

NON-VEGETARIAN MENU

Week 1	Morning Snack	Lunch	Afternoon Snack
MON	Brown Rice Ring Cereal with Milk	Wholemeal Fusilli Pesto Pasta, Assorted Vegetable Salad, Fresh Fruits <i>(with spinach, chickpea, cherry tomatoes, pesto sauce & parmesan cheese)</i>	Hokkaido Milk Toast and Milk
TUE	Wholemeal Bread with Light Cream Cheese and Milk	Baked Sweet & Sour Fish, Mixed Brown Rice, Assorted Vegetable Salad, Fresh Fruits <i>(with Sauté cauliflower, sugar pea, carrot and capsicum)</i>	ABC Biscuit and Milk
WED	California Raisin Bread and Milk	Chicken Noodle Soup Assorted Salad, Fresh Fruits <i>(with carrots, celery, sweet onions)</i>	Oatmeal Cookies and Milk
THU	Brown Rice Ring Cereal with Milk	Salmon with Brown Fried Rice, Assorted Vegetable Salad, Fresh Fruits <i>(with sauté French beans, mushrooms, egg, corn & carrot)</i>	Pandan Bread and Milk
FRI	Brown Rice Flower Cereal with Milk	Braised Chicken with Vegetable, Mixed Brown Rice, Assorted Vegetable Salad, Fresh Fruits <i>(with ginger & spring onion, sauté cabbage, capsicum, carrot & black fungus)</i>	Mantou and Milk

Week 2	Morning Snack	Lunch	Afternoon Snack
MON	Brown Rice Ring Cereal with Milk	Chicken Bolognese Wholemeal Pasta, Assorted Vegetable Salad, Fresh Fruits	Hokkaido Milk Toast and Milk
TUE	Wholemeal Bread with Light Cream Cheese and Milk	Baked Teriyaki Chicken, Mixed Brown Rice Assorted Vegetable Salad, Fresh Fruits <i>(with Japanese cucumber)</i>	ABC Biscuit and Milk
WED	California Raisin Bread and Milk	Stir Fry Wholemeal Noodles Assorted Salad, Fresh Fruits <i>(with Beijing & purple cabbage, capsicum, edamame beans, carrot, mushrooms & spring onion)</i>	Oatmeal Cookies and Milk
THU	Brown Rice Ring Cereal with Milk	Fish Sliced Soup and Green Vegetables, Mixed Brown Rice, Assorted Vegetable Salad, Fresh Fruits	Pandan Bread and Milk
FRI	Brown Rice Flower Cereal with Milk	Braised Oriental Chicken, Mixed Brown Rice, Assorted Vegetable Salad, Fresh Fruits <i>(with potato, carrot, capsicum, celery)</i>	Mantou and Milk

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Week 3	Morning Snack	Lunch	Afternoon Snack
MON	Brown Rice Ring Cereal with Milk	Hearty Lentil & Carrot Tomato Stew with Wholemeal Fusilli, Assorted Vegetable Salad, Fresh Fruits	Hokkaido Milk Toast and Milk
TUE	Wholemeal Bread with Light Cream Cheese and Milk	EtonHouse Hainanese Chicken, Mixed Brown Rice, Assorted Vegetable Salad, Fresh Fruits <i>(with Japanese cucumber)</i>	ABC Biscuit and Milk
WED	California Raisin Bread and Milk	Japanese Chicken Curry, Mixed Brown Rice, Assorted Vegetable Salad, Fresh Fruits <i>(with potato, carrot, capsicum)</i>	Oatmeal Cookies and Milk
THU	Brown Rice Ring Cereal with Milk	Tuna Fried Brown Rice, Assorted Vegetable Salad, Fresh Fruits <i>(with tomato, egg, sauté French beans, mushrooms, corn & carrot)</i>	Pandan Bread and Milk
FRI	Brown Rice Flower Cereal with Milk	Chicken Stew, Mixed Brown Rice, Assorted Vegetable Salad, Fresh Fruits <i>(with cauliflower, carrot, French beans)</i>	Mantou and Milk

Week 4	Morning Snack	Lunch	Afternoon Snack
MON	Brown Rice Ring Cereal with Milk	Wholemeal Linguine Pomodoro Pasta, Assorted Vegetable Salad, Fresh Fruits <i>(with pomodoro sauce & parmesan cheese, spinach, olive & kidney beans)</i>	Hokkaido Milk Toast and Milk
TUE	Wholemeal Bread with Light Cream Cheese and Milk	Chicken Bits Fried Brown Rice, Assorted Vegetable Salad, Fresh Fruits <i>(with egg, sauté mixed vegetables & mushroom)</i>	ABC Biscuit and Milk
WED	California Raisin Bread and Milk	Baked Biryani Chicken with Yoghurt Sauce, Mixed Brown Rice, Assorted Vegetable Salad, Fresh Fruits <i>(with potato, carrot & capsicum)</i>	Oatmeal Cookies and Milk
THU	Brown Rice Ring Cereal with Milk	Steamed Fish, Mixed Brown Rice, Assorted Vegetable Salad, Fresh Fruits <i>(with Ginger soya sauce, cabbage with beancurd skin, carrot slice)</i>	Pandan Bread and Milk
FRI	Brown Rice Flower Cereal with Milk	Macaroni Chicken Noodle Soup, Assorted Vegetable Salad, Fresh Fruits <i>(with carrot, celery, sweet onion)</i>	Mantou and Milk