









EFI - LUNCH MENU





MARCH - WEEK I

| MONDAY – 01-03-21 | | |
|--------------------------|---|--|
| <u>No</u> | <u>FOODS</u> | <u>PICTURES</u> |
| 1 | Caesar Salad with Bacon |  |
| 2 | Grilled Chicken Leg with Teriyaki Sauce |  |
| 3 | Egg Fried Rice with vegetable |  |
| 4 | Yellow Banana |  |





TUESDAY – 02.03.21

| <u>No</u> | <u>FOODS</u> | <u>PICTURES</u> |
|-----------|-------------------------------------|--|
| 1 | Beef Salad with grilled vegetable |  |
| 2 | Steamed Fish with Black Beans Sauce |  <small>Fish Fillet with Tausi (Fermented Balck Beans)</small> |
| 3 | Steamed Brown Rice |  |
| 4 | Water Melon |  |





WEDNESDAY – 03.03.21

| <u>No</u> | <u>FOODS</u> | <u>PICTURES</u> |
|-----------|-----------------------------------|---|
| 1 | Snow Pease with BBQ chicken Salad |  A photograph of a salad in an orange bowl. The salad consists of snow peas, BBQ chicken strips, and various green vegetables like lettuce and tomatoes, all mixed together. |
| 2 | Pork Ragu |  A photograph of a bowl of pork ragu. The dish features a rich, dark red sauce with chunks of pork and vegetables, topped with fresh green herbs. |
| 3 | Fried Spaghetti with vegetable |  A photograph of a bowl of fried spaghetti. The spaghetti is coated in a light sauce and mixed with various vegetables including broccoli, carrots, and green peas. |
| 4 | Fresh Pomelo |  A photograph of a white plate filled with several segments of fresh pomelo. The segments are bright yellow and appear juicy. A small bowl of orange powder is visible in the background. |





THURSDAY – 04.03.2021

| <u>No</u> | <u>FOODS</u> | <u>PICTURES</u> |
|-----------|--------------------------------|--|
| 1 | Grilled vegetable with Sausage |  |
| 2 | BBQ Pork Steak |  |
| 3 | Steamed Brown |  |
| 4 | Fresh Fruit Salad |  |


FRIDAY – 05.03.21

| <u>No</u> | <u>FOODS</u> | <u>PICTURES</u> |
|-----------|---|--|
| 1 | Smoked Duck breast Salad |  |
| 2 | Steamed Zucchini, carrot and green peas |  |
| 3 | Beef Burger |  |
| 4 | Apple |  |




MARCH - WEEK II

| MONDAY – 08.03.21 | | |
|-------------------|------------------------------|--|
| <u>No</u> | <u>FOODS</u> | <u>PICTURES</u> |
| 1 | Grilled mixed mushroom salad |  |
| 2 | Sweet and Sour pork |  |
| 3 | Steamed rice |  |
| 4 | Mini Egg Tart |  |





TUESDAY – 09.03.21

| <u>No</u> | <u>FOODS</u> | <u>PICTURES</u> |
|-----------|----------------------------------|--|
| 1 | Baked Pumpkin Salad with ham |  |
| 2 | Baked Chicken leg with vegetable |  |
| 3 | Egg Fried Rice |  |
| 4 | Watermelons |  |





WEDNESDAY –10.03.21

| <u>No</u> | <u>FOODS</u> | <u>PICTURES</u> |
|-----------|--------------------------------|--|
| 1 | Chef Salad with Ham and cheese |  |
| 2 | Fish Finger |  |
| 3 | Penne with Carbonara Sauce |  |
| 4 | Papaya |  |





THURSDAY – 11.03.21

| <u>No</u> | <u>FOODS</u> | <u>PICTURES</u> |
|------------------|---------------------------------------|--|
| 1 | Cesar Salad |  |
| 2 | Grill Pork Steak with Hong Kong sauce |  |
| 3 | Fried Egg Noodle with Chicken |  |
| 4 | Banana Cake |  |





FRIDAY- 12.03.21

| <u>No</u> | <u>FOODS</u> | <u>PICTURES</u> |
|-----------|-------------------------------|--|
| 1 | Bake Pumpkin with Green Salad |  |
| 2 | Beef Lok Lak |  |
| 3 | Steamed Brown Rice |  |
| 4 | Green Banana |  |





MARCH - WEEK III

| MONDAY – 15.03.21 | | |
|-------------------|--|--|
| <u>No</u> | <u>FOODS</u> | <u>PICTURES</u> |
| 1 | Grill Mixed Vegetable Salad |  |
| 2 | Grilled chicken Breast with Mushroom Sauce |  |
| 3 | Brown Rice |  |
| 4 | Honey Dew |  |





TUESDAY – 16.03.21

| <u>No</u> | <u>FOODS</u> | <u>PICTURES</u> |
|------------------|---------------------------|--|
| 1 | Nicoise Salad |  |
| 2 | Steamed Singapore Chicken |  |
| 3 | Steamed Chicken Rice |  |
| 4 | Papayas |  |

WEDNESDAY – 17.03.21

| <u>No</u> | <u>FOODS</u> | <u>PICTURES</u> |
|------------------|-------------------------|--|
| 1 | Green Salad |  |
| 2 | Fish Tempura |  |
| 3 | Fried Bee Hun Singapore |  |
| 4 | Pears |  |





MARCH - WEEK IV

| MONDAY – 22.03.21 | | |
|-------------------|---------------------------------------|--|
| <u>No</u> | <u>FOODS</u> | <u>PICTURES</u> |
| 1 | Breaded Beef roll with ham and cheese |  |
| 2 | Greek Salad |  |
| 3 | Fried Yellow noodle with chicken |  |
| 4 | Yellow Banana |  |





TUESDAY – 23.03.21

| <u>No</u> | <u>FOODS</u> | <u>PICTURES</u> |
|------------------|---------------------------------------|--|
| 1 | Pasta Salad with Chicken Sausage |  |
| 2 | Fried Pork with Mushroom and Bay Corn |  |
| 3 | Steamed Brown Rice |  |
| 4 | Dragon Fruit |  |





WEDNESDAY - 24.03.21

| <u>No</u> | <u>FOODS</u> | <u>PICTURES</u> |
|-----------|--------------------------------------|--|
| 1 | Couscous Salad |  |
| 2 | Baked Chicken Ball with Tomato Sauce |  |
| 3 | Fried Spaghetti with Vegetable |  |
| 4 | Fruit Yogurt |  |





THURSDAY - 25.03.21

| <u>No</u> | <u>FOODS</u> | <u>PICTURES</u> |
|-----------|--------------------------------------|--|
| 1 | Steamed Baby Cabbage with Vermicelli |  |
| 2 | Grilled Fish with cream Sauce |  |
| 3 | Steamed Brown Rice |  |
| 4 | Honey Dew |  |





FRIDAY - 26.03.21

| <u>No</u> | <u>FOODS</u> | <u>PICTURES</u> |
|-----------|-----------------------------------|--|
| 1 | Nicoises Salad |  |
| 2 | Fried Baby Kai Lane with Mushroom |  |
| 3 | Yang Chow fried Rice |  |
| 4 | Papaya |  |





MARCH - WEEK V

| MONDAY – 29.03.21 | | |
|-------------------|-------------------------------------|--|
| <u>No</u> | <u>FOODS</u> | <u>PICTURES</u> |
| 1 | Fried Bok choy with oyster |  |
| 2 | Steamed Fish with black Beans Sauce |  |
| 3 | Fried Rice with Chicken |  |
| 4 | Green Apple |  |

TUESDAY – 30.03.21

| <u>No</u> | <u>FOODS</u> | <u>PICTURES</u> |
|------------------|---------------------------------|--|
| 1 | Mixed Green Salad |  |
| 2 | Breaded Chicken Breast |  |
| 3 | Spaghetti with Bolognaise sauce |  |
| 4 | Yellow banana |  |

WEDNESDAY – 31.03.21

| <u>No</u> | <u>FOODS</u> | <u>PICTURES</u> |
|-----------|--|--|
| 1 | Grilled Vegetable with Chicken Sausage |  |
| 2 | BBQ pork Steak |  |
| 3 | Steamed Brown Rice |  |
| 4 | Papaya |  |