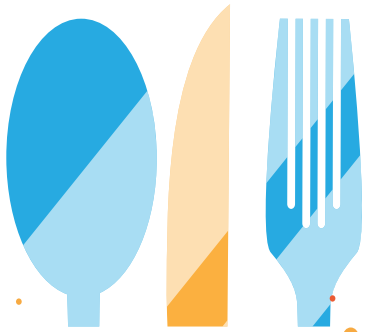




ABA MENU

**SCHOOL SNACK
AND LUNCH PROGRAM:
JUNE 2021**



MENU



**AMBASSADOR
BILINGUAL ACADEMY (ABA)**

Monday 14th June, 2021

Morning break: Corn soup + baguette

Lunch:

- Chicken stir fried in teriyaki sauce
- Clear soup with egg sausage clear noodles and minced pork balls
- Steamed rice
- Salad
- Seasonal fruit

Afternoon snack: Chocolate chip cookies

Tuesday 15th June, 2021

Morning break: Rice congee with mushrooms and minced pork

Lunch:

- Egg noodles with braised chicken and bok choy
- Omelet with minced pork and diced carrots
- Steamed rice
- Salad
- Seasonal fruit

Afternoon snack: Yogurt and fruit

Wednesday 16th June, 2021

Morning break: Crab stick and mayonnaise sandwiches

Lunch:

- Tonkatsu fried chicken
- Clear soup with chinese cabbage and minced pork
- Steamed rice
- Salad
- Seasonal fruit

Afternoon snack: Croissants

Thursday 17th June, 2021

Morning break: Cereal and fruit

Lunch:

- Pork leg with stewed egg
- Stir fried mixed vegetables with mushrooms
- Steamed rice
- Salad
- Seasonal fruit

Afternoon snack: Pandan layer cake

Friday 18th June, 2021

Morning break: Rice porridge with chicken

Lunch:

- Spaghetti with tomato sauce and chicken
- Garlic bread, wholewheat
- Salad
- Seasonal fruit

Afternoon snack: Banana cake

Monday 21st June, 2021

Morning break: Pumpkin soup and whole wheat bread

Lunch:

- Fish and chips
- Mashed potatoes
- Steamed rice
- Salad
- Seasonal fruit

Afternoon snack: Chocolate chip cookies

Tuesday 22nd June, 2021

Morning break: Congee with fish

Lunch:

- Fried rice with chicken and vegetables
- Clear soup with egg sausage
- Steamed rice
- Salad
- Seasonal fruit

Afternoon snack: Yogurt and fruit

Wednesday 23rd June, 2021

Morning break: Steamed buns with cream filling

Lunch:

- American fried rice
- Clear soup with egg tofu
- Steamed rice
- Salad
- Seasonal fruit

Afternoon snack: Croissants

Thursday 24th June, 2021

Morning break: Cereal and fruit

Lunch:

- Halanese chicken
- Gourd soup with chicken
- Steamed rice
- Salad
- Seasonal fruit

Afternoon snack: Vanilla layer cake

Friday 25th June, 2021

Morning break: Rice porridge with pork

Lunch:

- Spaghetti carbonara
- Garlic bread, wholewheat
- Salad
- Seasonal fruit

Afternoon snack: Brownies

Monday 28th June, 2021

Morning break: Corn soup + baguette

Lunch:

- Macaroni and chicken
- Shrimp bomb
- Steamed Rice
- Salad
- Seasonal Fruit

Afternoon snack: Yogurt and fruit

Tuesday 29th June, 2021

Morning break: Rice congee with mushrooms and minced chicken

Lunch:

- Fried rice with sausages
- Clear soup with egg tofu
- Steamed rice
- Salad
- Seasonal fruit

Afternoon snack: Banana cake

Wednesday 30th June, 2021

Morning break: Pancakes

Lunch:

- Fried pork tonkatsu
- clear soup with chinese cabbage and minced pork
- Steamed rice
- Salad
- Seasonal fruit

Afternoon snack: Steamed buns with minced pork