



British International School

LUNCH MENU

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

	WEEK A	WEEK B	WEEK C
M O N D A Y	<p>pasta with ham, mushroom, green peas with cream sauce or sweet & sour chicken or (v) sweet & sour mixed vegetables</p> <p>served with french fries</p>	<p>spaghetti bolognese (beef) or roast chicken leg or (v) spaghetti bolognese (vegetable)</p> <p>served with mashed potato & spinach</p>	<p>Hong Kong beef or chicken lasagne or (v) vegetable lasagne</p> <p>served with mashed potato & pumpkin</p>
T U E S D A Y	<p>grilled beef marinade or shrimp tempura or (v) vegetable tempura (carrot/broccoli/sweetcorn/sweet potato)</p> <p>served with mashed potato & pumpkin</p>	<p>roasted pork loin with cream mushroom sauce or steamed chicken leg in soya sauce or (v) roasted pumpkin & potato with cream mushroom sauce</p> <p>served with sweet potato fries</p>	<p>chicken Cordon Bleu or steamed fish in soya sauce or (v) tofu & morning glory in soya sauce</p> <p>served with french fries</p>
W E D N E S D A Y	<p>beef & pumpkin curry or spaghetti bolognese (chicken) or (v) chickpeas & pumpkin curry</p> <p>served with mashed potato & spinach</p>	<p>penne pasta with ham in an onion & tomato sauce or chicken fillet in breadcrumbs with cream spinach sauce or (v) penne pasta with green/red pepper in an onion & tomato sauce</p> <p>served with mashed potato & pumpkin</p>	<p>honey garlic beef balls with BBQ sauce or macaroni cheese & chicken or (v) macaroni cheese</p> <p>served with mashed potato & spinach</p>
T H U R S D A Y	<p>steamed pork rib in black bean sauce or chicken fillet in breadcrumbs with avocado sauce or (v) tofu & mixed vegetables in black bean sauce</p> <p>served with mashed potato & pumpkin</p>	<p>honey garlic beef balls with sweet & sour sauce or chicken, sweet potato, pumpkin & coconut curry or (v) sweet potato, pumpkin & coconut curry</p> <p>served with mashed potato & spinach</p>	<p>roasted pork loin with avocado sauce or steamed chicken leg in soya sauce or (v) roasted pumpkin & potato with avocado sauce</p> <p>served with sweet potato fries</p>
F R I D A Y	<p>beef lasagne or chicken Cordon Bleu or (v) vegetable lasagne</p> <p>served with sweet potato fries</p>	<p>pasta with chicken, mushroom, green peas with cream sauce or sweet & sour fish or (v) sweet & sour mixed vegetables & tofu</p> <p>served with taro fries</p>	<p>spaghetti bolognese (beef) or BBQ chicken leg or (v) spaghetti bolognese (vegetable)</p> <p>served with mashed potato & spinach</p>