

Menu Week 1

Meal Period			Tuesday 1 July 2025	Wednesday 2 July 2025	Thursday 3 July 2025	Friday 4 July 2025
Breakfast			Seremban-style fish ball noodles served with choy poh broth, fish roll, bean sprouts, and spring onions	Kampung-style fried rice served with wolf herring crackers (Ikan Parang crackers)	Nasi lemak served with hard-boiled egg, cucumber, sambal and tempeh	Singapore-style fried mee hoon with chicken cubes, bean sprouts and shredded egg
	Beverage		Warm barley	Homemade herbal tea	Warm milo	Soya bean milk
Lunch			Mac and cheese with chicken ham in béchamel white sauce served with sautéed broccoli and onions	Steamed jasmine white rice with chicken rendang, carrot and pineapple pickle and sautéed potatoes with sambal	Spaghetti pasta with homemade chicken Bolognese sauce served with garlic bread fingers and a side of assorted seasonal salad with dressing	Fragrant white rice served with Indonesian-style stewed chicken and potatoes, tomato and onion salad, baby romaine and lettuce, and fish crackers
	Drinks Fruit		Warm water Watermelon	Warm water Jelly	Warm water USA red apple	Warm water Watermelon

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		Kimchi fried rice with chicken and sliced chives	Wonton noodles served with BBQ chicken and vegetables	Chinese-style fried rice topped with chicken floss and sliced spring onions	Homemade mushroom soup served with garlic bread	English breakfast with scrambled eggs, baked beans, sausage and triangular baked breadsticks
	Beverage	Warm milo	Warm barley	Homemade herbal tea	Full cream milk	Soya bean milk
Lunch		Steamed white rice with sambal chicken in spices, glazed hard tofu in sweet sauce, and braised potatoes with minced chicken	Biryani rice served with tandoori chicken, cucumber salad, papadom crackers, and dalca sauce, and sautéed tamarind round cabbage	Homestyle mini sliders served with french fries, creamy coleslaw and a garden salad with dressing	Fettuccini cabonarra pasta served with roasted whole chicken with garlic and chili, roasted potatoes with onions, and mixed vegetables	Steamed white rice served with chicken curry and potatoes, and stir-fried mixed vegetables with tofu
	Drinks Fruit	Warm water Watermelon	Warm water Orange	Warm water Jelly	Warm water USA Red Apple	Warm water Watermelon

Menu Week 3

Meal Period		Monday 14 July 2025	Tuesday 15 July 2025	Wednesday 16 July 2025	Thursday 17 July 2025	
Breakfast		Braised loh shi fun with egg, vegetables and crushed peppercorns	Roti canai served with homemade vegetarian dhal	Sandwich	Chinese-style lor mee (braised noodles) served with fish balls and vegetables	
	Beverage	Warm milo	Warm barley	Homemade herbal tea	Soya bean milk	
Lunch		Whole wheat pasta with cream sauce, served with deep-fried chicken, steamed vegetable with butter sauce, and roasted pumpkin with thyme	Fragrant tomato rice with chicken in red sauce served with cucumber, pineapple and chili pickles, traditional ulam salad with sambal belacan and fish crackers	Butter rice served with chicken marsala and chickpeas, steamed lady's fingers (okra), and sautéed tamarind cabbage with saga seeds	Homemade assorted pizza served with tuna and pasta salad, shoestring french fries, and a seasonal garden salad with french dressing	
	Drinks Fruit	Warm water Watermelon	Warm water Orange	Warm water Jelly	Warm water USA red apple	