

| Meal Period | | | | | | Friday 1 November 2024 |
|-------------|--------------------|--|--|--|--|------------------------|
| Breakfast | Choice of 1 Snacks | | | | | SCHOOL HOLIDAY |
| | Vegetarian Snack | | | | | |
| Beverage | | | | | | |
| Lunch | Choice of | | | | | |
| | Set A | | | | | |
| | OR | | | | | |
| | Set B | | | | | |
| | Vegetarian Dish | | | | | |
| | Drinks | | | | | |
| | Dessert OR Fruit | | | | | |

Menu Week 1

| Meal Period | | Monday 4 November 2024 | Tuesday 5 November 2024 | Wednesday 6 November 2024 | Thursday 7 November 2024 | Friday 8 November 2024 |
|-------------|--------------------|--|---|---|--|---|
| Breakfast | Choice of 1 Snacks | Hong Kong style yee mee Pumpkin soup with garlic bread | Tuna sandwich Wanton noodles with BBQ chicken | Nasi lemak with condiments Chocolate muffin | Veggie fritters with Thai sauce Japanese fried rice with garlic | Roti canai with dhal Egg fried rice |
| | Vegetarian Snack | Hong Kong style yee mee | Toasted veggie sandwich | Nasi lemak with condiments | Veggie fritters with Thai sauce | Roti canai with dhal |
| | Beverage | Soya bean drink | Full cream milk | Herbal tea | Warm chocolate | Warm barley |
| Lunch | Choice of | Baked penne mushroom ragout Baked fish with Indian masala Baked potato with onion | Fusilli pasta with roma sauce Steamed fish with creamy mushroom Assorted vegetables | White curry mee Steamed chicken, long beans, dry bean curd, fry shallot and bean sprouts | Linguini pasta with light tomato sauce Roasted fish fillet Portugal style Choy tam with garlic | Biryani rice Tandoori chicken Cucumber pickles |
| | Set A | | | | | |
| | OR | | | | | |
| | Set B | Fragrant white rice Hong Kong herbal chicken Chinese style mixed vegetables | White rice Light curry chicken with potato Sautéed cauliflower and capsicum | Chicken fragrant rice Roasted BBQ chicken Chinese style Cucumber slice | Steamed white rice Soy sauce chicken with onion Steamed Shanghai egg with garlic | Fragrant white rice Ginger and spring onion fish fillet Sautéed Chinese cabbage |
| | Vegetarian Dish | Fragrant white rice or pasta Steamed egg with light soy sauce Chinese style mixed vegetables | White rice or pasta Braised tofu Sautéed cauliflower and capsicum | Steamed white rice or pasta Vegetarian fish with tomato sauce Roasted assorted vegetables | Steamed white rice or pasta Omelette with shredded carrot Sautéed choy tam | Fragrant white rice or pasta Soft bean curd with garlic sauce Sautéed Chinese cabbage |
| | Drinks | Warm water | Warm water | Warm water | Warm water | Warm water |
| | Dessert OR Fruit | Australia orange | Watermelon | Fruit jelly | Mixed fruit | Red apple |

Menu Week 2

| Meal Period | | Monday 11 November 2024 | Tuesday 12 November 2024 | Wednesday 13 November 2024 | Thursday 14 November 2024 | Friday 15 November 2024 |
|-------------|----------------------------|--|--|---|--|--|
| Breakfast | Choice of 1 Snacks | Egg sandwich Braised yee me | Mini toasted with pandan kaya Kway teow soup | Mini Chinese pau Singapore fried mee hoon | Chef special French toast Fried kway teow | Swiss roll Chinese fried rice |
| | Vegetarian Snack | Egg sandwich | Mini toasted with pandan kaya | Mini Chinese pau | Chef special French toast | Swiss roll |
| | Beverage | Loh hon kor drink | Warm barley with pandan | Fresh milk | Warm chrysanthemum tea | Soya bean drink |
| Lunch | Choice of | Butter rice with raisins Roasted chicken with light pepper sauce Steamed assorted vegetables with garlic | Spaghetti with sicca tomato sauce Grilled fish fillet Local vegetables with garlic | Indonesian bee hoon Fragrant herb broth Indonesia fish cake, bean sprout, spring onion and fried shallot | Elbow pasta with mushroom cream sauce Baked fish with cajun spices Cauliflower with garlic sauce | Spaghetti Napolitan Fried chicken with curry leaves Assorted vegetables with garlic butter |
| | Set A | | | | | |
| | OR | | | | | |
| | Set B | Steamed white rice Dory fillet with kong poh style Stir fried bok choy | Fragrant white rice Chicken buttermilk sauce Stir fried broccoli | Hainanese fragrant rice Steamed chicken Hainanese style Fresh cucumber slice | Fragrant white rice Ginger and spring onion chicken Fu young egg | Butter rice Crispy fish with buttermilk sauce Chinese red-braised eggplants |
| | Vegetarian Dish | Steamed white rice or pasta White tofu with soy sauce Stir fried bok choy | Fragrant white rice or pasta Japanese bean curd with egg drop Stir fried broccoli | Steamed white rice or udon noodles Scrambled egg with onion Chinese style Stir fried round cabbage | Fragrant white rice Vegetarian tofu Chinese mixed vegetables | Butter rice or pasta Herbal tofu Chinese red-braised eggplants |
| | Drinks Dessert OR Fruit | Warm water Home made yam jelly | Warm water Honeydew | Warm water Papaya | Warm water USA red apple | Warm water Mixed fruit pudding |

Menu Week 3

| Meal Period | | Monday 18 November 2024 | Tuesday 19 November 2024 | Wednesday 20 November 2024 | Thursday 21 November 2024 | Friday 22 November 2024 |
|-------------|----------------------------|---|---|---|---|--|
| Breakfast | Choice of 1 Snacks | Mushroom soup with garlic bread Fried low si fun | Pancake with syrup Nissin noodles | Nasi lemak with condiments Shanghai chicken congee with onion | Fried bee hoon Mushroom fried rice | Homemade sausage roll Fried yellow noodles |
| | Vegetarian Snack | Mushroom soup with garlic bread | Pancake with syrup | Nasi lemak with condiments | Fried bee hoon | Homemade sausage roll |
| | Beverage | Warm milo | Sugarcane drink | Tea tarik | Fresh milk | Warm chrysanthemum tea |
| Lunch | Choice of | Macaroni with tomato and cheese Fish finger with honey mustard sauce Baked carrot with thyme herb | Assorted mini pizza Crinkle cut fries Caesar salad with dressing | Pasta arrabiata Baked fish fillet with parsley butter Stir fried long beans | Assorted Japanese sushi Deep fried tempura vegetable Miso soup | Penne pasta with cream sauce Baked fish with tomato and cheese Stir fried French beans |
| | Set A | | | | | |
| | OR | | | | | |
| | Set B | Steamed white rice Chicken tomato Malay style Egg and petola soup | Fragrant white rice Two hours slow steamed herbal chicken Stir fried local choy sum | Pandan steamed rice Nestum style chicken Stir fried siew pak choy | Steamed white rice Crispy fish fillet in mushroom cream sauce Assorted green vegetables | Tomato rice Braised chicken in tomato sauce Siew pak choy with oyster sauce |
| | Vegetarian Dish | Steamed white rice Baked yam with sweet potato Petola soup | Vegetarian mini pizza Crinkle cut fries Green garden salad | Pandan steamed rice Hard bean curd with pea Stir fried siew pak choy | Vegetarian sushi Tempura vegetable Miso soup | Steamed white rice Hard bean curd with oyster sauce Stir fried French beans |
| | Drinks Dessert OR Fruit | Warm water Cantaloupe | Warm water Orange | Warm water Lychee jelly | Warm water Home made pudding | Warm water Honeydew |

Menu Week 4

| Meal Period | | Monday 25 November 2024 | Tuesday 26 November 2024 | Wednesday 27 November 2024 | Thursday 28 November 2024 | Friday 29 November 2024 |
|-------------|----------------------------|--|--|--|---|--|
| Breakfast | Choice of 1 Snacks | Homemade banana cake Chinese fried rice | Mini muffin Pineapple fried rice | French toast Japanese fried rice | Home baked wafer with chocolate Singapore fried bee hoon | Home baked swiss roll Fried kwey teow with fish cake/ball |
| | Vegetarian Snack | Homemade banana cake | Mini muffin | French toast | Home baked wafer with chocolate | Home baked swiss roll |
| | Beverage | Warm barley | Warm chocolate | Warm chrysanthemum tea | Herbal Tea | Soya bean drink |
| Lunch | Choice of Set A | Macaroni with parmigiana sauce Grilled chicken Cauliflower with shredded egg | Kedah yellow mee hoon soup Shredded chicken, spring onion, fry shallot and bean sprout | Penne pasta mushroom carbonara Fish fillet with bechamel sauce Sweet corn kennel with butter | Mushroom spaghetti aglio-olio Roasted chicken with madeira sauce Roasted potato and carrot sticks with herb | Mac and cheese pasta Baked fish with garlic butter Potato salad |
| | OR | | | | | |
| | Choice of Set B | White rice Sweet and sour fish fillet Sautéed cauliflower | Fragrant white rice Chinese bean curd with minced chicken Stir fried broccoli flower | Fragrant white rice Kalio chicken with potato Chinese red-braised eggplants | Fragrant white rice Butter milk with deep fried fish fillet Sautéed chinese cabbage with dried mushroom | Chicken fragrant rice Roasted BBQ chicken Fresh cucumber slice |
| | Vegetarian Dish | White rice Fried potato and onion Sautéed cauliflower | Fragrant white rice Japanese bean curd with egg drop sauce Green pea with garlic | Steamed rice or pasta Omelette with vegetables Chinese red-braised eggplants | Fragrant white rice or pasta Hard bean curd with carrot Sautéed chinese cabbage with dried mushroom | Steamed white rice or pasta Japanese tofu with mushroom Chinese style vegetables |
| | Drinks Dessert OR Fruit | Warm water Orange | Warm water Fruit jelly | Warm water Green apple | Warm water Mixed fruit | Warm water Papaya |