



MINI MANTAS

menu

MON, 16/06

TUE, 17/06

WED, 18/06

THU, 19/06

FRI, 20/06

MORNING SNACKS

Yogurt with Granola*
Banana

Cinnamon Roll*
Watermelon
Organic Milk

Egg Sandwich*
Melon
Blueberry Smoothie

Carrot Muffin*
Mango
Organic Chocolate
Milk

Chocolate Twist*
Apple
Yoghurt Milk

LUNCH

Steamed Rice,
Spaghetti Cream Sauce
Chicken Teriyaki
Banana & Guava

Steamed Rice,
Mashed Potato
Stir Fried Chicken
Sweet & Sour
Banana &
Melon

Thai Omelette,
Steamed Rice
Roasted Pork Mustard
Watermelon

Steamed Rice,
Potato Wedges
Parmesan Cheese
Roasted Chicken
Drumsticks
Banana

Mexican Fried Rice,
Steamed Rice,
Tortilla
Chicken Fajitas
Cantaloupe

AFTERNOON SNACK

Tabbouleh
Khao Tang*
Banana

Garlic Bread*
Orange

Ceasar Salad
Edamame*
Green Mango

Oat Cookie*
Guava

Japanese Wakame and
Cucumber Salad
Mango Sticky Rice*
Cantaloupe

**Gluten Free or Dairy Free available*

