

Menu Week 1

Meal Period				Wednesday 1 Feb 2023	Thursday 2 Feb 2023	Friday 3 Feb 2023
Breakfast	Choice of 1 Snacks			Toast bread with strawberry jam	Butter Marble Cake	Mini French toast with apple syrup
	Vegetarian Snack			Fried Singapore mee hoon	Stir fried mamak noodles	Wanton Noodles with BBQ chicken
Beverage	Toast bread with strawberry jam			Butter Marble Cake	Mini French toast with apple syrup	
Lunch	Choice of			Home made soya bean	House style herbal tea	Warm Milo
	Set A			Penne pasta mushroom carbonara	Mee Hoon soup	Linguine pasta with tomato sica
	OR	Grilled perch fish with bechamel sauce	Steamed chicken/ bean sprout/ spring onion	Baked fish with thai sauce		
	Set B	Sweet corn kernel with butter	Fried shallot	Stir fried Cauliflower		
Vegetarian Dish	Steamed fragrant white rice	Pilaf Rice	Nasi minyak			
	Kalio chicken	John dory with sweet and sour sauce	Rendang chicken			
	Stir fried long bean	Chinese style choy tam with garlic	Stir fried pak choy with carrot flower			
	Steamed white rice	White rice /Mee hoon	White rice /Pasta			
	Japanese bean curd with soya sauce	Baked vegetarian chicken	Hard bean curd with tauchoo			
	Stir fried long bean	Chinese style choy tam	Sautéed siew pak choy			
Drinks	Warm water	Warm water	Warm water			
Dessert OR Fruit	Watermelon	USA Red Apple	Orange			

Menu Week 2

Meal Period		Monday 6 Feb 2023	Tuesday 7 Feb 2023	Wednesday 8 Feb 2023	Thursday 9 Feb 2023	Friday 10 Feb 2023
Breakfast	Choice of 1 Snacks	PUBLIC HOLIDAY	Egg sandwich	Roti jala with light curry	Toast bread with Kaya	Home baked banana cake
	Vegetarian Snack		Shitake mushroom fried rice	Fried mee hoon Siam	Chee cheong fun	Nasi lemak with condiments
Beverage	Egg sandwich		Roti jala with light curry	Toast bread with Kaya	Home baked banana cake	
Lunch	Choice of		Warm barley with pandan	Warm milo	Full cream milk	Soya bean milk
	Set A		Fusilli pasta with sica tomato sauce	White curry mee	Elbow with cheese sauce	Assorted Pizza
	OR	Baked fish garlic white sauce	Steamed white chicken/ long bean/soft beancu	Baked john dory with spices	Assorted lettuce with dressing	
	Set B	Broccoli with oyster sauce	Beansprout/spring onion	Siew pak choy with garlic	French fries	
Vegetarian Dish	Hainanese chicken rice	Steamed white rice	Steamed white rice	Fragrant white rice		
	Roasted BBQ chicken	Deep fried fish fillet with sweet sauce	Braised chicken with black mushroom	Ginger and spring onion fish fillet		
	Fresh slice cucumber	Assorted mix vegetables	Steamed shanghai egg with garlic	Stir fried sweet turnip with chinese mushroom		
	Jasmin white rice	Steamed white rice	Steamed jasmin white rice	Fragrant white rice		
	Sautéed green vegetables	Assorted mix vegetables	Steamed shanghai egg	Fried beancurd with tomato sauce		
	Omelette with shredded carrot	Japanese taufoo with egg drop	Sautéed cauliflower	Stir fried broccoli flower		
Drinks	Warm water	Warm water	Warm water	Warm water		
Dessert OR Fruit	Honey melon	Home made peach jelly	Assorted mix fruits	Orange		

Menu Week 3

Meal Period		Monday 13 Feb 2023	Tuesday 14 Feb 2023	Wednesday 15 Feb 2023	Thursday 16 Feb 2023	Friday 17 Feb 2023
Breakfast	Choice of 1 Snacks	Steamed mini pau Braised yee mee	French toast with filling Fried mee mamak style	Home baked marble cake Singapore fried mee hoon	Mini tuna sandwiches Japanese fried rice with tamago	Sausage roll Cantonese style noodles
	Vegetarian Snack	Steamed mini pau	French toast with filling	Home baked marble cake	Mini tuna sandwiches	Sausage roll
	Beverage	Warm barley	Warm chrysanthemum tea	Warm milo	Low fat milk	Soya bean milk
Lunch	Choice of Set A	Arrabiata style pasta Grilled fish with cream sauce Sweet corn with butter	Elbow pasta with mushroom cream sauce Baked fish with cheese sauce Stir fried cauliflower	Penne napoletana Grilled chicken with paprika Assorted vegetables with mushroom	Chicken Lasagne Assorted lettuce with dressing Mini garlic bread	White rice Sweet and sour fish fillet Soft beancurd with carrot and mushroom
	OR					
	Set B	Steamed white rice Chinese style herbal chicken Stir fried pak choy	Fragrant white rice Baked chicken butter milk sauce Stir fried okra	Steamed white rice Ginger and spring onion fish fillet Local choy sum with oyster sauce	Pilaf Rice Ginger and spring onion fish Japanese beancurd with egg droo	Steamed fragrant white rice Salted steamed chicken Stir fried cauliflower
	Vegetarian Dish	Steamed fragrant white rice / pasta Sautéed vegetarian lamb Stir fried pak choy	Steamed white rice Japanese white beancurd with carrot Stir fried okra	White rice Braised carrot and tau kan Choy sum vegetables	Steamed white rice Deep fried vegetarian roll Sautéed cauliflower	Steamed white rice Hard beancurd with soya sauce Braised egg plant
	Drinks Dessert OR Fruit	Warm water Watermelon	Warm water Home made jelly	Warm water USA red apple	Warm water Orange	Warm water Honey dew

Menu Week 4

Meal Period		Monday 20 Feb 2023	Tuesday 21 Feb 2023	Wednesday 22 Feb 2023	Thursday 23 Feb 2023	Friday 24 Feb 2023
Breakfast	Choice of 1 Snacks	Toast bread with kaya filling Stir fried nissin noodles	Tuna sandwiches Home style chee cheong Fun	Home baked swiss roll Fried mee hoon	Mini french toast with syrup Ipoh kuey teow soup	Roti canai with dhall Fried rice with long beans
	Vegetarian Snack	Toast bread with kaya filling	Tuna sandwiches	Home baked swiss roll	Mini french toast with syrup	Roti canai with dhall
	Beverage	Soya milk	Warm barley	Sugar cane drink	Warm milo	Indonesia rose tea
Lunch	Choice of Set A	Macaroni Alfredo Fried chicken with spices Crispy potato wedges	Trio pasta aglio-olio style Grilled fish fillet with tomato corriander Assorted roman vegetables	Fusilli pasta with tomato and cheese Roasted chicken with oregano sauce Stir fried cauliflower	Spaghetti with mushroom carbonara Grilled fish fillet with garlic butter Assorted vegetables	Penne pasta with oregano tomato Baked fish with cheese and olive oil Sautéed long bean with onion
	OR					
	Set B	Steamed fragrant white rice Local style fish light curry Stir fried green vegetables	Steamed white rice Nestum Chicken Japanese bean curd with egg gravy	Steamed fragrant jasmine rice Steamed fish fillet with tomato and cheese Local siew pak choy with oyster sauce	Steamed white rice Light curry chicken with potato Sautéed round cabbage with carrot	Steamed fragrant white rice Braised chicken with shitake mushroom Local green vegetables
	Vegetarian Dish	Steamed white rice Japanese white beancurd Stir fried green vegetables	Steamed white rice Deep fried vegetarian roll Sautéed green vegetables	Steamed white rice Vegetarian lamb with carrot Local siew pak choy	Steamed white rice Sautéed potato with hard beancurd Round cabbage with carrot	Steamed white rice Fried egg in sweet sauce Local green vegetables
	Drinks Dessert OR Fruit	Warm water Watermelon	Warm water Honey dew	Warm water Mix fruits	Warm water Honey dew	Warm water Orange