

# Lunch Menu for January 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.

| 8  | 9   | 10  | 11  | 12   |
|--|---|---|---|--|
| no school  | fish meunière<br>sweetened carrot<br>tuna and Hijiki salad<br>simmered bean card<br>rice with bonito flakes<br>fruits | chicken tartar<br>potato salad<br>mustard leaf tossed with dried fish<br>and carrot<br>rice with salmon flakes<br>fruits                  | tofu hamburg with radish sauce<br>sweet potato salad<br>Chinese cabbage and carrot<br>simmered with tuna<br>rice with perilla<br>fruits | potato and beef stew Japanese style<br>deep fried radish<br>cabbage tossed with perilla<br>rice with bonito flakes<br>fruits |
| 15   | 16  | 17  | 18  | 19   |
| seaweed rice<br>deep fried fish<br>sweeten carrot<br>fish cake tempura<br>spinach tossed with sesame<br>fruits jelly | scrambled tofu<br>mustard leaf and mushroom sauté<br>sweet potato simmered with lemon<br>rice with perilla<br>fruits  | potato gratin<br>spinach tossed with sesame<br>Teriyaki meat ball<br>pilaf<br>fruits  | spaghetti Bolognese<br>fried chicken<br>sweeten carrot<br>broccoli salad<br>egg roll<br>fruits  | pork cutlet with aurora sauce<br>simmered dried raddish  |
| 22   | 23  | 24  | 25  | 26   |
| keema curry<br>egg roll<br>potato salad<br>turmeric rice<br>fruits   | chop suey<br>Chinese potato<br>Chinese meat ball<br>rice with bonito flakes<br>fruits                                 | fish with thick vegetable sauce<br>mustard leaf tossed with soy sauce<br>freezed dried tofu simmered with egg<br>rice with kelp<br>fruits | hamburg with brown sauce<br>German potato<br>corn<br>rice with perilla<br>fruits  | curry and rice<br>custard pudding  |
| 29   | 30  | 31  |   |  |
| fried noodle<br>fried chicken<br>simmered pumpkin<br>Chinese potato<br>corn<br>fruits                                | simmered pork Yanagawa style<br>fish cake tempura<br>spinach tossed with sesame<br>rice with bonito flakes<br>fruits  | croquette<br>spinach and egg sauté<br>Chinese cabbage and carrot<br>simmered with tuna<br>rice with perilla<br>fruits                     |   |  |