

		WEEK 1				
Meal Period			Tuesday 1 September 2026	Wednesday 2 September 2026	Thursday 3 September 2026	Friday 4 September 2026
Breakfast	Set A		Mini egg sandwiches	Toast bread with blueberry jam	French toast with vanilla sauce	Home baked marble cake
	Set B		Fried mee Siam with vegetables	Cantonese fried noodles with fish cake	Yong chow fried rice with shredded egg	Tom yam fried rice with cucumber
	Vegetarian		Vegetarian fried mee Siam	Toast bread with blueberry jam	Vegetarian fried noodles	Cheese sandwiches
	Beverage		Soybean drink	Sugarcane drink	Chinese herbal drink	Barley with pandan leaves
Lunch	Set A		Ipoh kuey teow soup with shredded chicken and bean sprouts, fried tofu with sweet chilli sauce	Penne pasta with creamy mushroom, baked chicken with cajun spices, western style mixed vegetables and toast bread	Pasta with tomato sauce, garlic and chilli chicken, cauliflower with shredded cheese and fried potato wedges	Baked pasta with egg white, sautéed chicken with cajun pepper, béchamel vegetables and roasted garlic potatoes
	Set B		Steamed butter rice, ginger and spring onion chicken, sautéed green vegetables and steamed bean curd	Nasi minyak, Soy sauce chicken with onions, turmeric cabbage and sautéed petola with egg	Steamed white rice, sweet and sour fish fillet, tom yam bean curd and stir fried Chinese cabbage with mushroom and carrots	Steamed white rice, deep fried fish fillet with dip, sautéed potato with oyster sauce and bean curd with garlic and chilli
	Vegetarian		Steamed white rice, Japanese bean curd with egg drop, stir-fried long beans and fried vegetarian rolls	Steamed butter rice, fried onion omelette, deep fried potato wedges, sweet and sour vegetarian chicken	Steamed white rice, braised bean curd with soy sauce, vegetarian lamb curry and potato salad	Steamed white rice steamed egg with soy sauce, roasted pumpkin with thyme herbs and Japanese bean curd
	Dessert / Fruits		Watermelon	Oranges	Green apples	Homemade pudding

		WEEK 2				
Meal Period		Monday 7 September 2026	Tuesday 8 September 2026	Wednesday 9 September 2026	Thursday 10 September 2026	Friday 11 September 2026
Breakfast	Set A	Steamed banana cake	Toast bread with kaya	American breakfast	Steamed Shanghai mini pau	Vanilla crêpe roll with orange sauce
	Set B	Hong Kong yee mee with vegetables and fish balls	Japanese garlic fried rice with cucumber	Penang fried kuey teow with shredded egg	Braised hokkian mee hoon with green vegetables and fish cake	Thai fried rice with crackers
	Vegetarian	Steamed banana cake	Toasted bread with kaya	American breakfast	Steamed Shang Hai mini pau	Vanilla crêpe roll with orange sauce
	Beverage	Warm chocolate drink	Soybean drink	Barley drink	Loh hon kor drink	Herbal tea
Lunch	Set A	Fettuccine pasta with concassé sauce, oven roasted chicken with light pepper, steamed broccoli flower with sesame oil, butter potatoes and sautéed onions	Gomiti pasta with creamy mushroom sauce, grilled fish with herb butter, sautéed mixed vegetables and sautéed potatoes with onions	Spaghetti bolognese, homemade garlic bread and garden salad with dressing	Fusilli pasta provençal, grilled tomato fish fillet, sautéed long beans and carrots and deep fried bean curd with salted egg	Penne pasta with sautéed onion, cajun chicken with oregano herbs, homemade roasted garlic sauce and sautéed cauliflower
	Set B	Steamed white rice braised bean curd with bean paste, kam heong fish fillet and Chinese style sautéed mixed vegetables	Chicken rice, roasted BBQ chicken, fresh cucumber slices with homemade chilli sauce	Steamed raisin rice, Chinese style omelette, deep fried crumbed fish fillet and Chinese style sautéed mixed vegetables	Steamed white rice, Szechuan style chicken, braised eggplant and sambal bean curd	Steamed white rice, Chef's fried chicken, braised bean curd with carrots and garlic sautéed siew pak choy
	Vegetarian	Steamed white rice, Japanese bean curd with egg drop, local green vegetables, ginger and spring onion, vegetarian chicken	Steamed white rice, steamed Japanese bean curd, fried potatoes with onion and sautéed cauliflower	Steamed white rice, egg with tomato and onion, sautéed vegetables and deep fried vegetarian prawn roll	Steamed white rice, vegetable omelette, braised eggplant, sweet and sour vegetarian fish	Steamed white rice braised bean curd with carrots, siew pak choy and deep fried vegetarian chicken cubes
	Dessert / Fruits	Watermelon	Oranges	Homemade jelly	Green apples	Honeydew

WEEK 3						
Meal Period		Monday 14 September 2026	Tuesday 15 September 2026	Wednesday 16 September 2026	Thursday 17 September 2026	Friday 18 September 2026
Breakfast	Set A	French toast with dip	Chicken sandwiches	PUBLIC HOLIDAY	Pan cake with vanilla sauce	Chicken porridge
	Set B	Chinese fried rice with fish crackers	Braised yee mee with green vegetables and fish cake		Wantan noodles with BBQ chicken cubes and vegetables	Fried mee mamak Malay style
	Vegetarian	Mini French toast with dip	Mini grilled cheese sandwiches		Pan cake with vanilla sauce	Tomato, cheese and lettuce sandwiches
	Beverage	Fresh milk	Loh hon kor drink		Sugar cane drink	Full cream milk
Lunch	Set A	Home style pasta with cream sauce, grilled fish with lemon butter, sautéed vegetables & potatoes, and finger garlic bread	Butter and raisin rice, sautéed chicken cubes with bell pepper, bean curd and mushroom, steamed cauliflower with shredded egg		Chicken katsu (Japanese style) fine slice round cabbage with katsu sauce and soft bean curd	Sautéed pasta with chopped parsley roasted chicken with mushroom sauce, mashed potatoes, roasted carrots and broccoli
	Set B	Steamed white rice, curry chicken with potatoes, sautéed local vegetables and fried tofu	Steamed raisin rice, steamed fish with soy sauce, Chinese mixed vegetables and fried egg with onions		Steamed white rice, steamed fish with black bean sauce, braised bean curd with star anise and stir fried cabbage with garlic	Steamed white rice, sweet and sour chicken, local green vegetables and Chinese omelette with shredded carrots
	Vegetarian	Steamed white rice, steamed egg with light soy sauce, Japanese bean curd with mushroom and assorted green vegetables	Vegetarian noodles soup, braised tau foo, deep fried vegetarian lamb and stir fried cauliflower		White rice, omelette with shredded carrots, vegetarian chicken with sambal and bean sprout with chives	Steamed white rice, soft bean curd with garlic sauce, vegetarian fish in skewer, and green local vegetables
Dessert / Fruits		Honeydew melon	Watermelon		Oranges	Red apples

WEEK 4						
Meal Period		Monday 21 September 2026	Tuesday 22 September 2026	Wednesday 23 September 2026	Thursday 24 September 2026	Friday 25 September 2026
Breakfast	Set A	Toast bread with pandan kaya	Mushroom soup with garlic toast bread	Homemade sausage rolls	Mini chocolate muffin	Roti canai with homemade dhal
	Set B	Fried local style mee hoon with fish cake	Mee soup Indonesia style	Kampung fried rice with crackers	Nasi lemak with fried tempeh	Braised yee mee
	Vegetarian	Toast bread with kaya	Fried vegetarian mee hoon	Mini cheese and lettuce sandwiches	Vegetarian fried rice	Homemade donut
	Beverage	Soybean drink	Fresh milk	Barley drink	Herbal tea	Warm tea tarik
Lunch	Set A	Classic chicken lasagna, with roasted vegetables, roasted potatoes and garlic bread	Elbow pasta with tomato sauce, fish finger with tartar sauce, sautéed eggplant with oyster sauce, and steamed potato with butter	Curry mee hoon, shredded chicken, soft bean curd long beans, eggplant, bean sprouts served in rich curry broth	Mac and cheese, pan seared chicken with garlic sauce, sautéed broccoli with carrots, home made garlic bread	Linguini pasta with mushroom sauce, breaded fish with garlic butter sauce, potato salad with sautéed onion, sautéed bean curd
	Set B	Steamed white rice, with chicken curry and potatoes, sautéed round cabbage with sage, and papadum	Tomato rice, ayam masak merah, with cucumber and pineapple pickles, deep fried petola mamak style	Steamed white rice, ginger and spring onion chicken, sautéed bean sprout with chives and kong poh bean curd	Steamed white rice, deep fried fish fillet, braised bean curd with mushroom and Chinese mixed vegetables	Butter rice, crispy fried chicken, sautéed local vegetables and sautéed potatoes with garlic
	Vegetarian	Steamed white rice, white taufoo with soy sauce, sautéed green local vegetables and fried egg sunny side up	White rice, steamed egg with garlic sauce, sautéed eggplant and deep fried petola	Steamed white rice, scrambled egg with onion, sautéed bean sprout with chives, kong poh vegetarian chicken	Steamed white rice, vegetarian tofu, Chinese mixed vegetables and scrambled egg with tomato sauce	Butter rice, herbal tofu, stir fried round cabbage and sautéed potatoes with garlic
Dessert / Fruits		Watermelon	Green apples	Oranges	Papaya	Mixed fruits

Meal Period		Monday 28 September 2026	Tuesday 29 September 2026	Wednesday 30 September 2026		
Breakfast	Set A	Chocolate wafer	Mini samosa	Onion and carrot fritter		
	Set B	Egg fried rice with crackers	Singapore fried mee hoon with shredded egg	Kuey teow with minced chicken gravy		
	Vegetarian	Chocolate wafer	Mini vegetarian samosa	Fried homemade spring rolls		
	Beverage	Soy bean drink	Herbal tea drink	Barley drink		
Lunch	Set A	Truffle spaghetti aglio olio, baked John dory with garlic butter, mashed potatoes and sautéed green vegetables	Pasta with tomato sauce, fish finger with tartar sauce, sautéed eggplant with oyster sauce, potato salad with chopped onions	Japanese udon, with crab stick slices, leek slices, crumble in miso soup and tepanyaki vegetables		
	Set B	Steamed pandan white rice, chicken rendang and potatoes, sautéed local choysum with oyster sauce, and soh hoon with egg and mushroom	Steamed white rice, braised chicken with Chinese mushroom, bean sprout and petola, sautéed potato with oyster sauce	Steamed white rice, ginger and spring onion stir fried chicken, sizzling Japanese tofu, and sautéed green vegetables with oyster sauce		
	Vegetarian	Steamed pandan white rice, Chinese omelette with onions, white tofu with soy sauce, and sautéed green vegetables	Steamed white rice, steamed bean curd with shallot oil, steamed egg with garlic sauce and sautéed eggplant	Steamed white rice, deep fried bean curd with dip, scrambled egg with onions and sautéed bean sprout with chives		
Dessert / Fruits		Watermelon	Green apples	Oranges		