

HEALTHY EATING FOR CHILDREN

BON APPETIT

05 - 09 SEPT

| COUNTRY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------|------------------|-------------|---------------------------|---------------------------------|-------------------------------|
| | Chinese | Continental | Italian | National | American |
| LUNCH | Special fry Rice | Chicken DG | Spaghetti Bolognese Salad | Fried pan Fish Vegetable Bobolo | Hamburger French fries Salade |
| Dessert | Dessert | Dessert | Dessert | Dessert | Drink |

12 - 16 SEPT

| COUNTRY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------|-------------------|---------------------------------------|---------------------------------|-----------------------------|----------------------------------|
| | Continental | Italian | Continental | Continental | American |
| LUNCH | Chicken Stew Rice | Spaghetti Napoli Salad / Garlic Bread | Swedish Meatball Baked potatoes | Fish Skewers Bobolo / Salad | Club Sandwich French fries Salad |
| Dessert | Dessert | Dessert | Dessert | Dessert | Drink |

19 - 23 SEPT

| COUNTRY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------|--------------------------------------|----------------------------------------|-------------------|-----------------------------|---------------------------------------|
| | Continental | American | National | National | Turkish |
| LUNCH | Stir-fry cabbage Meat Fried plantain | Chilli Con Carne Rice / Plantain Chips | Meat Ndole Bobolo | Grilled Fish Fried Plantain | stuffed pita bread French fries Salad |
| Dessert | Dessert | Dessert | Dessert | Dessert | Drink |

26 - 30 SEPT

| COUNTRY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------|-----------------------------------|-----------------------------|---------------------------|----------------------|-----------------------|
| | German | Asian | Continental | Senegalese | Italian |
| LUNCH | German cutlet Fries / Green beans | Sautéed pasta sausage Salad | Stir-fry Meat Rice/ Donut | Senegalese Rice Fish | Pizza Margarita Salad |
| Dessert | Dessert | Dessert | Dessert | Dessert | Drink |

Food Group:

- Blue:** milk product
- Brown:** starch-cereal
- Red:** meat-fish-eggs – beans
- Green:** fruits-vegetable
- Pink:** sugar product

100% HALAL

Meat supplier: Supermarket
Chicken supplier: Partner farm

COVID-19 isn't over, protect yourself and your loved ones



- Wear mask in the canteen
- Always wash hands before eating
- Do not share meals
- Respect social distances
- Do not share personal items

This menu is subject to change depending on availability of products in the market