

Lunch Menu for June 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.

				1 deep fried salmon with tartar sauce simmered hijiki and soy beans simmered potato with minced meat rice with perilla fruits miso soup
4 sweet and sour pork bok choy and egg sautéed sweet potato rice with bonito flake fruits egg soup	5 deep fried shrimp and potato with tartar sauce simmered egg plant simmered shredded radish rice with kelp fruits miso soup	6 grilled pork with sauce tossed spinach and carrot with sesame pumpkin tempura rice with bonito flake fruits miso soup	7 stir-fried wiener and broccoli tuna and mayonnaise spaghetti simmered deep fried tofu rice with salmon flake fruits consomme soup	8 chicken cutlet with tomato sauce cabbage and sweet corn salad simmered pumpkin rice with bonito flake fruits miso soup
11 potato and pork stew Japanese style fish cake tempura with seaweed tossed mustard leaf with soy sauce rice with salmon flake fruits miso soup	12 potato gratin teriyaki meat ball tossed broccoli with sesame curry pilaf fruits consomme soup	13 simmered pork, bok choy, and thick fried tofu with oyster sauce spaghetti salad egg roll rice with kelp fruits seaweed soup	14 spaghetti with ketchup fried chicken boiled sweet corn broccoli mimosa style fruits consomme soup	15 curry rice custard pudding
18 Spanish omelet fried chicken simmered shredded radish simmered mustard leaf and tuna rice with perilla fruits miso soup	19 hamburg with brown sauce sweet carrot spinach and wiener simmered freeze dry tofu with egg fruits sweet corn soup	20 stir-fried tofu fried potato tossed spinach with bonito flake rice with kelp fruits miso soup	21 pork cutlet with sauce pumpkin salad simmered carrot with egg rice with salmon flake fruits miso soup	22 beef stew curry flavor stir-fried macaroni and minced meat tossed broccoli with sesame rice with bonito flake fruits consomme soup
25 stir-fried spaghetti with pork and vegetables curry flavor fish cake tempura boiled sweet corn fried potato sommered pumpkin custard pudding miso soup	26 fish tempura with sea weed broccoli with aurora sauce simmered Chinese cabbage and pork rice with perilla fruits egg soup	27	28	29