

Menu Week 1

Meal Period				Wednesday 1 July 2026	Thursday 2 July 2026	Friday 3 July 2026
Breakfast				Cantonese yee mee with fish cake, long cabbage and carrots in egg gravy	Fried nissin noodles with fish cake, bean sprouts, fried shallots and spring onions	Japanese fried rice with tamago and crispy chopped garlic
	Beverage			Herbal tea	Soya	Warm barley
Lunch				Steamed white rice Sweet and sour fish fillet Chinese-style mixed vegetables	Steamed white rice Mamak-style onion chicken Sautéed long beans with sambal	Spaghetti with mushroom cream sauce Sautéed chicken breast with bell pepper Sautéed cauliflower with garlic
	Dessert / Fruit			Watermelon	Apple	Jelly

Menu Week 2

Meal Period		Monday 6 July 2026	Tuesday 7 July 2026	Wednesday 8 July 2026	Thursday 9 July 2026	Friday 10 July 2026
Breakfast		Fried mee hoon served with fish cake, bean sprouts and fried shallots	Mini tuna sandwiches	Nasi lemak served with onion sambal and fried tempeh	Chicken congee	Chinese-style braised loh mee with fish ball and vegetables
	Beverage	Warm milo	Full cream milk	Herbal tea	Soya	Warm barley
Lunch		Nasi minyak Braised dark soya sauce chicken Labu siam with carrot and egg drop	Steamed white rice Chicken tomato omelette Broccoli with shallot oil	Steamed white rice Teriyaki-style baked fish Stir fried broccoli flower	Steamed fragrant white rice Szechuan-style chicken Braised eggplant	Steamed white rice Chicken rendang with potatoes Chinese-style mixed vegetables
	Dessert / Fruit	Watermelon	Apple	Jelly	Orange	Mix fruits

Menu Week 3

Meal Period		Monday 13 July 2026	Tuesday 14 July 2026	Wednesday 15 July 2026	Thursday 16 July 2026	
Breakfast		Cantonese kuey teow	Wantan noodles with BBQ chicken and green vegetables	Homemade mushroom soup served with garlic bread	Nasi goreng kampung	
	Beverage	Warm milo	Full cream milk	Herbal tea	Soya	
Lunch		Home-style mini burger slider served with French fries Home-style coleslaw salad Garden green salad with dressing	Steamed fragrant white rice Hong Kong steamed herbal chicken Local choy tam with oyster sauce	Steamed white rice Japanese tofu with minced chicken Assorted green vegetables	Japanese ramen Japanese naruto, leek, fried shallots, miso soup Japanese-style teppanyaki vegetables	
	Dessert / Fruit	Watermelon	Apple	Jelly	Orange	