



# Prince of Wales Island International School®

## POWIS Boarders Menu (4-10 Dec 2023)

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

Date/Day	4 Dec. 23 Monday	5 Dec. 23 Tuesday	6 Dec. 23 Wednesday	7 Dec. 23 Thursday	8 Dec. 23 Friday
<b>Breakfast</b> (7:15am-7:55am)	Cereal & Milk, Hot Chocolate, Toast, Butter & Jam, Mixed Fruits, Egg Muffin, Nasi Goreng	Cereal & Milk, Hot Chocolate, Toast, Butter & Jam, Mixed Fruits, Spanish Omelet, French Toast	Cereal & Milk, Hot Chocolate, Toast, Butter & Jam, Mixed Fruits, Fried Egg, Fried Noodle	Cereal & Milk, Hot Chocolate, Toast, Butter & Jam, Mixed Fruits, Scrambled Egg, Grill Sausage, Hash Brown	Cereal & Milk, Hot Chocolate, Toast, Butter & Jam, Mixed Fruits, Egg Counter, Noodle Soup
<b>Dinner</b> <b>6.15pm-7.00pm</b>	Steamed Rice, Ayam Masak Kicap, Curry Ikan Bawal, Telur Goreng, Stir Fry Vege	Cheesy Baked Mashed Potato, Hawaiian Chicken Chop with BBQ Sauce, Assorted Salad	Claypot Chicken Rice, Braised Soy Sauce Chicken, Fishball Soup, Chicken Floss Yaomak	French Fries, Breaded Chicken, Tartar Sauce, Coleslaw, Bread & Butter Pudding	Lemongrass Butter Rice, Gaiyang Chicken, Braised Egg and Taukua, Stir Fry Vege



**POWIS Boarders Weekend Menu (9 & 10 Dec. 2023, Saturday & Sunday)**

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Date/Day	9 Dec. 23 Saturday	10 Dec. 23 Sunday
<b>Breakfast</b> (9am-9.50am)	Cereal & Milk, Hot Chocolate Toast, Butter & Jam, Mixed Fruits, Fried Egg, Roti Canai	-
<b>Lunch</b> (12.30pm - 1.30pm)	Mac and Cheese, Beef Ball Braised in BBQ Sauce, Garlic Lemon Grilled Chicken Chop, Stir Fried Vege	<b><u>BRUNCH</u></b> (10am- 11am) Milk, Cereal, Hot Chocolate, Toast, Butter & Jam, Mixed Fruit, Egg Counter, Yaki Ramen, Char Siew Chicken, Chawanmushi with Ebiko,
<b>Dinner</b> (6:15-7.00pm)	Nasi Goreng Kampung, Ayam Masak Halia, Stir Fried Vege, Deep Fried Kembong, Telur Dadar	Potato Wedges, Penang Style Oriental Chicken Chop, Assorted Salad, Chicken Cream Soup