

# Lunch Menu for October Pre-school to Gr.9

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

Thank you for your cooperation.

2	3	4	5	6
simmered vegetable Chikuzen style pumpkin tempura mustard leaf tossed with soy sauce rice with salmon flakes fruits	Chicken cutlet with tomato sauce macaroni salad dried shredded radish rice with perilla fruits	Spanish mackerel grilled with sesame deep fried pumpkin Teriyaki meat ball bok choy and carrot sautéed with egg rice with hijiki fruits	hamburg with curry sauce German potato soy beans simmered with kelp rice with salmon flakes fruits	beef stew tuna spaghetti salad broccoli tossed with sesame rice with bonito flakes fruits
9	10	11	12	13
no school	Keema curry potato salad egg roll rice with bonito flakes fruits	grilled saury cabbage tossed with bonito flakes pork and Chinese cabbage simmered with carrot deep fried taro sweet potato steamed rice fruits	pork cutlets simmered with egg burdock Kimpira green leaf tossed with mushroom rice with kelp fruits	no school
16	17	18	19	20
potato simmered with chicken mince meat 3 different mix vegetable deep fried fish cake rice with salmon flakes fruits	vegetable omelets Japanese style fried chicken carrot and radish simmered with fish cake rice with salmon flakes fruits	fried chicken Norwegian style potato salad hijiki rice with salmon flakes fruits	macaroni potato gratin fried chicken sweet potato salad ketchup fried rice	pork and vegetable star fry with sesame dressing sweet potato tempura potatoes simmered with mince meat rice with kelp fruits
23	24	25	26	27
Chicken with tartar sauce sausage with spinach potato salad rice with kelp fruits	fish tempura with thick vegetable sauce soybeans simmered with kelp dried shredded radish rice with perilla fruits	deep fried shirimp and sweet potato spinach tossed with sesame cabbage salad rice with bonito flakes fruits	spaghetti radish and tuna sauce potato qoroquette sweeten carrots broccoli tossed with sesame simmered pumpkin Halloween desert	curry and rice custard pudding
30	31			
no school	no school			