



# Prince of Wales Island International School

## POWIS Boarders Menu

*\*Ingredients may be packed in a facility where traces of nuts may be present\**

Date/Day	16 May Monday	17 May Tuesday	18 May Wednesday	19 May Thursday	20 May Friday
<b>Breakfast</b> (7:15am- 7:50am)	Cereal & Milk Hot Chocolate Toast Butter & Jam Mixed Fruits Omelet (Choice of Ham, Onion, Tomato, Mushroom) French Toast with Honey	Cereal & Milk Hot Chocolate Toast Butter & Jam Mixed Fruits Egg Counter Monte Cristo Assorted Biscuit	Cereal & Milk Hot Chocolate Toast Butter & Jam Mixed Fruits Breakfast Sausage Chicken Ham Baked Bean Scrambled Egg	Cereal & Milk Hot Chocolate Toast Butter & Jam Mixed Fruits Assorted Yogurt Egg Counter Pan Cake With honey and chocolate sauce	Cereal & Milk Hot Chocolate Toast Butter & Jam Mixed Fruits Egg Counter Make Your own Sandwich

<b>Dinner</b> (5.30-6:30pm)	Steam rice Thai style stir fried chicken Deep fried siakap with La prik sauce Stir fried kailan with salted fish Somtam	Deep fried chicken chop with Bombay sauce Potato salad Grantinated Vege Tomato and cheese quesadillas	Steam rice Nyonya braised chicken Stir fried seafood Claypot tofu Stir fried bean sprout with salted fish	Breaded fish French fries Tartar sauce Caesar salad with grilled chicken	Steam rice Korean fried chicken Kim chi Stir fried veg Korean seaweed soup with tofu
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**POWIS Boarders Weekend Menu**

*\*Ingredients may be packed in a facility where traces of nuts may be present\**

Date/Day	21 May Saturday	22 May Sunday
<b>Breakfast</b> (9am-10am)	Cereal & Milk Hot Chocolate Toast Butter & Jam Mixed Fruits Egg Counter Roti Canai	
<b>Lunch</b> (1pm - 2pm)	Homemade quarter pounder beef burger Assorted green salad Grilled chicken	<b>BRUNCH</b> <b>(10am- 11:00am)</b> Milk Cereal Hot Chocolate Toast  French Toast with honey Ham and cheese Omelet (egg Counter) Assorted Yogurt Steamed Dim Sum Curry Chicken with Fried Mantou Fried Maggie Mee  Coffee and tea  Snacks @ 2:30pm Assorted Sandwich
<b>Dinner</b> (5.30-6:30pm)	Nasi minyak Sotong Curry Ayam goreng berempah Stir fried veg Telur dadar	Pandan rice Ayam golek Madu Stir fried spinach Sambal Tau kua ABC soup