



British International School  
**Lunch Menu**



All meals are served with rice, soup of the day and fresh fruit.  
The menu may vary as availability of fresh produce dictates.

**Monday 10<sup>th</sup> May 2010**

Penne with bacon, onion and tomato sauce.

or

Fried beef with black bean sauce.

served with

spring roll

fresh vegetables

**Tuesday 11<sup>th</sup> May 2010**

Deep fried shrimps in orange sauce.

or

Stewed beef.

served with

potato

fresh vegetables

**Wednesday 12<sup>nd</sup> May 2010**

Spaghetti bolognaise

or

Stir-fried pork with baby corn.

served with

garlic bread

fresh vegetables

**Thursday 13<sup>rd</sup> May 2010**

Deep fried chicken wing in honey sauce.

or

Pan fried fish with garlic and butter.

served with

sweet potatoes

fresh vegetables

**Friday 14<sup>th</sup> May 2010**

Baked macaroni cheese.

or

Pan fried beef.

served with

taro

fresh vegetables

**Monday 17<sup>th</sup> May 2010**

Tagliatelle tonghie speck (pasta bacon, mushroom cream sauce).

or

Deep fried fish with sweet and sour sauce..

served with

potato

fresh vegetables

**Tuesday 18<sup>th</sup> May 2010**

Honey garlic beef ball with b.b.q sauce.

or

Stewed bean curd with seafood.

served with

taro

fresh vegetables

**Wednesday 19<sup>th</sup> May 2010**

Fusilli alla putanesca (pasta anchovies, black olive, caper, and tomato).

or

Pan fried pork.

served with

onion ring

fresh vegetables

**Thursday 20<sup>th</sup> May 2010**

Deep fried chicken wing bread crumb.

or

Stir-fried beef with black bean sauce.

served with

garlic bread

fresh vegetables

**Friday 21<sup>st</sup> May 2010**

Pasta with sausage and tomato sauce.

Or

Stir -fried fish and tomato with coriander.

served with

sweet potato

fresh vegetables