

Non-Vegetarian Menu

Week 1	Morning Snack	Lunch	Afternoon Snack
Monday	Cheese Sticks Orange Fresh Milk	Wholemeal Fusilli Pasta with Spinach and Pesto Sauce Served with Chickpea and Parmesan Cheese Cherry Tomato and Assorted Salad	Vegetable Sticks Apple Water
Tuesday	Cranberry Oats Banana Fresh Milk	Baked Thyme Fish with Homemade Tomato Sauce Sauté Baby Carrot, Cauliflower & Green Bean Served with Baked Potatoes & Assorted Salad	California Raisin Bread Dragon Fruit Water
Wednesday	Vegetable Sticks Seedless Grapes Fresh Milk	Japanese Chicken Curry with Potato, Onion, Carrot Served with Mixed Brown Rice & Assorted Salad	Hard Boiled Eggs Honeydew Melon Water
Thursday	Raisin Oats Apple Fresh Milk	Salmon with Egg Fried Brown Rice Stir Fry Xiao Bai Chye with Carrot Served with Assorted Salad	Edamame Beans Orange Water
Friday	Yogurt with Honeydew Melon Fresh Milk	Baked Kunyit Chicken with Dill Yoghurt Mixed Brown Rice & Cucumber Served with Assorted salad	Cheese Sticks Watermelon Water

Week 2	Morning Snack	Lunch	Afternoon Snack
Monday	Vegetable Sticks Orange Fresh Milk	Wholemeal Spaghetti with Chicken Bolognaise Served with Assorted Salad	Cheese Sticks Apple Water
Tuesday	Cranberry Oats Watermelon Fresh Milk	Baked Teriyaki Chicken with Mixed Brown Rice Served with Japanese Cucumber and Assorted Salad	California Raisin Bread Dragon Fruit Water
Wednesday	Vegetable Sticks Pear Fresh Milk	Thai Basil Minced Chicken Stir Fry Xiao Bai Chye Mixed Brown Rice & Assorted Salad	Banana Bread Watermelon Water
Thursday	Yogurt with Honeydew Melon Fresh Milk	Tandoori Fish Tikka with Aloo Gobi Mixed Brown Rice, Assorted Salad	Edamame Beans Orange Water
Friday	Hard Boiled Eggs Apple Fresh Milk	Sweet & Sour Baked Fish, Stir Fry Cabbage & Carrots Mixed Brown Rice, Assorted Salad	Sweet Potato Honeydew Melon Water

Week 3	Morning Snack	Lunch	Afternoon Snack
Monday	Cheese Sticks Orange Fresh Milk	Wholemeal Pasta Aglio Olio with Minced Chicken and Capsicum, Corn, Assorted Salad	Vegetable Sticks Apple Water
Tuesday	Raisin Oats Banana Fresh Milk	EtonHouse Hainanese Chicken Mixed Brown Rice with Local Cucumber and Assorted Salad	California Raisin Bread Dragon Fruit Water
Wednesday	Vegetable Sticks Seedless Grapes Fresh Milk	Lemon Dill Baked Fish Honey Roasted Pumpkin with Carrots & Green Capsicum Tomato Rice And Assorted salad	Hard Boiled Eggs Honeydew Melon Water
Thursday	Cranberry Oats Apple Fresh Milk	Pineapple Fried Rice with Chickpeas & Peas Stir fry Mushrooms, Young Corn, Carrots, Red Capsicum Assorted Salad	Edamame Beans Orange Water
Friday	Yogurt with Honeydew Melon Fresh Milk	Tomato Stew Chicken with Carrots, Onions, Served with White Bean Fusilli Pasta, Assorted Salad	Cheese Sticks Watermelon Water

Week 4	Morning Snack	Lunch	Afternoon Snack
Monday	Vegetable Sticks Orange Fresh Milk	Vegetable Spirals Pasta Casserole with Kidney Beans Assorted Salad	Cheese Sticks Apple Water
Tuesday	Raisin Oats Watermelon Fresh Milk	Herbed Crusted Fish, Saute Green Beans with Carrots & Baked Rosemary Potato, Assorted Salad	California Raisin Bread Dragon Fruit Water
Wednesday	Vegetable Sticks Pear Fresh Milk	Minced Chicken Keema, Sabzi Vegetables Mixed Brown Rice, Assorted Salad	Banana Bread Watermelon Water
Thursday	Yogurt with Honeydew Melon Fresh Milk	Baked Briyani Chicken with Yoghurt Sauce And Mixed Brown Rice Served with Local Cucumber and Assorted salad	Edamame Beans Orange Water
Friday	Hard Boiled Eggs Apple Fresh Milk	Baked Fish with Mediterranean Sauce Mixed Vegetables- Peas, Carrots & Corn Mixed Brown rice, Assorted Salad	Sweet Potato Honeydew Melon Water

- Menus are subject to changes prior to ingredients supply.
- Snacks may change according to availability.
- Vegetable sticks include Japanese Cucumber, Carrot, Cherry Tomato.

Vegetarian Menu

Last updated 20th August 2021

Week 1	Morning Snack	Lunch	Afternoon Snack
Monday	Cheese Sticks Orange Fresh Milk	(V) Wholemeal Fusilli Spinach & Pesto sauce with Chickpea & Cherry Tomato Serve with Parmesan Cheese, Assorted Salad	Vegetable Sticks Apple Water
Tuesday	Cranberry Oats Banana Fresh Milk	Baked Thyme White Bean with Homemade Tomato Sauce Sauté Cauliflower, Baby Carrot, Green Bean Baked Potatoes, Assorted Salad	California Raisin Bread Dragon Fruit Water
Wednesday	Vegetable Sticks Seedless Grapes Fresh Milk	Japanese Tofu curry with Carrot, Onion & Potato Mixed Brown Rice, Assorted Salad	Hard Boiled Eggs Honeydew Melon Water
Thursday	Raisin Oats Apple Fresh Milk	Spinach, Tofu, Carrots, Mushrooms Fried Brown Rice Stir Fry Xiao Bai Chye & Carrot Assorted Salad	Edamame Beans Orange Water
Friday	Yogurt with Honeydew Melon Fresh Milk	Curry Chickpeas with Vegetables Local Cucumber, Brown rice Mixed Assorted salad	Cheese Sticks Watermelon Water
Week 2	Morning Snack	Lunch	Afternoon Snack
Monday	Vegetable Sticks Orange Fresh Milk	Wholemeal Spaghetti with Vegetable & Chickpeas Bolognese Assorted Salad	Cheese Sticks Apple Water
Tuesday	Cranberry Oats Watermelon Fresh Milk	Teriyaki Tofu, Carrot & Capsicum with Japanese cucumber Mixed Brown Rice Assorted Salad	California Raisin Bread Dragon Fruit Water
Wednesday	Vegetable Sticks Pear Fresh Milk	Thai Basil Chickpeas & Carrots Stir Fry Xiao Bai Chye, Mixed Brown Rice Assorted Salad	Banana Bread Watermelon Water
Thursday	Yogurt with Honeydew Melon Fresh Milk	Lentil dal with Aloo Gobi Served with Mixed Brown Rice Assorted Salad	Edamame Beans Orange Water
Friday	Hard Boiled Eggs Apple Fresh Milk	Sweet & Sour Tofu With Stir Fry Cabbage & Carrots Mixed Brown Rice Assorted Salad	Sweet Potato Honeydew Melon Water
Week 3	Morning Snack	Lunch	Afternoon Snack
Monday	Cheese Sticks Orange Fresh Milk	Wholemeal Pasta Aglio Olio with Edamame, Mushroom and Capsicum, Kernel Corn Assorted Salad	Vegetable Sticks Apple Water
Tuesday	Cranberry Oats Banana Fresh Milk	Soya Sauce Steamed Tofu Black fungus, Carrot, Red Capsicum, Spring Onion Mixed Brown Rice, Assorted Salad	California Raisin Bread Dragon Fruit Water
Wednesday	Vegetable Sticks Seedless Grapes Fresh Milk	Lemon Dill Baked Chickpeas & Peas Honey Roasted Pumpkin with Carrots & Green Capsicum with Tomato Rice Assorted Salad	Hard Boiled Eggs Honeydew Melon Water
Thursday	Raisin Oats Apple Fresh Milk	Pineapple Fried Rice with Chickpeas & Peas Stir Fry Mushrooms, Young Corn, Carrots, Red Capsicum Assorted Salad	Edamame Beans Orange Water
Friday	Yogurt with Honeydew Melon Fresh Milk	Tomato Stew with Carrots, Onions, White Bean Fusilli Pasta Assorted Salad	Cheese Sticks Watermelon Water
Week 4	Morning Snack	Lunch	Afternoon Snack
Monday	Vegetable Sticks Orange Fresh Milk	Vegetable Sprials Pasta Casserole with Kidney Beans Assorted Salad	Cheese Sticks Apple Water
Tuesday	Cranberry Oats Watermelon Fresh Milk	Herb Basil White Beans in Homemade Tomato Sauce Saute Green Beans, Carrots & Baked Rosemary Potato Assorted Salad	California Raisin Bread Dragon Fruit Water
Wednesday	Vegetable Sticks Pear Fresh Milk	Masoor Dhal, Sabzi Vegetables, Mixed Brown Rice Assorted Salad	Banana Bread Watermelon Water
Thursday	Yogurt with Honeydew Melon Fresh Milk	Lentil with Potato, Carrot & Brinjal Mixed brown rice Assorted Salad	Edamame Beans Orange Water
Friday	Hard Boiled Eggs Apple Fresh Milk	Mediterranean Tofu Stew with Mixed Vegetables Peas, Carrots & Corn Mixed Brown Rice Assorted Salad	Sweet Potato Honeydew Melon Water

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