

Lunch Menu for December 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.

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				vegetable and chicken simmered with curry penne arrabbiata deep fried lotus root rice with bonito flakes fruits
4	5	6	7	8
Chicken simmered with egg mastered leaf tossed with dried fish sweet potato tempura rice with bonito flakes fruits	beef stew tuna spaghetti salad broccoli mimosa style rice with perilla fruits	chicken cutlet with tomato sauce spinach and egg Sautee shredded radish rice with bonito flakes fruits	Spaghetti tomato sauce fried chicken sweeten carrot broccoli tossed with bonito flakes pumpkin salad fruits	curry and rice custard pudding
11	12	13	14	15
pork and potato stew Japanese style cabbage and tuna salad deep fried fish cake rice with perilla fruits	grilled salmon tartar sauce spinach tossed with bonito flakes macaroni salad rice with kelp fruits	deep fried shrimp and sweet potato spinach and egg simmered pumpkin rice with bonito flakes fruits	macaroni gratin teriyaki meat ball radish and tuna salad tomato ketchup rice cake	half day