

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, pesto sauce & parmesan cheese, cherry tomatoes)</i>	Hokkaido Milk Toast and Milk
TUE	Wholemeal Bread with Light Cream Cheese and Milk	Baked Sweet & Sour Tofu, Mixed Brown Rice, Assorted Vegetable Salad, Fresh Fruits <i>(with Sauté cauliflower, sugarpea, carrot and capsicum)</i>	ABC Biscuit and Milk
WED	California Raisin Bread and Milk	Veggie Noodle Soup Assorted Vegetable Salad, Fresh Fruits <i>(with tofu, carrots, celery, sweet onions)</i>	Oatmeal Cookies and Milk
THU	Brown Rice Ring Cereal with Milk	Fried Brown Rice, Assorted Vegetable Salad, Fresh Fruits <i>(with Sauté French beans, mushrooms, corn, carrot, tofu cube)</i>	Pandan Bread and Milk
FRI	Brown Rice Flower Cereal with Milk	Braised Tofu, Mixed Brown Rice, Sauté Cabbage, Fresh Fruits <i>(with ginger, spring onion, capsicum, carrot & black fungus)</i>	Mantou and Milk

Week 2	Morning Snack	Lunch	Afternoon Snack
MON	Brown Rice Ring Cereal with Milk	Wholemeal Spaghetti Vegetable Bolognese, Assorted Vegetable Salad, Fresh Fruits	Hokkaido Milk Toast and Milk
TUE	Wholemeal Bread with Light Cream Cheese and Milk	Tofu with Teriyaki Sauce, Mixed Brown Rice, Assorted Vegetable Salad, Fresh Fruits <i>(with Japanese cucumber, capsicum, carrots)</i>	ABC Biscuit and Milk
WED	California Raisin Bread and Milk	Stir Fry Wholemeal Noodle Assorted Vegetable 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	Sliced Tofu Soup with Green Vegetables Mixed Brown Rice, Assorted Vegetable Salad, Fresh Fruits	Pandan Bread and Milk
FRI	Brown Rice Flower Cereal with Milk	Braised Oriental Tofu, 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	Soya Sauce Steamed Tofu, Mixed Brown Rice, Assorted Vegetable Salad, Fresh Fruits <i>(with black fungus, capsicum & carrot)</i>	ABC Biscuit and Milk
WED	California Raisin Bread and Milk	Japanese Curry Tofu, 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	Tomato Fried Brown Rice with Tofu, Sauté French Beans, Assorted Vegetable Salad, Fresh Fruits <i>(with mushrooms, corn & carrot)</i>	Pandan Bread and Milk
FRI	Brown Rice Flower Cereal with Milk	Vegetable Stew, Mixed Brown Fried Rice, Assorted Vegetable Salad, Fresh Fruits <i>(with cauliflower, carrots, French beans & pinto beans)</i>	Mantou and Milk

Week 4	Morning Snack	Lunch	Afternoon Snack
MON	Brown Rice Ring Cereal with Milk	Wholemeal Linguine Pasta in Pomodoro Sauce, Assorted Vegetable Salad, Fresh Fruits <i>(with olives, spinach, kidney beans & parmesan cheese)</i>	Hokkaido Milk Toast and Milk
TUE	Wholemeal Bread with Light Cream Cheese and Milk	Fried Brown Rice, Sauté Mixed Vegetable, Assorted Vegetable Salad, Fresh Fruits <i>(with tofu and mushroom)</i>	ABC Biscuit and Milk
WED	California Raisin Bread and Milk	Lentil, Mixed Brown Rice, Assorted Vegetable Salad, Fresh Fruits <i>(with potato, carrot & brinjal)</i>	Oatmeal Cookies and Milk
THU	Brown Rice Ring Cereal with Milk	Steamed Pressed Tofu with Ginger Soya Sauce, Mixed Brown Rice, Assorted Vegetable Salad, Fresh Fruits <i>(with capsicum, cabbage with beancurd skin & carrot slice)</i>	Pandan Bread and Milk
FRI	Brown Rice Flower Cereal with Milk	Vegetable Soup, Mixed Brown Rice, Assorted Vegetable Salad, Fresh Fruits <i>(with carrot, tofu, celery & sweet onion)</i>	Mantou and Milk