

Lunch Menu for February 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.

			1	2
			variety sushi rice grilled mackerel soy beans simmered with kelp spinach tossed with soy sauce soy bean pudding	cream stew teriyaki meat ball spaghetti salad rice with bonito flakes fruits
5	6	7	8	9
potato and pork stew Japanese style broccoli mimosa style mustard leaf tossed with dried fish rice with kelp fruits	grilled salmon with corn and mayo simmered dried radish sweet potato with butter rice with kelp fruits	chicken cutlet with tomato sauce burdock Kinpira style Teriyaki meat ball simmered pumpkin rice with salmon flakes fruits	Hamburg with brown sauce German potato corn mustard leaf tossed with soy sauce rice with bonito flakes fruits	curry and rice custard pudding
12	13	14	15	16
No School	fish with thick vegetable sauce simmered bean curd Hijiki rice with kelp fruits	spaghetti tomato sauce mustard leaf tossed with soy sauce freezes dry tofu simmered with egg rice with kelp fruits	pork cutlet with aurora sauce simmered dried radish potato salad rice with perilla fruits	fried chicken simmered with radish simmered pumpkin Chinese cabbage simmered with pork rice with salmon flakes fruits
19	20	21	22	23
potato gratin Teriyaki meat ball cabbage and apple salad ketchup rice fruits	simmered pork Yanagawa style mustard leaf tossed with sesame macaroni salad rice with bonito flakes fruits	deep fried salmon tartar sauce penne araviata potato salad rice with bonito flakes fruits	tofu humberg with radish sauce sweetened carrot mustard leaf tossed with soy sauce freeze dry tofu simed with egg rice with bonito flakes	fried noodle fried chicken fried potato tuna and vegetable tossed with sesame steamed corn fruits
26	27	28		
bean curd and broccoli salad Chinese cabbage stimmed with tuna rice with bonito flakes fruits	mackerel slimmed with curry broccoli salad Chinese cabbage stimmed with tuna rice with bonito flakes fruits	chicken with tartar sauce steamed vegetable spinach tossed with sesame rice with salmon flakes fruits		