

## Eton School Menu

Date	Day	PS/R/L Main Course	Ingredients	Ve/Ve-PS Veggie Course	Ingredients
31-Aug	Thu	Stir-Fry Chicken	Chicken, Corn, Carrot, Green Pea, Red Bell Pepper, Celery, Rice	Stir-Fry Mushroom	Mushroom, Corn, Carrot, Green Pea, Red Bell Pepper, Celery, Rice
1-Sep	Fri	Hawaiian Pizza	Ham, Pineapple, Cheese, Wheat flour, Bell Pepper, Baby-Cut Carrot & Celery	Cheese Pizza	Cheese, Wheat flour, Baby-Cut Carrot & Celery
				Cold Sesame Noodles	Sesame Sauce, Wheat Flour, Lettuce, Carrot, Egg
2-Sep	Sat				
3-Sep	Sun				
4-Sep	Mon				
5-Sep	Tue	Pork Stew	Pork, Potato, Carrot, Rice	Potato Stew	Potato, Carrot, Broccoli, Rice
		Ham Sandwich with Salad	Bread, Ham, Lettuce, Cheese, Corn, Carrot, Green Pea	Egg Sandwich with Salad	Bread, Egg, Lettuce, Cheese, Corn, Carrot, Green Pea
6-Sep	Wed	Creamy Chicken Pasta	Chicken, Mushroom, Cheese, Cream, Butter, Garlic, Carrot, Green Pea, Pasta	Creamy Mushroom Pasta	Mushroom, Cheese, Cream, Butter, Garlic, Carrot, Green Pea, Pasta
				Cold Sesame Noodles	Sesame Sauce, Wheat Flour, Lettuce, Carrot, Egg
7-Sep	Thu	Stir-Fry Beef & Broccoli	Beef, Broccoli, Carrot, Garlic, Rice	Fried Egg and Tomato	Egg, Tomato, Broccoli, Rice
8-Sep	Fri	Hawaiian Pizza	Ham, Pineapple, Cheese, Wheat flour, Bell Pepper, Baby-Cut Carrot & Celery	Cheese Pizza	Cheese, Wheat flour, Baby-Cut Carrot & Celery
		Pork Spring Rolls	Pork, Green Onion, Celery, Wheat flour, Broccoli, Garlic	Veggie Spring Rolls	Cabbage, Mushroom, Carrot, Green Onion, Mung Bean Noodle, Wheat flour, Broccoli, Garlic
9-Sep	Sat				
10-Sep	Sun				
11-Sep	Mon	Beef Stew	Beef, Potato, Carrot, Rice	Potato Stew	Potato, Carrot, Broccoli, Rice
		Curry Beef	Beef, Potato, Onion, Carrot, Curry, Rice		
12-Sep	Tue	Beef Pasta	Ground Beef, Celery, Onion, Carrot, Cabbage, Tomato, Pasta	Vegan Mushroom Pasta	Mushroom, Celery, Onion, Carrot, Cabbage, Tomato, Pasta
		Pork Spring Rolls	Pork, Green Onion, Celery, Wheat flour, Broccoli, Garlic	Veggie Spring Rolls	Cabbage, Mushroom, Carrot, Green Onion, Mung Bean Noodle, Wheat flour, Broccoli, Garlic
13-Sep	Wed	Swai Fish Fillet	Swai Fish Fillet, Onion, Bell Pepper, Cabbage, Rice	Braised Tofu on Rice	Tofu, Broccoli, Onion, Bell Pepper, Cabbage, Rice
14-Sep	Thu	Stir-Fry Chicken	Chicken, Corn, Carrot, Green Pea, Red Bell Pepper, Celery, Rice	Stir-Fry Mushroom	Mushroom, Corn, Carrot, Green Pea, Red Bell Pepper, Celery, Rice
15-Sep	Fri	Pepperoni Pizza	Pepperoni, Cheese, Bell Pepper, Wheat flour, Baby-Cut Carrot & Celery	Cheese Pizza	Cheese, Wheat flour, Baby-Cut Carrot & Celery
				Cold Sesame Noodles	Sesame Sauce, Wheat Flour, Lettuce, Carrot, Egg
16-Sep	Sat				
17-Sep	Sun				
18-Sep	Mon	Pork Stew	Pork, Potato, Carrot, Rice	Potato Stew	Potato, Carrot, Broccoli, Rice
		Ham Sandwich with Salad	Bread, Ham, Lettuce, Cheese, Corn, Carrot, Green Pea	Egg Sandwich with Salad	Bread, Egg, Lettuce, Cheese, Corn, Carrot, Green Pea
19-Sep	Tue	Creamy Chicken Pasta	Chicken, Mushroom, Cheese, Cream, Butter, Garlic, Carrot, Green Pea, Pasta	Creamy Mushroom Pasta	Mushroom, Cheese, Cream, Butter, Garlic, Carrot, Green Pea, Pasta
		Crispy Chicken Burger	Chicken, Tomato, Lettuce, Mayonnaise, Bread, French Fries		
20-Sep	Wed	Stir-Fry Beef & Broccoli	Beef, Broccoli, Carrot, Garlic, Rice	Fried Egg and Tomato	Egg, Tomato, Broccoli, Rice
21-Sep	Thu	Teriyaki Beef	Beef, Onion, Broccoli, Carrot, Celery, Rice		
		Pork Spring Rolls	Pork, Green Onion, Celery, Wheat flour, Broccoli, Garlic	Veggie Spring Rolls	Cabbage, Mushroom, Carrot, Green Onion, Mung Bean Noodle, Wheat flour, Broccoli, Garlic
22-Sep	Fri	Pepperoni Pizza	Pepperoni, Cheese, Bell Pepper, Wheat flour, Baby-Cut Carrot & Celery	Cheese Pizza	Cheese, Wheat flour, Baby-Cut Carrot & Celery
				Cold Sesame Noodles	Sesame Sauce, Wheat Flour, Lettuce, Carrot, Egg
23-Sep	Sat				
24-Sep	Sun				
25-Sep	Mon	Beef Stew	Beef, Potato, Carrot, Rice	Potato Stew	Potato, Carrot, Broccoli, Rice
		Curry Beef	Beef, Potato, Onion, Carrot, Curry, Rice		
26-Sep	Tue	Orange Chicken	Chicken, Onion, Bell Pepper, Cabbage, Orange, Rice	Fried Egg and Tomato	Egg, Tomato, Broccoli, Rice
		Crispy Chicken Burger	Chicken, Tomato, Lettuce, Mayonnaise, Bread, French Fries		
27-Sep	Wed	Creamy Chicken Pasta	Chicken, Mushroom, Cheese, Cream, Butter, Garlic, Carrot, Green Pea, Pasta	Creamy Mushroom Pasta	Mushroom, Cheese, Cream, Butter, Garlic, Carrot, Green Pea, Pasta
28-Sep	Thu	Stir-Fry Tofu with Shrimp	Shrimp, Tofu, Bell Pepper, Carrot, Rice	Stir-Fry Tofu with Celery	Tofu, Celery, Carrot, Rice
29-Sep	Fri	Pepperoni Pizza	Pepperoni, Cheese, Bell Pepper, Wheat flour, Baby-Cut Carrot & Celery	Cheese Pizza	Cheese, Wheat flour, Baby-Cut Carrot & Celery
				Cold Sesame Noodles	Sesame Sauce, Wheat Flour, Lettuce, Carrot, Egg
30-Sep	Sat				
Notes	1. All our lunches are 100% Nuts FREE.				
	2. Fresh fruit & Sanck are 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				