



2021 UBT International Menu

<u>Week 1</u>	Morning Snack	Lunch	
Monday	Coco Shell with Fresh Milk and Apple	(V) Wholemeal Fusilli Spinach & Pesto sauce with Chickpea , Cherry tomato and assorted salad Serve with parmesan cheese	
Tuesday	Banana Cake with Fresh Milk and Watermelon	Bake sweet and sour Fish Sauté Cauliflower, Sugar pea, carrot & capsicum, Serve with Mixed Brown rice, Assorted salad	
Wednesday	Potato Stick Biscuit with Fresh Milk and Honeydew	Japanese chicken curry with carrot & potato, Served with Mixed Brown Rice Assorted Salad	
Thursday	Raisin Bread With Fresh Milk and Apple	Salmon with egg fried Brown rice Sauté Cauliflower and Capsicum Assorted Salad	
Friday	Mango Peach Yoghurt with Cheese Cracker, Fresh Milk and Orange	Kunyt Chicken with Brown Rice Mixed, Cucumber & Corn Assorted salad	

<u>Week 2</u>	Morning Snack	Lunch	
Monday	Black & White Shell with Fresh Milk and Orange	Wholemeal Spaghetti with Chicken bolognaise Assorted Salad	
Tuesday	Butter Cake with Fresh Milk and Watermelon	Bake Teriyaki Chicken with Japanese cucumber Mixed Brown rice Assorted Salad	
Wednesday	Cheese Brown Rice Ring with Fresh Milk and Honeydew	Rosemary chicken Buttered Broccoli & carrots Mixed Brown Rice Assorted Salad	
Thursday	Hokkaido Milk Toast Bread with Butter, Fresh Milk and Apple	Tandoori Fish Tikka with Aloo Gobi Served with Mixed Brown Rice Assorted Salad	
Friday	Mango Peach Yoghurt with Cheese Cracker, Fresh Milk and Orange	Stir Fry wholemeal noodles with chicken cabbage, Carrot, egg & spring onion Assorted salad	

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<u>Week 3</u>	Morning Snack	Lunch	
Monday	Coco Shell with Fresh Milk and Apple	Wholemeal Pasta Aglio with Minced Chicken and Mixed Vegetables Assorted Salad	
Tuesday	Banana Cake with Fresh Milk and Watermelon	EtonHouse Hainanese chicken Mixed brown rice Japanese cucumber Assorted Salad	
Wednesday	Potato Stick Biscuit with Fresh Milk and Honeydew	Stir-fry ginger & spring onion Chicken Sauté Cabbage, Capsicum Carrot & black fungus, Serve with mixed brown rice Assorted Salad	
Thursday	Raisin Bread With Fresh Milk and Apple	Tuna with Tomato egg fried Brown rice, Saute Xiao bai Cai & mushroom Assorted Salad	
Friday	Mango Peach Yoghurt with Cheese Cracker, Fresh Milk and Orange	Honey Lemon Chicken with Mixed Brown Rice, Assorted Salad	

<u>Week 4</u>	Morning Snack	Lunch	
Monday	Black & White Shell with Fresh Milk and Orange	(V) Wholemeal Linguine with Pomodoro sauce, Spinach and Kernel Corns, Parmesan cheese, Assorted Salad	
Tuesday	Butter Cake with Fresh Milk and Watermelon	Chicken cube with egg fried brown rice, Saute chye sim with mushrooms Assorted Salad	
Wednesday	Cheese Brown Rice Ring with Fresh Milk and Honeydew	Stir Fry Wholemeal Bee Hoon with Chicken, Broccoli. Mushrooms, eggs and spring onion, Assorted Salad	
Thursday	Hokkaido Milk Toast Bread with Butter, Fresh Milk and Apple	Baked Biryani Chicken with Yoghurt sauce, Mixed brown rice Japanese cucumber Assorted Salad	
Friday	Mango Peach Yoghurt with Cheese Cracker, Fresh Milk and Orange	Teochew Steam Fish with Ginger Sauce & Spring Onion Stir Fry Broccoli & Cauliflower with Carrots, Mixed Brown Rice Assorted Salad	

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