

Week 1	Morning Snack	Vegetarian Lunch	Afternoon Snack
Monday	Cereal, milk and fresh fruit	(V) Wholemeal Fusilli Spinach & Pesto sauce with Chickpea, cherry tomato and assorted salad Serve with parmesan cheese	Biscuit, fresh fruit and beverage
Tuesday	Oats Cookie, milk and fresh fruit	Stir fry sweet and sour Tofu Sauté Cauliflower, Sugarpea, carrot & capsicum Serve with Mixed Brown rice and Assorted salad	Butter Bread, fresh fruit and beverage
Wednesday	Raisin Bread, milk and fresh fruit	Veggie noodle soup with tofu, Carrots, celery, Sweet onions Assorted Salad	Corn on the cob, edamame and beverage
Thursday	Yoghurt, milk and fresh fruit	Fried Brown rice with tofu cubes Saute French beans, mushrooms, corn & carrot and Assorted Salad	Cake, fresh fruit and beverage
Friday	Muesli, milk and fresh fruit	Kunyit Tofu with corn brown rice mixed Cucumber & Carrots Assorted salad	Cheese and Vegetable Sticks, fresh fruit and beverage
Week 2	Morning Snack	Vegetarian Lunch	Afternoon Snack
Monday	Cereal, milk and fresh fruit	Wholemeal Spaghetti with Vegetables & beans bolognese Assorted Salad	Biscuit, fresh fruit and beverage
Tuesday	Oats Cookie, milk and fresh fruit	Tofu, Carrot & capsicum with Teriyaki sauce with Japanese cucumber Mixed Brown rice and Assorted Salad	Butter Bread, fresh fruit and beverage
Wednesday	Raisin Bread, milk and fresh fruit	(V) Stir Fry Wholemeal noodles with Beijing & purple cabbage, capsicum, Edamame beans, Carrot, mushrooms & spring onion Assorted Salad	Corn on the cob, edamame and beverage
Thursday	Yoghurt, milk and fresh fruit	Tandoori eggplant Tikka with Aloo Gobi Served with Mixed Brown Rice Assorted Salad	Cake, fresh fruit and beverage
Friday	Muesli, milk and fresh fruit	Stir fry Tofu with potato, carrot, capsicum, celery Serve with Mixed brown rice Assorted salad	Cheese and Vegetable Sticks, fresh fruit and beverage
Week 3	Morning Snack	Vegetarian Lunch	Afternoon Snack
Monday	Cereal, milk and fresh fruit	Stir Fry Fusilli with mixed bean tomato with green peas and corn Assorted Salad	Biscuit, fresh fruit and beverage
Tuesday	Oats Cookie, milk and fresh fruit	Soya sauce Steamed Tofu with Black fungus, carrot & capsicum Mixed brown rice and Assorted salad	Butter Bread, fresh fruit and beverage
Wednesday	Raisin Bread, milk and fresh fruit	Stir fry ginger & spring onion Tofu Sauté Cabbage, Capsicum Carrot & black fungus Serve with mixed brown rice Assorted salad	Corn on the cob, edamame and beverage
Thursday	Yoghurt, milk and fresh fruit	Tomato Fried Brown rice with Tofu Saute French beans, mushrooms, corn & carrot Assorted Salad	Cake, fresh fruit and beverage
Friday	Muesli, milk and fresh fruit	Mexican style Black bean & corn, eggplant Hot Dog Bun Serve with Assorted Salad	Cheese and Vegetable Sticks, fresh fruit and beverage
Week 4	Morning Snack	Vegetarian Lunch	Afternoon Snack
Monday	Cereal, milk and fresh fruit	(V) Wholemeal Linguine with Pomodoro sauce and spinach, Olive & kidney beans Parmesan cheese Assorted salad	Biscuit, fresh fruit and beverage
Tuesday	Oats Cookie, milk and fresh fruit	Fried brown rice with Tofu Saute Mixed veg & mushroom Assorted Salad	Butter Bread, fresh fruit and beverage
Wednesday	Raisin Bread, milk and fresh fruit	Steam tofu & Capsicum with Ginger Soya sauce Cabbage with bean curd skin & carrot slice Mixed brown rice & Assorted salad	Corn on the cob, edamame and beverage
Thursday	Yoghurt, milk and fresh fruit	Lentil with potato, carrot & Brinjal Mixed brown rice Assorted salad	Cake, fresh fruit and beverage
Friday	Muesli, milk and fresh fruit	Baked beans with corn, eggplant with Bake Italian Cauliflower Butter Mixed brown Rice Assorted Salad	Cheese and Vegetable Sticks, fresh fruit and beverage

Week 1	Morning Snack	Non Vegetarian Lunch	Afternoon Snack
Monday	Cereal, milk and fresh fruit	(V) Wholemeal Fusilli Spinach & Pesto sauce with Chickpea, Cherry tomato and assorted salad Serve with parmesan cheese	Biscuit, fresh fruit and beverage
Tuesday	Oats Cookie, milk and fresh fruit	Bake sweet and sour Fish Sauté Cauliflower, Sugarpea, carrot & capsicum Serve with Mixed Brown rice Assorted salad	Butter Bread, fresh fruit and beverage
Wednesday	Raisin Bread, milk and fresh fruit	Minced chicken with Cabbage & Bake beans Served with Mixed Brown Rice Assorted Salad	Corn on the cob, edamame and beverage
Thursday	Yoghurt, milk and fresh fruit	Salmon with egg fried Brown rice Sauté French beans, mushrooms, corn & carrot Assorted Salad	Cake, fresh fruit and beverage
Friday	Muesli, milk and fresh fruit	Kunyit Chicken with corn brown rice mixed Cucumber & Carrots Assorted salad	Cheese and Vegetable Sticks, fresh fruit and beverage
Week 2	Morning Snack	Non Vegetarian Lunch	Afternoon Snack
Monday	Cereal, milk and fresh fruit	Wholemeal Spaghetti with Chicken bolognese Assorted Salad	Biscuit, fresh fruit and beverage
Tuesday	Oats Cookie, milk and fresh fruit	Bake Teriyaki Chicken with Japanese cucumber Mixed Brown rice Assorted Salad	Butter Bread, fresh fruit and beverage
Wednesday	Raisin Bread, milk and fresh fruit	(V) Stir Fry wholemeal noodles with Beijing & purple cabbage, capsicum, Edamame beans, Carrot, mushrooms & spring onion Assorted Salad	Corn on the cob, edamame and beverage
Thursday	Yoghurt, milk and fresh fruit	Tandoori Fish Tikka with Aloo Gobi Served with Mixed Brown Rice Assorted Salad	Cake, fresh fruit and beverage
Friday	Muesli, milk and fresh fruit	Stir Fry Ginger chicken with Carrot & Corn Mixed brown rice Assorted salad	Cheese and Vegetable Sticks, fresh fruit and beverage
Week 3	Morning Snack	Non Vegetarian Lunch	Afternoon Snack
Monday	Cereal, milk and fresh fruit	Stir Fry Fusilli with mixed bean tomato with green peas and corn Assorted Salad	Biscuit, fresh fruit and beverage
Tuesday	Oats Cookie, milk and fresh fruit	EtonHouse Hainanese chicken mixed brown rice with Japanese cucumber and assorted salad	Butter Bread, fresh fruit and beverage
Wednesday	Raisin Bread, milk and fresh fruit	Stir-fry ginger & spring onion Chicken Sauté Cabbage, Capsicum Carrot & black fungus Serve with mixed brown rice Assorted salad	Corn on the cob, edamame and beverage
Thursday	Yoghurt, milk and fresh fruit	Tuna with Tomato egg fried Brown rice Sauté French beans, mushrooms, corn & carrot Assorted Salad	Cake, fresh fruit and beverage
Friday	Muesli, milk and fresh fruit	Mexican chicken with corn & black beans in hot dog bun Serve with Assorted Salad	Cheese and Vegetable Sticks, fresh fruit and beverage
Week 4	Morning Snack	Non Vegetarian Lunch	Afternoon Snack
Monday	Cereal, milk and fresh fruit	(V) Wholemeal Linguine with Pomodoro sauce and spinach, Olive & kidney beans Parmesan cheese Assorted salad	Biscuit, fresh fruit and beverage
Tuesday	Oats Cookie, milk and fresh fruit	Chicken bits with egg fried brown rice Sauté Mixed veg & mushroom Assorted Salad	Butter Bread, fresh fruit and beverage
Wednesday	Raisin Bread, milk and fresh fruit	Steamed fish with Ginger Soya sauce Cabbage with bean curd skin & carrot slice Mixed brown rice Assorted salad	Corn on the cob, edamame and beverage
Thursday	Yoghurt, milk and fresh fruit	Baked Briyani Chicken with Yoghurt sauce Mixed brown rice Japanese cucumber Assorted salad	Cake, fresh fruit and beverage
Friday	Muesli, milk and fresh fruit	Easy Bake fish & bake Italian Cauliflower Mixed brown Butter Assorted Salad	Cheese and Vegetable Sticks, fresh fruit and beverage