

Menu Week 1

Meal Period		Tuesday 1/1/2019	Wednesday 2/1/2019	Thursday 3/1/2019	Friday 4/1/2019
Breakfast	Choice of 1		Toast bread with strawberry marmalade Fried singapore mee hoon	Butter marble cake Shitake mushroom fried rice	Fried flat noodles Mini donut
	Vegetarian		Toast bread with strawberry marmalade	Butter marble cake	Fried flat noodles
	Beverage		Soya bean	Herbal tea	Warm milo
Lunch	Choice of		Penny pasta mushroom carbonara Grilled perch fish with bechamel sauce Sweet corn kennel with butter	Spaghetti chicken bolognese Garlic bread Assorted lettuce with dressing	Angle hair pasta aglio olio Baked fish with thai sauce Stir fried cauliflower
	Set A OR Set B		Steamed white rice Kallo chicken Stir fried long bean	Steamed white rice Sweet and sour fish fillet Chinese style choy tam with garlic	Nasi minyak Rendang chicken Stir fried pak choy with carrot flower
	Drinks Dessert OR Fruit		Warm water Water melon	Warm water Apple	Warm water Orange

Menu Week 2

Meal Period		Monday 7/1/2019	Tuesday 8/1/2019	Wednesday 9/1/2019	Thursday 10/1/2019	Friday 11/1/2019
Breakfast	Choice of 1	Home baked mini muffin Fried low si fun	Home style french toast Chee cheong fun	Braised yee mee Roti canai with dhall	Egg sandwich Shitake mushroom fried rice	Home baked banana cake Chicken Conggie with condiment
	Vegetarian	Home baked mini muffin	Home style french toast	Roti canai with dhall	Egg sandwich	Home baked banana cake
	Beverage	Soya bean	Warm barley	Warm milo	Full cream milk	Herbal tea
Lunch	Choice of	Linguini pasta with shitake cream sauce Fried chicken with spices Stir fried long bean	Fusilli pasta with sica tomato sauce Baked fish garlic white sauce Broccoli with oyster sauce	Angle hair aglio olio Asian style baked fish with roma tomato Caramelized carrot oblique	Elbow with cheese sauce Baked John dory with spices Local choy sum with oyster sauce	Assorted Pizza Assorted lettuce with dressing French fries
	Set A OR Set B	Steamed white rice Hong kong steam herbal chicken Stir fried pak choy	Home style tomato rice Ayam masak merah Acar rampai vegetable	Hainanese chicken flavour rice Steam hainanese chicken Slice cucumber	Steamed white rice Braised chicken with black mushroom Steam shanghai egg with garlic	Steamed white rice Ginger and spring onion fish fillet Stir fried sweet turnip with chinese mushroom
	Drinks Dessert OR Fruit	Warm water Water melon	Warm water Papaya	Warm water Jelly	Warm water Apple	Warm water Orange

Menu Week 3

Meal Period		Monday 14/1/2019	Tuesday 15/1/2019	Wednesday 16/1/2019	Thursday 17/1/2019	Friday 18/1/2019
Breakfast	Choice of 1	Steamed mini pau Braised yee mee	French toast with filling Fried mee mamak style	Pan cake with maple syrup Nasi lemak	Mini chocolate muffin Cantonese style noodles	English muffin with egg and lettuce Wantan noodles
	Vegetarian	steamed mini pau	French toast with filling	Pan cake with maple syrup	Mini chocolate muffin	English muffin with egg and lettuce
	Beverage	Soya bean	Warm barley	Warm milo	Full cream milk	Herbal tea
Lunch	Choice of	Aribatta style pasta Grill fish with cream sauce Sweet corn with butter	Penne neapolitana Grilled chicken with paprika Assorted vegetable with mushroom	Elbo pasta with mushroom cream sauce Baked fish with cheese sauce Stir fried cauliflower	Chicken lasagne Assorted lettuce with dressing Mini garlic bread	Curry mee Curry chicken, bean sprout, long bean Soft beancurd
	Set A					
	OR					
	Set B	Steamed white rice Chinese style herbal chicken Stir fried pak choy	Steamed white rice Ginger and spring onion fish fillet Local choy sum with oyster sauce	Steamed white rice Baked chicken butter milk sauce Stir fried okra	Steamed white rice Ginger and spring onion fish Stir fried kailan	Steamed white rice Tom yam fish Broccoli with oyster sauce
Drinks	Warm water	Warm water	Warm water	Warm water	Warm water	
Dessert OR Fruit	Water melon	Mix fruit jelly	Honeydew	Apple	Orange	

Menu Week 4

Meal Period		Monday 21/1/2019	Tuesday 22/1/2019	Wednesday 23/1/2019	Thursday 24/1/2019	Friday 25/1/2019
Breakfast	Choice of 1	Homemade apple pie Stir fried nissin noodles	Tuna sandwiches Homemade apple pie Chee cheong fun	Cantonese style noodles Roti jala with light curry	Onion fritters with sweet thai sauce Bombay fried mee hoon	Roti canai with dhall Egg fried rice (vege)
	Vegetarian Snack	Homemade apple pie	Chee cheong fun	Cantonese style noodles	Bombay fried mee hoon	Roti canai with dhall
	Beverage	Soya bean	Warm barley	Warm milo	Full cream milk	Herbal tea
Lunch	Choice of	Macaroni Alfredo Roasted chicken with light pepper sauce Crispy potato wedges	Trio pasta with cheese sauce Grilled fish fillet with tomato corriander Assorted roman vegetable	Spaghetti marinara Roasted chicken asian style Baked vegetable caserol	Linguine alio-olio Chicken butter milk Stir fried broccoli with carrot	Penne pasta with mushroom sauce Grilled fish with spices Stir fried eggplant
	Set A					
	OR					
	Set B	Steamed white rice Local style fish light curry Stir fried green vegetable	Steamed white rice Nestum chicken Japanese bean curd with egg gravy	Butter and raisin rice Fish finger with Honey sauce Stir fried cauliflower	Steamed white rice Hong kong style ginger fish fillet Soft beancurd with oyster sauce	Steamed white rice Chicken kapitan Chinese style boiled egg with chinese herb
Drinks	Warm water	Warm water	Warm water	Warm water	Warm water	
Dessert OR Fruit	Water melon	Orange	Honeydew	Apple	Mix fruit	

Menu Week 5

Meal Period		Monday 28/1/2019	Tuesday 29/1/2019	Wednesday 30/1/2019	Thursday 31/1/2019	
Breakfast	Choice of 1	Mushroom fried rice Vanilla muffin	Chocolate pan cake with apple syrup Fried koay teow	Congee with minced chicken Filling home made bun	Nasi lemak Home style french toast	
	Vegetarian Snack	Vanilla muffin	Egg sandwich	Filling home made bun	Home style french toast	
	Beverage	Soya bean	Warm barley	Warm milo	Herbal tea	
Lunch	Choice of	Fusilli pasta with sica tomato sauce Steam fish fillet with mushroom Stir fried kailan	Capelini pasta with sun dry tomato Roasted chicken tandorri Stir fried petola	Linguine pasta creamy sauce Deep fried fish strip with roasted garlic sauce Stir fried broccoli with carrot	Macaroni and tomato pudding Grilled chicken breast with demi glace Steam assorted vegetable	
	Set A					
	OR					
	Set B	Steamed white rice Chicken marmite Long cabbage cantonese style	Korean baked cheese rice Fish teriyaki Tenpayaki vege	Tomato rice Ayam masak merah Siew pak choy and carrot egg drop style	Steamed white rice Crispy golden chicken Stir fied beansprout	
Drinks	Warm water	Warm water	Warm water	Warm water		
Dessert OR Fruit	Water melon	Orange	Apple	Peach jelly		