

Menu Week 1

Meal Period			Tuesday 1 Sept 2026	Wednesday 2 Sept 2026	Thursday 3 Sept 2026	Friday 4 Sept 2026
Breakfast			White Singapore-style fried mee hoon with fish cake	Chinese fried rice with shredded egg	Home-style French toast served with vanilla sauce	Taiwanese-style noodle soup with fish balls and vegetables
	Beverage		Herbal tea	Soya bean	Hot chocolate	Local milk tea
Lunch			Steamed white rice with braised boneless chicken with potatoes and home-style steamed broccoli	Spaghetti mushroom aglio olio with deep-fried fish and sautéed broccoli with garlic	Steamed white rice with steamed chicken in soy sauce, cucumber and steamed pumpkin	Steamed white rice with sweet and sour fish fillet and stir-fried cabbage with shredded mushrooms
	Dessert / Fruits		Watermelon	Papaya	Honeydew	Jelly

Menu Week 2

Meal Period		Monday 7 Sept 2026	Tuesday 8 Sept 2026	Wednesday 9 Sept 2026	Thursday 10 Sept 2026	Friday 11 Sept 2026
Breakfast		Hong Kong yee mee noodles served with fish cake, assorted vegetables in egg sauce	Japanese-style fried rice with garlic, fish cake, egg and spring onion	Fried Nissin noodles served with fish cake, bean sprouts and shredded carrot	Soft rolls stuffed with turkey ham and romaine lettuce	Home-style carrot and potato porridge served with spring onion and fried shallots
	Beverage	Warm milo	Soya bean	Warm barley	Fresh milk	Monk fruit herbal tea
Lunch		Steamed butter rice with Chi Kut Teh chicken with tofu pok and stir-fried iceberg lettuce	Japanese udon noodles with miso soup with Naruto fish cake, sliced leeks and vegetable tempura	Steamed white rice with deep-fried popcorn chicken in orange sauce, and stir-fried yau mak with chopped garlic	Steamed white rice with steamed chicken with mushroom sauce, and stir-fried cauliflower with carrots	Steamed white rice with braised chicken and hairy gourd, sautéed green vegetables with oyster sauce
	Dessert / Fruits	Orange	Watermelon	Honeydew	Homemade pudding	Apple

Menu Week 3

Meal Period		Monday 14 Sept 2026	Tuesday 15 Sept 2026	Wednesday 16 Sept 2026	Thursday 17 Sept 2026	Friday 18 Sept 2026
Breakfast		Wantan noodles served with BBQ chicken and steamed choy sum	Pineapple fried rice	Public Holiday	Pumpkin soup served with toast bread	Nasi lemak served with hard-boiled egg, cucumber, sambal and fried tempeh
	Beverage	Warm milo	Soya bean		Warm barley	Chrysanthemum tea
Lunch		Steamed white rice with deep-fried chicken in buttermilk sauce and local choy sum with oyster sauce	Fish & chips with coleslaw and mushroom soup		Steamed white rice with deep-fried fish fillet with tau choo sauce and sautéed mixed vegetables with garlic	Steamed white rice with stir-fried minced chicken and scallion tofu, and stir-fried broccoli and carrots
	Dessert / Fruits	Orange	Papaya		Watermelon	Homemade pudding

Menu Week 4

Meal Period		Monday 21 Sept 2026	Tuesday 22 Sept 2026	Wednesday 23 Sept 2026	Thursday 24 Sept 2026	Friday 25 Sept 2026
Breakfast		Stir-fried udon noodles with vegetables	Kampung fried rice with morning glory and chicken cubes	Braised Zha Jiang noodles served with shredded cucumber	Mini egg sandwiches	Shiitake mushroom fried rice
	Beverage	Warm milo	Soya bean	Warm barley	Fresh milk	Monk fruit herbal tea
Lunch		Steamed chicken rice with roasted chicken served with cucumber, and homemade chilli sauce	Ramly-style chicken burger with French fries and coleslaw	Steamed white rice with roasted chicken and mushroom sauce, served with stir-fried spinach with garlic	Steamed white rice with deep-fried fish fillet with salted egg and siew pak choy with oyster sauce	Steamed white rice with sautéed chicken, carrots and mushrooms, and stir-fried cauliflower with shredded egg
	Dessert / Fruits	Jelly	Apple	Watermelon	Homemade pudding	Orange

Menu Week 5

Meal Period		Monday 28 Sept 2026	Tuesday 29 Sept 2026	Wednesday 30 Sept 2026		
Breakfast		Chee cheong fun with fu chok	Japanese fried rice with tamago	Mushroom soup served with garlic toast bread		
	Beverage	Warm milo	Soya bean	Warm barley		
Lunch		Steamed butter rice with Hong Kong-style steamed herbal chicken and stir-fried local choy sum with oyster sauce	Spaghetti Bolognese with baked chicken meatballs and garden salad with dressing	Steamed white rice with deep-fried free-range chicken breast with honey sauce and stir-fried green vegetables		
	Dessert / Fruits	Apple	Papaya	Honeydew		