

# Lunch Menu for November 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.

6	7	8	9	10
Spanish Omelette Fried Chicken Chinese Cabbage Simmered with Tuna Spinach and Sausage Sautee Rice with Salmon Flakes Fruits	Japanese Oden Spinach tossed with Soy Sauce Fish Cake Tempura Rice with Kelp Fruits	Deep Fried Shrimp and Potato Fried Vegetables Broccoli, mimosa style Rice with Perilla Fruits	Fried Noodles, Shanghai Style Chicken Teriyaki Egg Roll Sweet Carrots Sweet Potato Tempura Fruits	Chicken and Pumpkin Cream Stew Hijiki Tuna Spaghetti Salad Rice with Kelp Fruits
13	14	15	16	17
Pork, Yanagawa style Potato and Corn Salad Broccoli tossed with Sesame Rice with Perilla Fruits	Croquette Sweeten Carrot Mustard Leaf tossed with Soy Sauce Cabbage and Tuna Salad Rice with Bonito Flakes Fruits	Grilled Salmon with Cheese and Bread Crumble Steamed Sweet Potato Pumpkin Potato Salad Curry Pilaf Fruits	Tofu Hamburg Mushroom Sauce Bok Choy and Egg Sautee Sweet Potato simmered with Lemon Rice with Salmon Flakes Fruits	Chicken Mince Curry and Rice Custard Pudding
20	21	22	23	24
Potato simmered with Pork Deep Fried Fish Cake Spinach and Carrot Salad with Dried Fish Rice with Kelp Fruits	Deep Fried Pork Cutlet Indian Spaghetti Broccoli, mimosa style Rice with Perilla Fruits	Hamburg with Brown Sauce Mustard Leaf tossed with Sesame Coleslaw Salad Rice with Bonito Flakes Fruits	Sports day	Spinach and Potato Macaroni Gratin Meatballs Pumpkin Salad Rice with Bonito Flakes Fruits
27	28	29	30	
Chop Suey Meatballs, chinese style Chinese Sweet Potato Rice with Bonito Flakes Fruits	Chicken Tartar Sauce Radish and Carrot simmered with Fried Tofu Vegetables tossed with Soy Sauce Rice with Perilla Fruits	Salmon, chan-chan style Pork simmered with Chinese Cabbage Deep Fried Radish Rice with Kelp Fruits	Spaghetti Bolognese Fried Chicken Fried Potato Broccoli tossed with Sesame Sweet Potato Salad	