

Menu Week 1

Meal Period		Monday 3 November 2025	Tuesday 4 November 2025	Wednesday 5 November 2025	Thursday 6 November 2025	Friday 7 November 2025
Breakfast		Thai fried rice with fish cake and shredded lettuce	Homestyle sausage roll	Braised Hokkien noodles with fish cake, chicken slices, and choy sum	Ipoh mee hoon soup served with fish balls, fish cake, bean sprouts, and fried shallots	Nasi lemak with condiments Deep-fried tempeh and keropok
	Beverage	Homemade herbal tea	Warm milo	Homemade herbal tea	Warm milo	Warm barley
Lunch		Spaghetti aglio olio with mushroom Roasted chicken with garlic oyster sauce Sautéed green vegetables with carrot	Fragrant white rice Chicken curry with potatoes Sautéed bean sprouts with salted fish	Jasmine white rice Braised chicken with potatoes Stir-fried green vegetables with garlic	Fusilli pasta with tomato sauce Baked whole chicken with garlic and chili Broccoli and cauliflower	Homemade assorted pizza Deep-fried French fries Coleslaw salad with dressing
	Dessert/Fruit	Jelly	Red apple	Jelly	Red apple	Watermelon

Menu Week 2

Meal Period		Monday 10 November 2025	Tuesday 11 November 2025	Wednesday 12 November 2025	Thursday 13 November 2025	Friday 14 November 2025
Breakfast		Yang Zhou fried rice with anchovies, shredded egg, and lettuce	Chicken porridge with condiments	Mini egg sandwiches	Fried Maggi noodles with fish cake, vegetables, and bean sprouts, served with crackers	Homemade creamy mushroom soup served with a soft roll
	Beverage	Warm milo	Warm barley	Homemade herbal tea	Full cream milk	Soya bean milk
Lunch		Steamed white rice Braised chicken with mushroom and carrot Sautéed mixed local vegetables	Steamed white rice Ayam masak kicap Sautéed potatoes	Biryani rice Roasted chicken, tandoori style Pickled cucumber, pineapple and chili Round cabbage with turmeric Papadum crackers	Pasta with creamy mushroom sauce Baked chicken with garlic sauce Mixed western vegetables	Steamed white rice Roasted chicken with buttermilk sauce Sautéed green vegetables
	Dessert/Fruit	Watermelon	Orange	Jelly	Red apple	Watermelon

Menu Week 3

Meal Period		Monday 17 November 2025	Tuesday 18 November 2025	Wednesday 19 November 2025	Thursday 20 November 2025	Friday 21 November 2025
Breakfast		Penang fried kuey teow with fish cake, chives, bean sprouts, and fried shallots	Home-baked velvet cake slice	Seremban fish ball soup served with bean sprouts and bok choy	Braised Chinese noodles with fish balls, long cabbage and choy sum	Belacan fried rice served with chicken cubes and chili paste
	Beverage	Warm milo	Warm barley	Homemade herbal tea	Full cream milk	Soya bean milk
Lunch		Shallot rice Chic kut teh served with soft bean curd Mushrooms in rich chicken broth Lettuce with garlic oil	Spaghetti pasta with creamy ham sauce Roasted chicken with reduction sauce Sautéed broccoli with carrots and mushrooms	Steamed white rice Braised chicken in dark soy sauce Steamed egg with light soy sauce Sautéed garden greens with oyster sauce	Steamed white rice Deep-fried chicken katsu Teppanyaki vegetables	Steamed white rice Mamak-style onion chicken Stir-fried green vegetables
	Dessert/Fruit	Watermelon	Orange	Jelly	Red apple	Watermelon

Menu Week 4

Meal Period		Monday 24 November 2025	Tuesday 25 November 2025	Wednesday 26 November 2025	Thursday 27 November 2025	Friday 28 November 2025
Breakfast		Steamed assorted mini pau	Fried mee hoon Siam served with chicken cubes, bean curd, and bean sprouts	Roti canai with dhal	Malay-style fried rice served with fish cake and fish crackers	Round doughnut with icing sugar
	Beverage	Warm milo	Warm barley	Homemade herbal tea	Full cream milk	Soya bean milk
Lunch		Nasi minyak Chicken rendang with potatoes Stir-fried long beans with shredded egg	Sautéed macaroni pasta with tomato sauce Deep-fried chicken popcorn with homemade sesame sauce Sautéed green vegetables with mushrooms	Nasi tomato Ayam masak merah Pickled cucumber and pineapple Stir-fried round cabbage with turmeric and chili Papadum crackers	Fettuccine pasta with carbonara sauce Roasted whole chicken with demi-glace Spinach with oyster sauce	Steamed white rice Light chicken curry with potatoes Stir-fried siew pak choy with garlic
	Dessert/Fruit	Watermelon	Orange	Jelly	Red apple	Watermelon