

Menu Week 1

Meal Period		Monday 3 Apr 2023	Tuesday 4 Apr 2023	Wednesday 5 Apr 2023	Thursday 6 Apr 2023	Friday 7 Apr 2023
Breakfast	Choice of 1 Snacks	Toast bread with pandan kaya Fried mee mamak with bean sprout	Nissin noodles Chicken soup with garlic bread	Hong kong noodles French toast with honey	Nasi lemak with condiment Marble cake slice	Roti canai with dhal Fry flat noodles with fish cake
	Vegetarian Snack	Toast bread with pandan kaya	Nissin noodles	Hong kong noodles	Nasi lemak with condiment	Roti canai with dhal
	Beverage	Soya bean	Warm Barlie	Fresh milk	Warm chrysanthemum tea	Roasted milk Tea
Lunch	Choice of Set A	Fusilli pasta provancel Deep fried fish fillet with bell pepper Stir fried french bean	Baked pasta with cream and broccoli Roasted chicken with light pepper sauce Stir fried cauliflower	Sautéed gomiti with oregano tomato Sweet basil chicken Stir fried local vegetables	Ramen noodles Japanese naruto & miso soup Tepanyaki vegetables	Chicken lasagne Home made garlic bread Salad of the day with dressing
	OR					
	Set B	Fragrant steam rice Szechuan style chicken Braised egg plant	Fragrant jasmin rice Ginger and spring onion fish fillet Chinese cabbage with carrot	Jasmin white rice Sweet and sour fish fillet Siew pak choy in garlic	Steam fragrant rice Curry chicken with potato Siew pak choy with garlic	Steam white rice Tom yam fish Stir fried cauliflower
	Vegetarian Dish	Steam white rice/ pasta Omellet with vegetable Braised egg plant	Jasmin rice / pasta with tomato sauce Soft bean curd with garlic Chinese cabbage with carrot	Fragrant rice / pasta Vegetarian bean curd Choy tam with oyster sauce	Udon Noodles Vegetarian fish ball and bean sprout Soft bean curd	Steam rice / pasta Steam tofu with mix vegetables Stir fried choy sum
	Drinks	Warm water	Warm water	Warm water	Warm water	Warm water
	Dessert OR Fruit	Papaya	Orange	Water mellon	Apple	Mix fruit

Menu Week 2

Meal Period		Monday 10 Apr 2023	Tuesday 11 Apr 2023	Wednesday 12 Apr 2023	Thursday 13 Apr 2023	Friday 14 Apr 2023
Breakfast	Choice of 1 Snacks	Home toasted bread with jam Fried mee hoon	Banana cake slice Chinese fried rice	Shredded egg sandwiches Fried mee mamak	Chicken porridge Fried kuey teow	TERM 2 REPORT DAY
	Vegetarian Snack	Home toasted bread with jam	Banana cake slice	Shredded egg sandwiches	Chicken porridge	
	Beverage	Fresh Milk	Soya Bean drink	Sugar cane drink	Chinese herb drink	
Lunch	Choice of Set A	Spaghetti pasta with mushroom sauce Grilled chicken breast with cheese Assorted mix vegetables	Kedah mee Hoon Soup Shredded chicken/ fry shallot Bean sprout/ spring onion	Chicken bolognese pasta Caesar salad with dressing Triangle garlic bread	Spaghetti 5 with onion and tomato Baked whole chicken with crush bell pepper Cauliflower with shredded cheese	
	OR					
	Set B	Fragrant white rice Sweet and sour fish fillet Local choy sum with oyster sauce	Nasi minyak Fish curry with lady finger and long bean Stir fried long bean	Steam white rice Kong poh fish finger Yau mak with garlic	Fragrant shallot rice Grill fish with garlic butter Mix vegetables with fu yee	
	Vegetarian Dish	Fragrant rice/ pasta Soft bean curd Green vegetables	Nasi minyak/ pasta Japanese bean curd with egg drop Stir fried long bean	White rice Fried omellete with onion Fries or vegetables	White rice / pasta Vegetarian fu chock Mixed vegetables	
	Drinks	Warm water	Warm water	Warm water	Warm water	
	Dessert OR Fruit	Australia Orange	Water melon	Honey dew jelly	USA green apple	