

# HeadStart Weekly Snack and Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Snack</b>	-Dried Fruits and Raisins -100% Fruit Juice	-Fresh Fruit - Bakery Item (Variety)	-Milo (or Milk with Cornflakes) -Banana	-Fresh Fruit -Yoghurt	-Fresh Fruit -Bakery Item (Variety)
	-Seaweed -100% Fruit Juice	-Fresh Fruit -Homemade Cake (Variety)	-Tiny Tea Sandwiches (Variety) -100% Fruit Juice	-Fresh Fruit -Yoghurt	-Fresh Fruit -Bakery Item (Variety)
<b>Week 1</b>	-Spaghetti Bolognese -Spaghetti Vegetarian -Stir-fried Chicken in Black Sauce -Steamed Rice -Salad Selection	-Chicken Rice -Chicken Broth -Hot Sauce -Red Curry with Chicken -Boiled Egg -Salad Selection	-Ham and Cheese Sandwiches -French Fries -Stir-fried Beef in Oyster Sauce -Vegetable Soup -Steamed Rice -Salad Selection	-Beef Stroganoff -Fettuccini -Garlic Pepper Chicken -Stir-fried Mixed Vegetables -Steamed Rice -Salad Selection	-Roasted Chicken -Mashed Potatoes -Steamed Broccoli and Carrots -Tom Yam Shrimp or Fish (Shrimp in Sour Soup) -Steamed Rice
<b>Week 2</b>	-Beef Stew -Oven Grilled Vegetables -Dinner Roll -Deep Fried Fish -Steamed Rice -Salad Selection	-Kai Palo with Chicken -Masaman Chicken -Fried Tofu with Peanut Sauce -Steamed Rice -Salad Selection	-Brown Noodle Soup -Chicken/Beef/Pork Balls -Steamed Herbs/Vegetables -Chicken Fried Rice -Steamed Rice	-Shepherd's Pie -Garlic Bread -Oven Grilled Vegetables -Thai Omelette -Steamed Rice -Carrot Sticks	-Fried Chicken -Sticky Rice -Larb (Chicken/Pork) -Som Tam (Papaya Salad) -Steamed Rice
<b>Week 3</b>	-Chicken Green Curry -Kanom Jiin (Soft Rice Noodles) -Steamed Thai Herbs/Vegetables -Deep Fried Fish -Soup with Vegetables/Tofu/Pork -Steamed Rice	-Stir-fried Chicken with Basil -Stir-fried Glass Noodles -Stir-fried Mixed Vegetables -Thai Omelette -Steamed Rice	-Grilled Chicken Potato Salad -Potato/Egg Salad - Chinese Steamed Buns (Pork) -Stir-fried Noodle with Chicken (Pat See Ieu) -Steamed Rice -Salad Selection	-Hamburgers (Beef/Pork) -French Fries -Coleslaw/ Pickles -Tom Ka Gai (Chicken in Sour Coconut Soup) -Steamed Rice -Salad Selection	-Chicken and Cashew nut -Stir-fried Mixed Vegetables -Ham and Cheese Sandwiches -Glass Noodle Salad (Yam) -Steamed Rice -Salad Selection
<b>Week 4</b>	-Tuna Pasta (Salad or Casserole) -Bread Roll -Tom Ka Pla (Fish in Sour Coconut Soup) -Steamed Rice -Salad Selection	-Brown Noodle Soup -Chicken/Beef/Pork Balls -Steamed Herbs/Vegetables -Chicken Fried Rice -Steamed Rice	-Spaghetti Carbonara -Garlic Bread -Oven Grilled Vegetables -Deep Fried Fish -Steamed Rice -Salad Selection	-Chicken Biryani -Fried Chicken -Chicken Broth -Vegetable Soup -Cucumber Rita -Steamed Rice	-Beef Lasagne -Vegetarian Lasagne -Greek Salad -Stir-fried Morning Glory -Thai Omelette -Steamed Rice
<b>Week 5</b>	-Chicken/Egg Fried Rice -Soup with Vegetables/Tofu/Pork -Fried Tofu with Peanut Sauce -Steamed Rice -Salad Selection				-Fried Chicken -Sticky Rice -Larb (Chicken/Pork) -Som Tam (Papaya Salad) -Steamed Rice