



# Ambassador Bilingual Academy (ABA)

## SCHOOL SNACK AND LUNCH PROGRAM: JANUARY 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

17

Morning Break: Cereal and fruit

Lunch:

- Chicken stir fried in Teriyaki Sauce
- Clear soup with eggs and sausages
- Stream rice - Salad
- Seasonal Fruit

Aftersnack: Yogurt and fruit

18

Morning Break: Mushroom Congee with pork

Lunch:

- Egg with Tamarind Sauce
- Clear soup with tofu, glass noodles, and minced pork
- Stream rice - Salad - Seasonal Fruit

Aftersnack: Steamed buns with

19

Morning Break: Corn Soup and Bread

Lunch:

- Fish and Chips
- Mashed potatoes
- Salad
- Seasonal Fruit

Aftersnack: Yogurt drink

20

Morning Break: Cereal and fruit

Lunch:

- Braised chicken noodles and bok choy
- Minced pork and carrot omelette
- Streamed rice
- Salad - Seasonal Fruit

Aftersnack: Pandan Layer Cake

21

Morning Break: Porridge with chicken

Lunch:

- Stir-fried macaroni with minced chicken
- Fried sausage
- Salad
- Seasonal Fruit

Aftersnack: Croissant

24

Morning Break: Corn Soup and Baguettes

Lunch:

- Chicken stir fried in Teriyaki Sauce
- Clear soup with tofu, glass noodles, and minced pork
- Stream rice - Salad - Seasonal Fruit

Aftersnack: Yogurt and fruit

25

Morning Break: Mushroom Congee with pork

Lunch:

- Roasted Chicken Rice
- Clear soup with tofu, Glass noodles, and minced pork
- Stream rice - Salad - Seasonal Fruit

Aftersnack: Croissant

26

Morning Break: Tuna mayonnaise sandwich

Lunch:

- Fried pork tonkatsu
- Clear soup with Chinese cabbage and minced pork
- Stream rice - Salad - Seasonal Fruit

Aftersnack: Yogurt drink

27

Morning Break: Cereal and fruit

Lunch:

- Pork Egg Stewed with Tofu
- Stir fried mixed vegetables with mushroom
- Stream rice
- Salad - Seasonal Fruit

Aftersnack: Pandan Layer Cake

28

Morning Break: Porridge with chicken

Lunch:

- Spaghetti with chicken
- Baguette and Whole Wheat Bread
- Salad
- Seasonal Fruit

Aftersnack: Banana cake

31

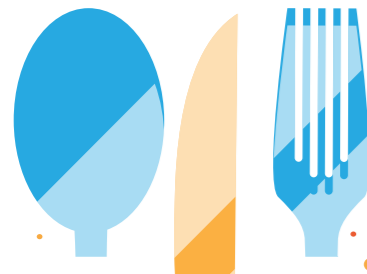
Morning Break: Waffle

Lunch:

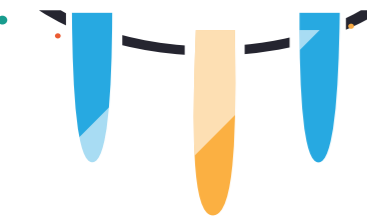
- Chicken stir fried in Teriyaki Sauce
- Clear soup with eggs and sausages
- Stream rice - Salad
- Seasonal Fruit

Aftersnack: Yogurt and fruit

### SCHOOL SNACK AND LUNCH PROGRAM: JANUARY 2022



# MENU



AMBASSADOR  
BILINGUAL ACADEMY (ABA)

This menu may change as appropriate  
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