



### 2021 UBT Vegetarian Menu

| <u>Week 1</u>    | <b>Morning Snack</b>  | <b>Lunch</b>  |  |
|------------------|---|---|--|
| <b>Monday</b>    | Coco Shell<br>with Fresh Milk<br>and Apple                              | (V) Wholemeal Fusilli Spinach & Pesto<br>sauce with Chickpea ,<br>Cherry tomato and assorted salad<br>Serve with parmesan cheese    |  |
| <b>Tuesday</b>   | Banana Cake<br>with Fresh Milk<br>and Watermelon                        | Stir fry sweet and sour Tofu<br>Sauté Cauliflower, Sugar pea, carrot &<br>capsicum<br>Serve with Mixed Brown rice<br>Assorted salad |  |
| <b>Wednesday</b> | Potato Stick Biscuit with<br>Fresh Milk<br>and Honeydew                 | <b>Japanese tofu curry with carrot &amp;<br/>potato</b><br>Served with Mixed Brown Rice<br>Assorted Salad                           |  |
| <b>Thursday</b>  | Raisin Bread<br>With Fresh Milk<br>and Apple                            | Fried Brown rice with <b>Edamame</b><br>Sauté Cauliflower and Carrot<br>Assorted Salad  |  |
| <b>Friday</b>    | Mango Peach Yoghurt<br>with Cheese Cracker,<br>Fresh Milk<br>and Orange | Curry Chickpea with Vegetables<br>Brown rice mixed<br>Cucumber & Corn<br>Assorted salad   |  |

| <u>Week 2</u>    | <b>Morning Snack</b>  | <b>Lunch</b>   |  |
|------------------|---|--|--|
| <b>Monday</b>    | Black & White Shell<br>with Fresh Milk<br>and Orange                    | Wholemeal Spaghetti with Vegetable<br>& beans Bolognese<br><b>Assorted Salad</b>   |  |
| <b>Tuesday</b>   | Butter Cake<br>with Fresh Milk<br>and Watermelon                        | Tofu, Carrot & capsicum Teriyaki<br>sauce with Japanese cucumber<br>Mixed Brown rice<br><b>Assorted Salad</b>                                      |  |
| <b>Wednesday</b> | Cheese Brown Rice Ring<br>with Fresh Milk<br>and Honeydew               | <b>Tomato Based Assorted Chickpeas<br/>with Straw Mushrooms, Carrots,<br/>Kidney Beans, Onions and Corn.</b><br>Mixed Brown Rice<br>Assorted Salad |  |
| <b>Thursday</b>  | Hokkaido Milk Toast<br>Bread with Butter,<br>Fresh Milk and Apple       | Lentil dal with Aloo Gobi<br>Served with mixed brown rice<br><b>Assorted Salad</b>   |  |
| <b>Friday</b>    | Mango Peach Yoghurt<br>with Cheese Cracker,<br>Fresh Milk<br>and Orange | Stir Fry wholemeal noodles with tofu,<br>cabbage, Carrot & spring onion<br>Assorted salad  |  |

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| <u>Week 3</u>    | <b>Morning Snack</b>  | <b>Lunch</b>  |  |
|------------------|---|---|--|
| <b>Monday</b>    | Coco Shell<br>with Fresh Milk<br>and Apple                              | <b>Wholemeal Pasta Aglio with<br/>Chickpeas and Mixed Vegetables<br/>Assorted Salad</b>   |  |
| <b>Tuesday</b>   | Banana Cake<br>with Fresh Milk<br>and Watermelon                        | <b>Soya sauce Steamed Tofu with Black<br/>fungus, carrot &amp; capsicum<br/>Mixed brown rice<br/>Assorted Salad</b>                             |  |
| <b>Wednesday</b> | Potato Stick Biscuit with<br>Fresh Milk<br>and Honeydew                 | Stir fry ginger & spring onion Tofu<br>Sauté Cabbage, Capsicum Carrot &<br>black fungus<br>Serve with mixed brown rice<br><b>Assorted Salad</b> |  |
| <b>Thursday</b>  | Raisin Bread<br>With Fresh Milk<br>and Apple                            | <b>Green Pea, Corn with Tomato Fried<br/>Brown rice<br/>Saute Xiao bai Cai &amp; mushroom<br/>Assorted Salad</b>                                |  |
| <b>Friday</b>    | Mango Peach Yoghurt<br>with Cheese Cracker,<br>Fresh Milk<br>and Orange | Honey Lemon Pumpkin with<br>cauliflower, chickpea and roasted<br>carrot, Mixed Brown Rice<br><b>Assorted Salad</b>                              |  |

| <u>Week 4</u>    | <b>Morning Snack</b>  | <b>Lunch</b>  |  |
|------------------|---|---|--|
| <b>Monday</b>    | Black & White Shell<br>with Fresh Milk<br>and Orange                    | <b>(V) Wholemeal Linguine with<br/>Pomodoro sauce, Spinach, Kernel<br/>Corns and bake beans<br/>Parmesan cheese, Assorted Salad</b>       |  |
| <b>Tuesday</b>   | Butter Cake<br>with Fresh Milk<br>and Watermelon                        | Fried brown rice with Tofu<br><b>Saute chye sim with mushroom<br/>Assorted Salad</b>  |  |
| <b>Wednesday</b> | Cheese Brown Rice Ring<br>with Fresh Milk<br>and Honeydew               | <b>Stir Fry Wholemeal Bee Hoon with<br/>edamame, Broccoli. Mushrooms<br/>and spring onion, Assorted Salad</b>                             |  |
| <b>Thursday</b>  | Hokkaido Milk Toast Bread<br>with Butter,<br>Fresh Milk and Apple       | Lentil with potato, carrot & Brinjal<br>Mixed brown rice<br><b>Assorted Salad</b>   |  |
| <b>Friday</b>    | Mango Peach Yoghurt<br>with Cheese Cracker,<br>Fresh Milk<br>and Orange | Teochew Steam Tofu with Ginger<br>Sauce & Spring Onion<br>Stir Fry long cabbage with Carrots<br>Mixed Brown Rice<br><b>Assorted Salad</b> |  |

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