



Prince of Wales Island International School®

POWIS Boarders Menu

Daily Breakfast is inclusive of Cereal, Fresh Milk, Chocolate Drink, Fresh Fruits, Bread, Butter & Jam

Date/Day	22 Nov ` Monday	23 Nov Tuesday	24 Nov Wednesday	25 Nov Thursday	26 Nov Friday
Breakfast (7:15am-7:50 am)	Egg Counter American Breakfast	Fried Singapore Bee Hoon Fried Egg	Egg Counter Chicken Porridge with Condiments	Fried Egg Fried Rice	Egg Counter Mee Soup

Brunch (9.50am-10:05am)	Fried Koay Teow	Assorted Bun	Curry Puff	French Toast	Nasi Lemak Bungkus
-----------------------------------	-----------------	--------------	------------	--------------	--------------------

Dinner (5.30pm-6:30 pm)	Steamed Rice Gan Guo Chicken Deep Fried Lotus Root Stir Fry Vege Barley	Fish Au Grantin Chicken Veracruz Mashed Potato Ceasar Salad	Lemon Grass Rice Siakap Sheng Som Thai Style Fried Chicken Kerabu Mango Thai Omelette	Thanksgiving Dinner	Ghee Rice Naan Bread Daging Cincang Ayam Goreng Berempah Stir Fry Vege
-----------------------------------	-----------------------------------------------------------------------------------------	----------------------------------------------------------------------	------------------------------------------------------------------------------------------------------	---------------------	------------------------------------------------------------------------------------



POWIS Borders Weekend Menu

Date/Day	27 Nov Saturday	28 Nov Sunday
Breakfast (9am-10am)	Egg Counter Make your Own Sandwich	
Lunch (12noon - 1pm)	Chicken Ballotine Gratinated Potato Roasted Vege Brown Sauce	<u>BRUNCH</u> (10am- 11:00) Egg Counter Assorted Yogurt Waffle with Ice Cream Assorted Sushi Yaki Ramen Chicken Tonkatsu SNACKS @ 2:30pm Monte Cristo
Dinner (5.30pm - 6:30pm)	Boiled Pasta Chicken Ball with Colis Assorted Pizza Roasted Pumpkin Mushroom Soup	Nasi Goreng Belacan Ikan Bakar Terung Bakar Ayam Gorek Sop Ayam