

SPECIAL MENU

Week 1	Morning Snack	Lunch	Afternoon Snack
MON	Brown Rice Ring Cereal with Milk	Gluten-free Pesto Pasta, Assorted Vegetable Salad, Fresh Fruits <i>(with spinach, pesto sauce, cherry tomatoes)</i>	Hokkaido Milk Toast and Milk
TUE	Wholemeal Bread with Light Cream Cheese and Milk	Sauté Cauliflower, Mixed Brown Rice, Assorted Vegetable Salad, Fresh Fruits <i>(with broccoli, carrot & capsicum)</i>	ABC Biscuit and Milk
WED	California Raisin Bread and Milk	Saute Celery, Carrot & Corn, Mixed Brown Rice, Assorted Vegetable Salad, Fresh Fruits	Oatmeal Cookies and Milk
THU	Brown Rice Ring Cereal with Milk	Fried Brown Rice, Assorted Vegetable Salad, Fresh Fruits <i>(with carrot, corn, broccoli)</i>	Pandan Bread and Milk
FRI	Brown Rice Flower Cereal with Milk	Sauté Cauliflower, Mixed Brown Rice, Assorted Vegetable Salad, Fresh Fruits <i>(with capsicum, carrot & black fungus)</i>	Mantou and Milk

Week 2	Morning Snack	Lunch	Afternoon Snack
MON	Brown Rice Ring Cereal with Milk	Gluten free Vegetable Bolognese Pasta, Assorted Vegetable Salad, Fresh Fruits	Hokkaido Milk Toast and Milk
TUE	Wholemeal Bread with Light Cream Cheese and Milk	Sauté Cauliflower, Mixed Brown Rice, Assorted Vegetable Salad, Fresh Fruits <i>(with carrot & celery)</i>	ABC Biscuit and Milk
WED	California Raisin Bread and Milk	Saute Cauliflower, Carrot & Celery, Mixed Brown Rice, Assorted Vegetable Salad, Fresh Fruits	Oatmeal Cookies and Milk
THU	Brown Rice Ring Cereal with Milk	Stir-Fry Broccoli, Mixed Brown Rice, Assorted Vegetable Salad, Fresh Fruits <i>(with carrot, celery)</i>	Pandan Bread and Milk
FRI	Brown Rice Flower Cereal with Milk	Sauté Spinach, Mixed Brown Rice, Assorted Vegetable Salad, Fresh Fruits <i>(with corn, carrot, capsicum)</i>	Mantou and Milk

* Special Menu is only applicable for lunch meal. Strictly NO dairy, egg, beans and gluten.

* If child is unable to take the morning and afternoon snacks, please supplement with other suitable food.

SPECIAL MENU

Week 3	Morning Snack	Lunch	Afternoon Snack
MON	Brown Rice Ring Cereal with Milk	Gluten-Free Pasta with Vegetable Tomato Sauce, Assorted Vegetable Salad, Fresh Fruits	Hokkaido Milk Toast and Milk
TUE	Wholemeal Bread with Light Cream Cheese and Milk	Sauté Cabbage, Mixed Brown Rice, Assorted Vegetable Salad, Fresh Fruits <i>(with black fungus, carrot & corn)</i>	ABC Biscuit and Milk
WED	California Raisin Bread and Milk	Stir-Fry Broccoli, Mixed Brown Rice, Assorted Vegetable Salad, Fresh Fruits <i>(with carrot & capsicum)</i>	Oatmeal Cookies and Milk
THU	Brown Rice Ring Cereal with Milk	Tomato Fried Brown Rice, Assorted Vegetable Salad, Fresh Fruits <i>(with spinach, corn & carrot)</i>	Pandan Bread and Milk
FRI	Brown Rice Flower Cereal with Milk	Sauté Cauliflower, Assorted Vegetable Salad, Fresh Fruits <i>(with carrot & celery)</i>	Mantou and Milk

Week 4	Morning Snack	Lunch	Afternoon Snack
MON	Brown Rice Ring Cereal with Milk	Gluten Free Pomodoro Sauce Pasta, Assorted Vegetable Salad, Fresh Fruits <i>(with spinach & olives)</i>	Hokkaido Milk Toast and Milk
TUE	Wholemeal Bread with Light Cream Cheese and Milk	Fried Mixed Brown Rice, Assorted Vegetable Salad, Fresh Fruits <i>(with broccoli, carrot & corn)</i>	ABC Biscuit and Milk
WED	California Raisin Bread and Milk	Saute Cauliflower, Carrot & Green Zucchini, Mixed Brown Rice, Assorted Vegetable Salad, Fresh Fruits	Oatmeal Cookies and Milk
THU	Brown Rice Ring Cereal with Milk	Sauté Cabbage, Mixed Brown Rice, Assorted Vegetable Salad, Fresh Fruits <i>(with carrot & capsicum)</i>	Pandan Bread and Milk
FRI	Brown Rice Flower Cereal with Milk	Vegetable Soup, Mixed Brown Rice, Assorted Vegetable Salad, Fresh Fruits <i>(with celery, carrot & corn)</i>	Mantou and Milk

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