

# Lunch Menu for March 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 Sushi rice grilled salmon shredded radish broccoli tossed with sesame peach pudding	chicken cutlet with tomato sauce freeze dry tofu simmered with carrot broccoli mimosa salad rice with perilla fruits
5	6	7	8	9
macaroni potato gratin teriyaki meat ball cabbage and tuna salad curry pilaf fruits	deep fried salmon with tartar sauce sweet carrot spinach tossed with soy sauce simmered pumpkin fruits	curry Hamburg spinach tossed with bonito flake corn rice with bonito flakes fruits	tuna and corn spaghetti fried chicken sweet potato salad egg roll fruits	curry and rice custard pudding
12	13	14	15	16
chop suey Chinese meat ball Chinese potato rice with bonito flakes fruits	tofu hamburg with teriyaki sauce mustard leaf and egg sautéed shredded radish rice with kelp fruits	Spanish Omelet fried chicken penne allabiata broccoli tossed with sesame fruits	pork cutlet macaroni salad spinach and carrot tossed with mushroom rice with perilla fruits	potato croquette broccoli tossed with sesame egg roll pumpkin simmered with cream sauce rice with bonito flakes
19	20	21	22	23
simmed vegetable Chikuzen style fish cake tempura vegetable tossed with soy sauce rice with bonito flakes fruits	fried noodle fried chicken corn simmered sweet potato fruits	spring concert half day	fish with thick vegetable sauce mustard leaf and egg sautéed radish simmered with minced meat rice with bonito flakes fruits	half day