

Lunch Menu for May 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.

7	8	9	10	11
keema curry potato salad deep fried radish turmeric rice fruits consomme soup	fish with thick vegetable sauce simmered shredded radish broccoli mimosa salad rice with kelp fruits miso soup	egg roll with vegetable teriyaki meat ball simmered tofu and carrot spinach tossed with soy sauce rice with bonito flake fruits miso soup	grilled chicken with miso sweet carrot simmered hijiki pumpkin salad rice with salmon flake fruits miso soup	shrimp deep fried potato and sweet potato tossed bok choy with sesame rice with bonito flake fruits consomme soup
14	15	16	17	18
meat spaghetti deep fried chicken deep fried potato steamed vegetables custard pudding corn soup	vegetable pot-au-feu teriyaki chicken macaroni salad rice with kelp fruits miso soup	bibimbap candied sweet potato chinese meat ball rice with bonito flake fruits Chinese soup	deep fried fish with tartar sauce curry flavored fish cake tempura burdock kinpira style rice with seaweed fruits miso soup	chicken cutlet with tomato sauce bok choy and carrot tossed with soy sauce salty-sweet simmered potato and fish cake rice with salmon flake fruits consomme soup
21	22	23	24	25
School Holiday	tofu hamburg with teriyaki sauce cabbage and tuna salad steamed vegetables rice with salmon flake fruits egg soup	potato and pork stew Japanese style curry flavor fish cake tempura broccoli tossed with sesame rice with perilla fruits miso soup	grilled salmon and corn with mayonnaise curry flavored pork and vegetable sautéed deep fried Chinese yam rice with kelp fruits miso soup	curry rice custard pudding
28	29	30	31	
simmered pork Yanagawa style tossed mustard leaf and mushroom simmered sweet potato with lemon rice with perilla fruits miso soup	pork cutlet with aurora sauce Chinese cabbage and dried fish tossed with vinegar simmered hijiki rice with bonito flake fruits miso soup	fish tempura with sea weed simmered potato with minced meat tossed vegetables with soy sauce rice with kelp fruits miso soup	grilled vegetables and pork fish cake tempura with sea weed boiled corn simmered pumpkin egg roll fruits miso soup	