

# Lunch Menu for June Pre-school to Gr.8

As part of our eco-awareness drive, The OYIS Lunch Menu is only available at school HP community page.

Thank you for your cooperation.

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			deep fried salmon with tartar sauce Hijiki simmered with soy beans potatoes simmered with mince meat rice with perilla fruits	chicken simmered with tomato sauce  egg roll Indian spaghetti rice with bonito flakes fruits
5	6	7	8	9
fried noodle fried chicken Chinese sweet potato fried fish cake steamed pumpkin fruits	potato& sausage fried with broccoli tuna mayo spaghetti deep fried vegetable tofu rice with salmon flakes fruits	hamburg with Teriyaki Sauce pumpkin salad carrot scramble egg rice with salmon flakes fruits	Keema curry potato salad egg roll turmeric rice fruits	spaghetti Bolognese potato croquette steam corn broccoli mimosa style custard pudding
12	13	14	15	16
chicken simmered with egg potato salad spinach tossed with sesame rice with bonito flakes fruits	potato macaroni gratin meat ball broccoli tossed with sesame rice with bonito flakes fruits	Spanish omelette fried chicken simmered dried radish rice with kelp fruits	pork and potato stew Japanese style  pumpkin tempura mastered leaf tossed with soy sauce rice with salmon flakes fruits	curry and rice custard pudding
19	20	21	22	23
scramble tofu burdock tempura spinach tossed with bonito flakes rice with kelp fruits	fish tempura broccoli aurora sauce onion and corn tempura rice with perilla fruits	deep fried potato and tempura simmered aubergine Dutch style mastered leaf tossed with soy sauce  rice with kelp fruits	Hamburg with brown sauce sweeten carrot sausage and spinach dried tofu simmered with egg rice with bonito flakes fruits	chicken cutlet with tomato sauce radish and seafood stick salad simmered pumpkin rice with bonito flakes fruits
26	27	28	29	30
chop suey meat ball Chinese style Chinese potato rice with bonito flakes fruits	Spanish mackerel teriyaki style garden peas fried with egg potato simmered with fish cake seasoned rice fruits	no school	no school	no school