



Hagar Catering & Facilities Management

Hope School Canteen Menu 2017

WEEK I

Monday	Tuesday	Wednesday	Thursday	Friday
Mixed salad	Cucumber and sausage salad	Beet root and egg salad	Mango salad	Bean Sprout, cauliflower and Chicken Salad
Cantonese Fried Rice with minced chicken, egg, pineapple and vegetable	Roasted Mustard Chicken in Tarragon Sauce	Grilled beef teryaki sauce	Stir Fry Pork with onion, carrot and sweet pepper	Fish gratin
	Spaghetti	Cauliflour & Brocoli & Steam Rice	Penne	Steam potatoes & parsley
Water melon	Fruit Tart	Banana	Chocolate Cake	Fruit salad
Bread		Bread		Bread

WEEK II

Monday	Tuesday	Wednesday	Thursday	Friday
Tomato salad	Grated Carrot & Parsley in Salad	Mixed salad	Potato salad	Tomato & cucumber Salad
Fried chicken wing	Pork meat balls in Provencale sauce	Stir-fried sliced beef with cauliflower	Deep fried fish filet with Tartar sauce	Fried egg noodle with chicken and vegetable
Wedge potatos	Fussili & mushrooms	Steamed rice	Sweet corn in butter	
Pineapple	Bread Pudding	Fruit salad	Papaya	Butter Cake
	Bread		Bread	Bread

WEEK III

Monday	Tuesday	Wednesday	Thursday	Friday
Caesar salad	Pasta salad & eggs	Tomato cubes salad	Fresh vegetable salad	Coleslaw Salad
Sweet & sour Pork, cucumber, pineapple, tomato capsicum and onion	Beef Moussaka	Roast chicken leg	Fish filet in lemon and mushroom sauce	Pork khmer curry soup
Steam rice		Sauteed potatos	Stir fried mix beans and carrots & Steamed Rice	Fresh white noodle
Apple	Fruit Tart	Khmer dessert	Fruit salad	Butter Cake
	Bread	Bread	Bread	

WEEK IV

Monday	Tuesday	Wednesday	Thursday	Friday
Egg mimosa salad	Mixed salad	Tomato and cucumber salad	Greek Salad	Pork belly salad and vermicelli
Roasted Chicken with Provencale sauce	Steamed fish and vegetable with oyster sauce	Sliced pork with BBQ sauce. french bean, carrot, cauliflower	Phat Thai	Stir Fry Beef in cumin, fried shallots.
Stir fried mix beans and carrots & Rice	Fussili	Steam Rice		Sauteed Mushrooms, sweet peppers and broccoli & Rice
Banana	Chocolate Cake	Fruit salad	Carrot's cake	Fruit salad
Bread		Bread		Bread