

Eton School Menu

Date	Day	PS/R/L Main Course	Ingredients	Ve/Ve-PS Veggie Course	Ingredients
1-Mar	Wed	Crispy Chicken Burger	Chicken, Tomato, Lettuce, Mayonnaise, Bread, French Fries	Crispy Mushroom Burger	Mushroom, Tomato, Lettuce, Mayonnaise, Bread, French Fries
		Stir-Fry Rainbow Shrimp	Shrimp, Corn, Carrot, Green Pea, Red Bell Pepper, Celery, Rice	Stir-Fry Rainbow Mushroom	Mushroom, Corn, Carrot, Green Pea, Red Bell Pepper, Celery, Rice
2-Mar	Thu	Hawaiian Pizza	Ham, Pineapple, Cheese, Wheat flour, Bell Pepper, Baby-Cut Carrot & Celery	Veggie Mushroom Pizza	Mushroom, Pineapple, Cheese, Wheat flour, Bell Pepper, Baby-Cut Carrot & Celery
		Tilapia Fish Fillet	Tilapia Fish Fillet, Onion, Bell Pepper, Cabbage, Rice	Organic Spinach Cheese Ravioli	Organic Spinach, Organic Cheese, Broccoli, Wheat Flour
3-Mar	Fri	Beef Stew	Beef, Potato, Onion, Carrot, Rice	Potato Stew	Potato, Onion, Carrot, Broccoli, Rice
		Curry Beef	Beef, Potato, Onion, Carrot, Curry, Rice	Curry Potato	Potato, Onion, Carrot, Curry, Broccoli, Rice
6-Mar	Mon	Teriyaki Beef	Beef, Onion, Broccoli, Carrot, Celery, Rice	Fried Egg and Tomato	Egg, Tomato, Broccoli, Rice
7-Mar	Tue	Hawaiian Pizza	Ham, Pineapple, Cheese, Wheat flour, Bell Pepper, Baby-Cut Carrot & Celery	Cheese Pizza	Cheese, Wheat flour, Baby-Cut Carrot & Celery
		Pork Buns	Pork, Egg, Celery, Wheat Flour, Baby-Cut Carrot & Celery	Vegan Buns	Cabbage, Mushroom, Carrot, Green Onion, Mung Bean Noodle, Wheat flour, Baby-Cut Carrot & Celery
8-Mar	Wed	Crispy Chicken Burger	Chicken, Tomato, Lettuce, Mayonnaise, Bread, French Fries	Crispy Mushroom Burger	Mushroom, Tomato, Lettuce, Mayonnaise, Bread, French Fries
		Orange Chicken	Chicken, Onion, Bell Pepper, Cabbage, Orange, Rice	Sweet and Sour Tofu	Tofu, Onion, Bell Pepper, Cabbage, Orange, Rice
9-Mar	Thu	Beef Pasta	Ground Beef, Celery, Onion, Carrot, Cabbage, Tomato, Pasta	Vegan Mushroom Pasta	Mushroom, Celery, Onion, Carrot, Cabbage, Tomato, Pasta
10-Mar	Fri	Sweet and Sour Pork	Pork, Onion, Bell Pepper, Cabbage, Rice	Fried Egg and Zucchini	Zucchini, Egg, Bell Pepper, Cabbage, Rice
13-Mar	Mon	Teriyaki Beef	Beef, Onion, Broccoli, Carrot, Celery, Rice	Fried Egg and Tomato	Egg, Tomato, Broccoli, Rice
14-Mar	Tue	Hawaiian Pizza	Ham, Pineapple, Cheese, Wheat flour, Bell Pepper, Baby-Cut Carrot & Celery	Veggie Mushroom Pizza	Mushroom, Pineapple, Cheese, Wheat flour, Bell Pepper, Baby-Cut Carrot & Celery
		Tilapia Fish Fillet	Tilapia Fish Fillet, Onion, Bell Pepper, Cabbage, Rice	Stir-Fry Broccoli	Broccoli, Onion, Bell Pepper, Cabbage, Rice
15-Mar	Wed	Crispy Chicken Burger	Chicken, Tomato, Lettuce, Mayonnaise, Bread, French Fries	Crispy Mushroom Burger	Mushroom, Tomato, Lettuce, Mayonnaise, Bread, French Fries
		Stir-Fry Rainbow Shrimp	Shrimp, Corn, Carrot, Green Pea, Red Bell Pepper, Celery, Rice	Stir-Fry Rainbow Mushroom	Mushroom, Corn, Carrot, Green Pea, Red Bell Pepper, Celery, Rice
16-Mar	Thu	Beef Pasta	Ground Beef, Celery, Onion, Carrot, Cabbage, Tomato, Pasta	Vegan Mushroom Pasta	Mushroom, Celery, Onion, Carrot, Cabbage, Tomato, Pasta
17-Mar	Fri	Beef Stew	Beef, Potato, Onion, Carrot, Rice	Potato Stew	Potato, Onion, Carrot, Broccoli, Rice
		Curry Beef	Beef, Potato, Onion, Carrot, Curry, Rice	Curry Potato	Potato, Onion, Carrot, Curry, Broccoli, Rice
20-Mar	Mon	Teriyaki Beef	Beef, Onion, Broccoli, Carrot, Celery, Rice	Fried Egg and Tomato	Egg, Tomato, Broccoli, Rice
21-Mar	Tue	Hawaiian Pizza	Ham, Pineapple, Cheese, Wheat flour, Bell Pepper, Baby-Cut Carrot & Celery	Veggie Mushroom Pizza	Mushroom, Pineapple, Cheese, Wheat flour, Bell Pepper, Baby-Cut Carrot & Celery
		Tilapia Fish Fillet	Tilapia Fish Fillet, Onion, Bell Pepper, Cabbage, Rice	Stir-Fry Broccoli	Broccoli, Onion, Bell Pepper, Cabbage, Rice
22-Mar	Wed	Crispy Chicken Burger	Chicken, Tomato, Lettuce, Mayonnaise, Bread, French Fries	Crispy Mushroom Burger	Mushroom, Tomato, Lettuce, Mayonnaise, Bread, French Fries
		Beef Cheese Burger	Ground Beef, Cheese, Tomato, Lettuce, Mayonnaise, Bread, French Fries		
23-Mar	Thu	Beef Pasta	Ground Beef, Celery, Onion, Carrot, Cabbage, Tomato, Pasta	Vegan Mushroom Pasta	Mushroom, Celery, Onion, Carrot, Cabbage, Tomato, Pasta
27-Mar	Mon	Teriyaki Beef	Beef, Onion, Broccoli, Carrot, Celery, Rice	Fried Egg and Tomato	Egg, Tomato, Broccoli, Rice
28-Mar	Tue	Hawaiian Pizza	Ham, Pineapple, Cheese, Wheat flour, Bell Pepper, Baby-Cut Carrot & Celery	Cheese Pizza	Cheese, Wheat flour, Baby-Cut Carrot & Celery
		Tilapia Fish Fillet	Tilapia Fish Fillet, Onion, Bell Pepper, Cabbage, Rice	Veggie Mushroom Pizza	Mushroom, Pineapple, Cheese, Wheat flour, Bell Pepper, Baby-Cut Carrot & Celery
29-Mar	Wed	Crispy Chicken Burger	Chicken, Tomato, Lettuce, Mayonnaise, Bread, French Fries	Crispy Mushroom Burger	Mushroom, Tomato, Lettuce, Mayonnaise, Bread, French Fries
		Beef Cheese Burger	Ground Beef, Cheese, Tomato, Lettuce, Mayonnaise, Bread, French Fries		
30-Mar	Thu	Beef Pasta	Ground Beef, Celery, Onion, Carrot, Cabbage, Tomato, Pasta	Vegan Mushroom Pasta	Mushroom, Celery, Onion, Carrot, Cabbage, Tomato, Pasta
31-Mar	Fri	Tilapia Fish Fillet	Tilapia Fish Fillet, Onion, Bell Pepper, Cabbage, Rice	Stir-Fry Broccoli	Broccoli, Onion, Bell Pepper, Cabbage, Rice
		Stir-Fry Beef	Beef, Onion, Bell Pepper, Cabbage, Rice		
Notes	1. All our lunches are 100% Nuts FREE.				
	2. Fresh fruit is included in each order.				
	3. PS (Pre-School Size) for little kids: *Less amount of Rice or Noodle *Same amount of Protein and vegetables/ fruits as Regular size * Easy to eat for small kids				