

Menu Week 1

Meal Period		Monday 2 MARCH 2026	Tuesday 3 MARCH 2026	Wednesday 4 MARCH 2026	Thursday 5 MARCH 2026	Friday 6 MARCH 2026
Breakfast	Set A	Toast bread with kaya	Cheese and mayo sandwiches	Chocolate wafer	French toast served with butter	Home baked cheese cake
	Set B	Crab stick fried rice served with shredded egg and lettuce	Braised hokkien noodles with fish cake and Chinese cabbage	Japanese fried rice with tamago topped with shredded lettuce	Nasi Lemak served with sambal, hard boiled egg and cucumber slices	Roti canai with home made, vegetable dhal
	Vegetarian	Vegetarian fried rice	Cheese and egg sandwiches	Vegetarian fried noodles	French toast with honey	Vegetarian nisin noodles
	Beverage	Fresh milk	Fresh milk	Chinese herbal tea	Soya bean	Chocolate drink
Lunch	Set A	Baked pasta with mushroom and cheese Grill chicken with onion sauce Sautéed potato with garlic butter Sautéed cauliflower with butter	Sautéed pasta with tomato slices Roasted chicken with au juice Sautéed mix vegetables Fried bean curd with Thai sauce	Inari sushi Tuna mayo sushi Tamago and crabstick sushi Vegetable rolls Miso so and wakame soup	Chicken bolognese pasta Homemade garlic bread Assorted garden salad with dressing Potato salad	Chicken coney dog Tuna pasta Homemade coleslaw salad Fried crinkle cut fries
	OR					
	Set B	Steam white rice Sweet and sour fish fillet Sautéed mix vegetables Japanese bean curd Cantonese style	Steam white rice Ginger and spring onion chicken Stew vegetable with preserve bean curd Omelette with onion and carrot	Steam white rice Rendang chicken with potatoes Braised cabbage with oyster sauce Bean curd with mushroom and carrots	Steam white rice Braised chicken with potatoes Choy sum with oyster sauce and garlic Japanese egg bean curd with crab stick	Fragrant chicken rice Roasted BBQ chicken with home bland chilli's sauce Fresh slices cucumber
	Vegetarian	Steam white rice Japanese bean curd with egg drop Stir fried vegetables Steam egg with light soya sauce	Steam whiter rice Omelette with mushrooms Sautéed green vegetables Steam cauliflower with carrots	Steam white rice Sautéed cabbage with mushrooms Bean curd with carrots Fried vegetarian rolls	Steam white rice Japanese bean curd with long cabbage Stir fried local choy sum Fried egg with tomato sauce	Steam white rice Soft bean curd with soya sauce Deep fried yam rolls Chinese omelette with mushrooms
	Dessert OR Fruit	Fresh watermelon	Green apple slices	Homemade rainbow jelly	Australia red apple	China orange slices

Menu Week 2

Meal Period		Monday 9 MARCH 2026	Tuesday 10 MARCH 2026	Wednesday 11 MARCH 2026	Thursday 12 MARCH 2026	Friday 13 MARCH 2026
Breakfast	Set A	Mushroom soup served with garlic bread	Butter tuna sandwiches	Home baked soft bun with turkey, ham and lettuce	Roti canai with dhal	Home baked banana cake
	Set B	Chinese fried rice with fish cake, spring onions and fried shallots	Fried Singapore style meehoon served with fish cake, kucai and bean sprout	Cantonese kuey teow in egg gravy	Braised yee mee served with Chinese cabbage, choy sum and chicken cubes	Nasi lemak served with sambal, salted fried tempeh and cucumber slices
	Vegetarian	Vegetarian rolls with mayonnaise	Sandwiches with cheese	Fried vegetarian rice	Steam red bean bun	Vegetarian fried noodles
	Beverage	Herbal drink	Warm milk	Soya bean	Sugar cane	Warm milo
Lunch	Set A	Pilaf rice Chicken stroganoff Sautéed vegetables Omelette with shredded carrots	Breaded fish fillet Mashed potatoes with gravy Homemade coleslaw Sautéed corn with garlic butter	Steam white rice with shallot Chi kut tea Lettuce with garlic Sautéed spinach with goji	Sautéed pasta with tomato and egg plant Baked chicken with brown sauce Mix vegetables with garlic Roasted potatoes with spring onion	Homemade pizza Fried crinkle fries Assorted salad with dressing
	OR					
	Set B	Steam white rice Sweet and sour chicken Siew pak choy with oyster sauce Bean curd with mushrooms	Steam white rice Fried fish fillet with lemon butter sauce Braised Chinese style vegetable Sautéed potatoes with minced chicken	Steam white rice Minced chicken with Thai basil Sautéed kai lan Chinese style omelette with choy poh	Nasi tomato Ayam masak merah Cucumber and pineapple pickle salad Turmeric sautéed round cabbage	Steam white rice Light chicken curry Stir fried choy sum Japanese bean curd in Cantonese sauce
	Vegetarian	Steam white rice Vegetarian fish with sauce Steam egg with soya sauce Sautéed potatoes with mushrooms	Steam white rice Japanese bean curd with carrots vegetarian chicken cube Kong po sauce Sautéed green vegetable	Steam white rice Steam egg with salted egg Stir fried long bean with carrots Deep fried vegetarian fish in curry sauce	Steam white rice Fried vegetarian rolls Braised hard bean curd with mushrooms Sautéed cabbage with oyster sauce	Steam white rice Vegetarian chicken cubes in rendang sauce Stir broccoli flower and carrots Japanese bean curd with sweet pea
	Dessert OR Fruit	Fresh orange slices	Watermelon	Mix fruits	Home made jelly	Red apple slices

Menu Week 3

Meal Period		Monday 16 MARCH 2026	Tuesday 17 MARCH 2026	Wednesday 18 MARCH 2026	Thursday 19 MARCH 2026	Friday 20 MARCH 2026
Breakfast	Set A	Mini French toast served with apple syrup	Charcoal pan cake served with Cream cheese spread	Egg mayo and lettuce sandwiches	TERM 3 ENDS/ REPORT DAY	SCHOOL HOLIDAY
	Set B	Fried kuey teow Penang style served with kucai, bean sprout, fish cake and eggs	Fried rice with chicken cubes, eggs and fish cake topped with shredded lettuce	Cantonese yee mee noodles with fish cake, Chinese cabbage, carrots & local choy sum		
	Vegetarian	Mini French toast with syrup	Pan cake with vanilla sauce	Cheese slides with tomato		
	Beverage	Herbal drink	Warm milk	Soya bean		
Lunch	Set A	Spaghetti with mushroom sauce Baked chicken with demi glace Sautéed cauliflower with butter Sautéed potatoes with oyster sauce	Fusilli pasta in tomato concassé Black pepper chicken Roasted carrots with oregano herb	Breaded chicken chop Fried shoestring fries Mix vegetable with garlic butter Steam corns	TERM 3 ENDS/ REPORT DAY	SCHOOL HOLIDAY
	OR					
	Set B	Steam white rice Fried fish fillet with sweet & sour source Braised Chinese cabbage with mushroom Bean curd with minced chicken	Steam white rice Chicken curry with potatoes Stir fried spinach with salted egg Chinese style omelette	Steam white rice Herbal chicken with goji Chinese tea eggs Sautéed siew pak choy with oyster sauce		
	Vegetarian	Steam white rice Bean curd with mix vegetables Ginger and spring onion chicken cubes Sautéed siew pak choy	Steam white rice Vegetable cutlet with dip Garden salad with dressing Baked potatoes	Steam white rice Vegetarian lamb with light curry Soft bean curd with tomato & ginger Sautéed long beans with carrot flower		
	Dessert OR Fruit	Red apple slices	Watermelon cubes	Mix fruits		