS, DANISHES, PUFFS & SNACKS									
Assorted Sushi	\$2.50			Assorted Sushi	\$2.50			Assorted Sushi	\$2.50
Californi Handroll	\$2.50			Californi Handroll	\$2.50			Californi Handroll	\$2.50
Chocolate Roll	\$2.20	Chocolate Crossiant	\$2.20	Cinnamon Croissant	\$2.20	Custard & Raisin Twist	\$2.20	Chocolate Roll	\$2.20
Butter Croissant	\$2.20	Blueberry Muffin	\$2.80	Chocolate Muffin	\$2.80	Banana Muffin	\$2.80	Chocolate Chip Muffin	\$2.80
Chicken Pie	\$2.80	Tuna Puff	\$2.80	Chicken Curry	\$2.80	Tuna Puff	\$2.80	Chicken Pie	\$2.80
SMOOTHIES, JUICES, BOTTLED BEVERAGES									
Smoothies	\$3.50	Smoothies	\$3.50	Smoothies	\$3.50	Smoothies	\$3.50	Smoothies	\$3.50
Juices	\$2.00	Juices	\$2.00	Juices	\$2.00	Juices	\$2.00	Juices	\$2.00
Bottled Beverages	\$1.50 - \$2.50	Bottled Beverages	\$1.50 - \$2.50	Bottled Beverages	\$1.50 - \$2.50	Bottled Beverages	\$1.50 - \$2.50	Bottled Beverages	\$1.50 - \$2.50
OTHERS									
DIY Salad	\$1.00 - \$3.00	DIY Salad	\$1.00 - \$3.00	DIY Salad	\$1.00 - \$3.00	DIY Salad	\$1.00 - \$3.00	DIY Salad	\$1.00 - \$3.00
Sandwiches	\$4.00	Sandwiches	\$4.00	Sandwiches	\$4.00	Sandwiches	\$4.00	Sandwiches	\$4.00
Fruits	\$0.60	Fruits	\$0.60	Fruits	\$0.60	Fruits	\$0.60	Fruits	\$0.60

SENIOR SCHOOL MENU JUNE 2010

Week 2

14-Jun-10	15-Jun-10	16-Jun-10	17-Jun-10	18-Jun-10
A LA CARTE HOT MEALS				
Roasted Chicken, Corn-On-Cob & Butter Rice \$5.00	Beef Stew, Steamed Vegetables & Boiled Potatoes \$5.00	Dijonaise Chicken with Fresh Thyme, Buttered Cauliflower & Pilaf Rice \$5.00	Roasted Leg Of Lamb 'Provencale' Buttered Beans & Garlic Potato Mashed \$5.00	Fish n Chips n Potatoes Wedges \$5.00
Stir-Fried Udon Noodles with Beef Teriyaki & Green Vegetables \$3.50	Wok-Fried Butter Chicken, Oriental-Style, Green Vegetables & Steamed Rice \$3.50	Sweet n Sour Fish, Green Vegetables & Steamed Rice \$3.50	Stir-Fried Pork with Asian BBQ-Pineapple Coulis, Green Vegetables & Steamed Rice \$3.50	Chinese Beef Casserole, Green Vegetables & Steamed Rice \$3.50
Moroccan Vegetables Stew & Olive Butter Rice \$3.50	Cheesy Tortilla Rolls with Roasted Peppers In Picante Tomato Coulis & Side Salad \$3.50	Vegetarian Mee Goreng with Samosa X3, Tomato & Cucumber Slices \$3.50	Spaghetti with Basil & Tomato Sauce, Green Vegetables & Wholemeal Garlic Bread X1 \$3.50	Roasted Vegetables Lasanga, Side Salad & Wholemeal Garlic Bread X1 \$3.50
Stir-Fried Lamb with Three Colour Peppers, Green Vegetables & Steamed Rice \$5.00	Oven-Baked Pork Cutlet with Caramelized Onion with Parmesan, Steamed Vegetables & Steamed Rice \$5.00	Gratinated Dory Fillet with Parmesan Crust, Buttered Cauliflower & Pilaf Rice \$5.00	Beef Stragnoff with Buttered Beans & Olive Pilaf Rice \$5.00	Wok-Fried Chicken with Plum Sauce, Green Vegetables & Steamed Rice \$3.50
SLICED WHOLEMEAL PIZZAS				
Beef Fajitas		Cheesy Tuna		Pepperoni
Two Cheese		Tomato & Cheese		Margarita
Single Slice \$3.00		Single Slice \$3.00		Single Slice \$3.00
Two Slices \$5.00		Two Slices \$5.00		Two Slices \$5.00
RICE, NAAN BREAD & CURRIES				
Naan \$1.80	Naan / Briyani Rice \$1.80	Naan \$1.80	Naan / Buttered Basmati Rice \$1.80	Naan \$1.80
Meat Curry \$3.00	Meat Curry \$3.00	Meat Curry \$3.00	Meat Curry \$3.00	Meat Curry \$3.00
Vegetable Curry \$1.20	Vegetable Curry \$1.20	Vegetable Curry \$1.20	Vegetable Curry \$1.20	Vegetable Curry \$1.20
BACON / SAUSAGES ROLLS & PANINIS				
Bacon Roll \$2.50	Pork Sausage Wholemeal Roll \$3.00	Bacon Roll \$2.50	Pork Sausage Wholemeal Roll \$3.00	Bacon Roll \$2.50
Beef Fajitas	Pepperoni	Spicy Sausage & Onion	Teriyaki Chicken & Nori	Bacon & Egg
Gourmet Cheese & Tomato \$4.00	Gourmet Cheese & Tomato \$4.00	Gourmet Cheese & Tomato \$4.00	Gourmet Cheese & Tomato \$4.00	Gourmet Cheese & Tomato \$4.00
SUSHI, HANDROLLS, DANISHES, PUFFS & SNACKS				
Assorted Sushi \$2.50		Assorted Sushi \$2.50		Assorted Sushi \$2.50
Californi Handroll \$2.50		Californi Handroll \$2.50		Californi Handroll \$2.50
Chocolate Roll \$2.20	Chocolate Crossiant \$2.20	Cinnamon Croissant \$2.20	Custard & Raisin Twist \$2.20	Chocolate Roll \$2.20
Butter Croissant \$2.20	Blueberry Muffin \$2.80	Chocolate Muffin \$2.80	Banana Muffin \$2.80	Chocolate Chip Muffin \$2.80
Chicken Pie \$2.80	Tuna Puff \$2.80	Chicken Curry \$2.80	Tuna Puff \$2.80	Chicken Pie \$2.80
SMOOTHIES, JUICES, BOTTLED BEVERAGES				
Smoothies \$3.50	Smoothies \$3.50	Smoothies \$3.50	Smoothies \$3.50	Smoothies \$3.50
Juices \$2.00	Juices \$2.00	Juices \$2.00	Juices \$2.00	Juices \$2.00
Bottled Beverages \$1.50 - \$2.50	Bottled Beverages \$1.50 - \$2.50	Bottled Beverages \$1.50 - \$2.50	Bottled Beverages \$1.50 - \$2.50	Bottled Beverages \$1.50 - \$2.50
OTHERS				
DIY Salad \$1.00 - \$3.00	DIY Salad \$1.00 - \$3.00	DIY Salad \$1.00 - \$3.00	DIY Salad \$1.00 - \$3.00	DIY Salad \$1.00 - \$3.00
Sandwiches \$4.00	Sandwiches \$4.00	Sandwiches \$4.00	Sandwiches \$4.00	Sandwiches \$4.00
Fruits \$0.60	Fruits \$0.60	Fruits \$0.60	Fruits \$0.60	Fruits \$0.60

SENIOR SCHOOL MENU JUNE 2010

Week 3

21-Jun-10	22-Jun-10	23-Jun-10	24-Jun-10	25-Jun-10
A LA CARTE HOT MEALS				
Cottage Beef Pie & Side Salad \$5.00	Grilled Salmon Fillet with Capers Sauce, Buttered Beans & Sauteed Potatoes \$5.00	Lamb & Eggplant Ragout 'Gremolata' Buttered Honey Peas & Pilaf Rice \$5.00	Penne Pasta with Beef Bolognese, Green Salad & Wholemeal Bread X1 \$5.00	Hot n Kickin Chicken Drumstick, Steamed Broccoli & Pilaf Rice \$5.00
Basil Fried Rice with Thai Mango Chcken & Green Vegetables \$3.50	Hainanese Pork Cutlet with Tomato Sauce, Green Vegetables & Steamed Rice \$3.50	Wok-Fried Chcken with Zesty Lemon Coulis, Green Vegetables & Steamed Rice \$3.50	Crispy Fish Fillet with Oat-Cereal & Green Vegetables & Steamed Rice \$3.50	Wok-Fried Beef with Gingery Oyster Sauce, Green Vegetables & Steamed Rice \$3.50
Cheesy Quesadilla with Tomato & Chipotle Pepper & Green Salad \$3.50	Vegetarian Fried Rice with Crispy Tofu, Shredded Lettuce \$3.50	Vegetarian Hong Kong Noodles with Spring Roll X3 & Shredded Lettuce \$3.50	Tomato with Zucchini Stew & Pilaf Rice \$3.50	Baked Macaroni with Cheese, Side Salad & Wholemeal Gralic Bread X1 \$3.50
Buttered Roasted Chicken with Rosemary, Glazed Vegetables & Wholemeal Garlic Bread \$5.00	Spaghetti alla Carbonara, Side Salad & Wholemeal Garlic Bread X1 \$5.00	Oven-Baked Dory Fillet with Anchovy Pesto, Steamed Broccoli & Pilaf Rice \$5.00	Grilled Chicken with Moroccan Spike, Side Salad & Olive Pilaf Rice \$5.00	Irish Lamb Stew, Steamed Broccoli & Pilaf Rice \$3.50
SLICED WHOLEMEAL PIZZAS				
Teriyaki Chicken		Beef Fajitas		Pepperoni
Two Cheese		Tomato & Cheese		Margarita
Single Slice \$3.00		Single Slice \$3.00		Single Slice \$3.00
Two Slices \$5.00		Two Slices \$5.00		Two Slices \$5.00
RICE, NAAN BREAD & CURRIES				
Naan \$1.80	Naan / Briyani Rice \$1.80	Naan \$1.80	Naan / Pilau Rice \$1.80	Naan \$1.80
Meat Curry \$3.00	Meat Curry \$3.00	Meat Curry \$3.00	Meat Curry \$2.00	Meat Curry \$3.00
Vegetable Curry \$1.20	Vegetable Curry \$1.20	Vegetable Curry \$1.20	Vegetable Curry \$1.20	Vegetable Curry \$1.20
BACON / SAUSAGES ROLLS & PANINIS				
Bacon Roll \$2.50	Pork Sausage Wholemeal Roll \$3.00	Bacon Roll \$2.50	Pork Sausage Wholemeal Roll \$3.00	Bacon Roll \$2.50
Beef Fajitas	Teriyaki Chicken & Nori	Spicy Sausage & Onion	Pepperoni	Bacon & Egg
Gourmet Cheese & Tomato \$4.00	Gourmet Cheese & Tomato \$4.00	Gourmet Cheese & Tomato \$4.00	Gourmet Cheese & Tomato \$4.00	Gourmet Cheese & Tomato \$4.00
SUSHI, HANDROLLS, DANISHES, PUFFS & SNACKS				
Assorted Sushi \$2.50		Assorted Sushi \$2.50		Assorted Sushi \$2.50
Californi Handroll \$2.50		Californi Handroll \$2.50		Californi Handroll \$2.50
Chocolate Roll \$2.20	Chocolate Crossiant \$2.20	Cinnamon Croissant \$2.20	Custard & Raisin Twist \$2.20	Chocolate Roll \$2.20
Butter Croissant \$2.20	Blueberry Muffin \$2.80	Chocolate Muffin \$2.80	Banana Muffin \$2.80	Chocolate Chip Muffin \$2.80
Chicken Pie \$2.80	Tuna Puff \$2.80	Chicken Curry \$2.80	Tuna Puff \$2.80	Chicken Pie \$2.80
SMOOTHIES, JUICES, BOTTLED BEVERAGES				
Smoothies \$3.50	Smoothies \$3.50	Smoothies \$3.50	Smoothies \$3.50	Smoothies \$3.50
Juices \$2.00	Juices \$2.00	Juices \$2.00	Juices \$2.00	Juices \$2.00
Bottled Beverages \$1.50 - \$2.50	Bottled Beverages \$1.50 - \$2.50	Bottled Beverages \$1.50 - \$2.50	Bottled Beverages \$1.50 - \$2.50	Bottled Beverages \$1.50 - \$2.50
OTHERS				
DIY Salad \$1.00 - \$3.00	DIY Salad \$1.00 - \$3.00	DIY Salad \$1.00 - \$3.00	DIY Salad \$1.00 - \$3.00	DIY Salad \$1.00 - \$3.00
Sandwiches \$4.00	Sandwiches \$4.00	Sandwiches \$4.00	Sandwiches \$4.00	Sandwiches \$4.00
Fruits \$0.60	Fruits \$0.60	Fruits \$0.60	Fruits \$0.60	Fruits \$0.60

SENIOR SCHOOL MENU JUNE 2010

Week 4

28-Jun-10		29-Jun-10		30-Jun-10		01-Jul-10		02-Jul-10	
A LA CARTE HOT MEALS									
Spiced Beef Lasagna Salad, Tomato Bruschetta \$5.00		Italian Pork Chipolata with Gravy, Roasted Eggplant, Parmesan & Mashed Potatoes \$5.00		Oven-Baked Chicken Marengo, Sauteed Vegetables, Olive & Peas Rice \$5.00					
Fish Fillet with Tangy Fruit Salsa, Green Vegetables & Steamed Rice \$3.50		Wok-Fried Chicken 'Kung Pao', Green Vegetables & Steamed Rice \$3.50		Thai Red Pork Curry, Green Vegetables & Steamed Rice \$3.50					
Spanish Omelette & Baked Beans \$3.50		Quesadilla with Cheese, Tomato Confit & Side Salad \$3.50		Baked Pasta with Tomato & Cheese, Side Salad & Wholemeal Garlic Bread X1 \$3.50					
Roasted Porkloin with Sweet Paprika Sauce, Buttered Peas & Wholemeal Garlic Bread \$5.00		Beef Goulash, Buttered Peas & Pilaf Rice \$5.00		Stir-Fried Beef with Asparagus, Green Vegetables & Steamed Rice \$3.50					
SLICED WHOLEMEAL PIZZAS									
Teriyaki Chicken				Beef Fajitas					
Two Cheese				Tomato & Cheese					
Single Slice \$3.50				Single Slice \$3.50					
Two Slices \$5.00				Two Slices \$5.00					
RICE, NAAN BREAD & CURRIES									
Naan \$1.80		Naan / Briyani Rice \$1.80		Naan \$1.80					
Meat Curry \$3.00		Meat Curry \$2.00		Meat Curry \$3.00					
Vegetable Curry \$1.20		Vegetable Curry \$1.20		Vegetable Curry \$1.20					
BACON / SAUSAGES ROLLS & PANINIS									
Bacon Roll \$2.50		Pork Sausage Wholemeal Roll \$3.00		Bacon Roll \$2.50					
Beef Fajitas		Teriyaki Chicken & Nori		Spicy Sausage & Onion					
Gourmet Cheese & Tomato \$4.00		Gourmet Cheese & Tomato \$4.00		Gourmet Cheese & Tomato \$4.00					
SUSHI, HANDROLLS, DANISHES, PUFFS & SNACKS									
Assorted Sushi \$2.50				Assorted Sushi \$2.50					
Californi Handroll \$2.50				Californi Handroll \$2.50					
Chocolate Roll \$2.20		Chocolate Crossiant \$2.20		Cinnamon Croissant \$2.20					
Butter Croissant \$2.20		Blueberry Muffin \$2.80		Chocolate Muffin \$2.80					
Chicken Pie \$2.80		Tuna Puff \$2.80		Chicken Curry \$2.80					
SMOOTHIES, JUICES, BOTTLED BEVERAGES									
Smoothies \$3.50		Smoothies \$3.50		Smoothies \$3.50					
Juices \$2.00		Juices \$2.00		Juices \$2.00					
Bottled Beverages \$1.50 - \$2.50		Bottled Beverages \$1.50 - \$2.50		Bottled Beverages \$1.50 - \$2.50					
OTHERS									
DIY Salad \$1.00 - \$3.00		DIY Salad \$1.00 - \$3.00		DIY Salad \$1.00 - \$3.00					
Sandwiches \$4.00		Sandwiches \$4.00		Sandwiches \$4.00					
Fruits \$0.60		Fruits \$0.60		Fruits \$0.60					