

**Menu Week 1**

Meal Period			Tuesday 1 July 2025	Wednesday 2 July 2025	Thursday 3 July 2025	Friday 4 July 2025
Breakfast	Set A		Chicken corn dog filled with mixed salad,dressing	Mini naan bread,dhal,roasted yoghurt chicken	Sweet bun stuffed with turkey ham,salad	Pumpkin chicken congee
	Set B		Seremban noodles with choy poh broth, fish roll,beans sprout,spring onion	Kampung style fried rice with ikan parang crackers	Nasi lemak with,boiled egg, anchovies cucumber,sambal,tempeh	Homestyle pancake served with vanilla cream sauce
	Vegetarian		Seremban noodles	Kampung style fried rice	Sweet bun stuffed with vegetables	Pumpkin congee
	Beverage		Low fat milk	Warm chrysanthemum tea	Warm milo	Light coffee drink
Lunch	Set A		Mac & cheese with chicken ham Béchamel sauce Sautéed broccoli with onion Stir-fried local vegetables with garlic	Chicken Maryland Light pepper sauce Pan fried corn cake Sautéed potatoes with garlic butter	Spaghetti no5 Homemade chicken bolognese Finger garlic bread Assorted salad with dressing	Sautéed pasta with tuna flake and onion Deep fried pop corn chicken Homemade special potatoes salad Deep fried mantao slices
	OR					
	Set B		Steamed white rice Braised chicken with bitter gourd Stir-fried Chinese cabbage with mushroom Japanese tofu with minced chicken	Steamed white rice Chicken rendang, carrot & pineapple pickles Sautéed potatoes with sambal Stir-fried long beans with shrimp flakes	Nasi minyak,turmeric fried chicken Onion omelette Stir-fried petola with egg Pumpkin in coconut gravy	Fragrant white rice Indonesian chicken stewed with potatoes Tomato & onion salad. Stir-fried siew pak choy Deep fried fish crackers
	Vegetarian		Steamed white rice Braised tofu with carrot Stir-fried Chinese cabbage with mushroom Stir-fried local vegetables	Steamed white rice Steamed egg with soy sauce Lettuce with light soy sauce Sautéed potatoes with sambal	Steamed white rice White tofu with mixed vegetables Sautéed potatoes Stir-fried petola with egg	Fragrant white rice Stewed hard tofu with potatoes Stir-fried siew pak choy Baby Romaine lettuce
	Drinks Dessert OR Fruit		Warm water Papaya	Warm water Watermelon	Warm water USA red apple	Warm water Pudding

**Menu Week 2**

Meal Period		Monday 7 July 2025	Tuesday 8 July 2025	Wednesday 9 July 2025	Thursday 10 July 2025	Friday 11 July 2025
Breakfast	Set A	Kimchi fried rice with chicken,chives	Chocolate and kaya flavoured waffles	CTC Sandwiches	Homemade mushroom soup,mini potato bun	Scrambled egg,baked beans,sausage,toasted bread
	Set B	Curry mee,shredded chicken,bean sprouts soft tofu	Fried mee hoon	Chinese fried rice with chicken floss,spring onion	Hong Kong yee mee with fish cake vegetables,egg gravy	Fried mee mamak with soft tofu,bean sprouts sawi,fish cake
	Vegetarian	Kimchi fried rice,chives	Fried mee hoon	Chinese fried rice	Homemade mushroom soup,mini potato bun	Fried mee mamak
	Beverage	Full cream milk	Milk tea	Warm milo	Herbal tea	Soya bean drink
Lunch	Set A	Macaroni with homemade tomato sauce Honey sesame glazed roasted chicken Carrot with bay leaves Bell pepper with onion and broccoli	Japenese ramen,seaweed miso soup Naruto fish cake Leeks, tempura carrot Tepanyaki vegetables	Homemade mini slider French fries Homemade coleslaw Garden salad with dressing	Fettuccine carbonara Roasted chicken with garlic and chilli Roasted potato with onion Sautéed spinach	Penne pasta,béchamel sauce with crab stick Grilled chicken breast with paprika Garlic bread Sautéed broccoli and carrot
	OR					
	Set B	Steamed white rice Sambal chicken with spices Glazed hard tofu with sweet sauce Braised potato with minced chicken	Briyani rice,tandoori chicken Cucumber salad,papadom crackers Dalcha Sautéed tumeric round cabbage	Fragrant white rice Siakap fish in coconut gravy Stir-fried round cabbage Sautéed tofu skin with Thai sauce	Steamed white rice Steamed patin fish fillet in Nyonya style Stir-fried choy tam with garlic Japanese soft tofu with soy sauce	Fragrant white rice Chicken curry with potatoes Chinese omelette with carrot Stir-fried mixed vegetables with tofu pop
	Vegetarian	Steamed white rice Braised Japanese tofu with carrot Glazed hard tofu with sweet sauce Sautéed choy sum	Steamed white rice Hard tofu with gravy Fried egg with tomato Sautéed tumeric round cabbage	Fragrant white rice Steamed Japanese tofu Cucumber Fried eggplant	Steamed white rice Steamed Shanghai egg Stir-fried choy tam Japanese soft tofu with soy sauce	Fragrant white rice Deep fried tofu with tomato glaze Sautéed broccoli and carrot Seremban fu yong egg
	Drinks Dessert OR Fruit	Warm water Watermelon	Warm water Honeydew	Warm water Homemade coco jelly	Warm water Mixed fruits	Warm water Green apple

Menu Week 3

Meal Period		Monday 14 July 2025	Tuesday 15 July 2025	Wednesday 16 July 2025	Thursday 17 July 2025	Friday 18 July 2025
Breakfast	Set A	Mini chicken & lettuce sandwiches	Baked mini croissant free range egg mayo	Bread and butter pudding with vanilla sauce	Steamed mini Shang Hai bao	TERM 3 ENDS/ REPORT DAY
	Set B	Braised loh shu fun with egg,vegetables crush pepper corn	Roti canai with homemade vegetarian dhal	Chicken congee with salted egg	Chinese style braised noodles,fish ball,vegetables	
	Vegetarian	Braised loh shu fun	Roti canai with homemade vegetarian dhal	Congee	Chinese style braised noodles	
	Beverage	Warm soy bean drink	Barley drink	Chinese herbal tea with red dates	Warm milo	
Lunch	Set A	Wheat pasta with cream sauce Deep fried chicken wings Steamed vegetables with butter sauce Roasted pumpkin with thyme	Breaded fish fillets with tartar sauce Shoestring French fries Mixed salad with dressing homemade sweet corn	Fusilli with tomato and eggplant Roasted free range chicken breast Homemade garlic herb sauce,cajun potato wedges Sautéed green vegetables	Homemade assorted pizza Tuna pasta salad Shoestring french fries Garden salad with french dressing	
	OR					
	Set B	Steamed white rice Kalio chicken with dry chilli Sautéed cauliflower and carrot Deep fried potato with herb	Tomato rice, fish crackers Ayam masak merah Cucumber,pineapple pickles & chilli Ulam & sambal belacan	Butter rice Chicken masala with chickpeas Steamed lady fingers Sautéed chinese cabbage	Nasi minyak Spiced fried chicken Tomato and onion shredded egg Stir fried cauliflower with chive	
	Vegetarian	Steamed white rice Vegetarian foo chuk Stir-fried siew pak choy Roasted pumpkin with thyme	Steamed white rice Japanese tofu with light sauce Steamed carrot with thyme homemade sweet corn	Steamed white rice Hard tofu with egg drop Sautéed green vegetables Sautéed chinese cabbage	Steamed white rice Tomato and onion shredded egg Stir-fried bean sprout Stir-fried cauliflower with chive	
	Drinks Dessert OR Fruit	Warm water Hondeydew	Warm water Papaya	Warm water Orange	Warm water Papaya	