



Food menu for children



Non-vegetarian

Liquid food options like soups have been replaced with solid options to facilitate the serving of children's meals in the classrooms. This is to minimise spillage and maintain a high level of classroom cleanliness.



Menu: week one

Non-vegetarian

Liquid food options like soups have been replaced with solid options to facilitate the serving of children's meals in the classrooms. This is to minimise spillage and maintain a high level of classroom cleanliness.

Monday

Breakfast

Cereal
Milk
Red apple

Lunch

Wholemeal fusilli, chickpea
and cherry tomato
with spinach and pesto sauce
served with parmesan cheese

Afternoon Tea

Pancake with honey
Milk
Red apple

Assorted salad

Tuesday

Breakfast

Cheese sandwich
Milk
Apple salad

Lunch

Baked Thyme fish with homemade tomato
sauce, sauté cauliflower,
baby carrot and green bean
served with mixed brown rice
Assorted salad

Afternoon Tea

Green bean soup
Milk
Apple salad

Wednesday

Breakfast

Oat
Milk
Honeydew melon

Lunch

Japanese chicken curry
with carrot and potato
served with mixed brown rice

Afternoon Tea

Biscuit stick
Milk
Honeydew melon

Assorted salad

Thursday

Breakfast

Cereal
Milk
Watermelon

Lunch

Salmon with egg fried brown rice,
sauté xiao bai chye and carrot

Afternoon Tea

Sardine and veggie
sandwich
Milk
Watermelon

Assorted salad

Friday

Breakfast

Hard boiled egg
Milk
Pear

Lunch

Baked kunyit chicken with dill yogurt
and local cucumber
served with mixed brown rice.

Afternoon Tea

Cheese sandwich
Veggie stick with cheese dip
Milk
Pear

Assorted salad

Menu: week two

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Monday

Breakfast

Cereal
Milk
Red apple

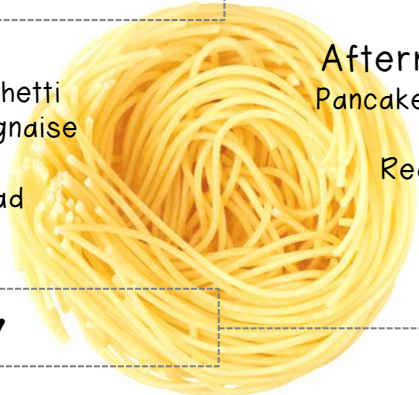
Lunch

Wholemeal spaghetti
with chicken bolognaise

Assorted salad

Afternoon Tea

Pancake with honey
Milk
Red apple



Tuesday

Breakfast

Tuna sandwich
Milk
Apple salad



Lunch

Baked teriyaki chicken
with Japanese cucumber
served with mixed brown rice

Assorted salad

Afternoon Tea

Red bean soup
Milk
Apple salad

Wednesday

Breakfast

Oat
Milk
Honeydew melon

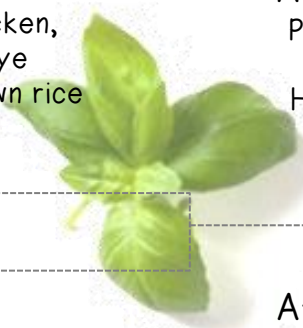
Lunch

Thai basil minced chicken,
Stir fry xiao bai chye
Served with mixed brown rice

Assorted salad

Afternoon Tea

Potato egg salad
Milk
Honeydew melon



Thursday

Breakfast

Cereal
Milk
Watermelon

Lunch

Tandoori fish tikka with aloo gobi
served with mixed brown rice

Assorted salad

Afternoon Tea

Bread pudding
Milk
Watermelon



Friday

Breakfast

Scrambled egg
Milk
Pear

Lunch

Sweet and sour baked fish
Stir fry cabbage with carrots
served with mixed brown rice

Assorted salad

Afternoon Tea

Cheese sandwich
Veggie stick with cheese dip
Milk
Pear



Menu: week three

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Monday

Breakfast

Cereal
Milk
Red apple

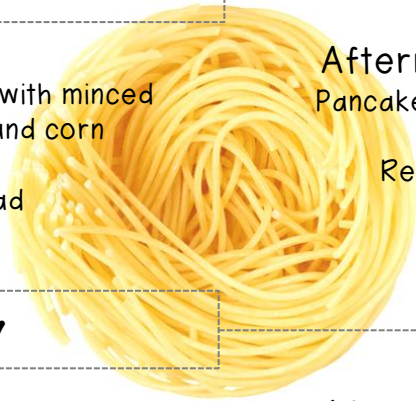
Lunch

Wholemeal pasta aglio with minced chicken, capsicum and corn

Assorted salad

Afternoon Tea

Pancake with honey
Milk
Red apple



Tuesday

Breakfast

Cheese sandwich
Milk
Apple salad

Lunch

EtonHouse Hainanese chicken and local cucumber, served with mixed brown rice

Assorted salad

Afternoon Tea

Tau suan
(Split green bean soup)
Milk
Apple salad



Wednesday

Breakfast

Oat
Milk
Honeydew melon

Lunch

Lemon dill baked fish, honey roasted pumpkin with carrot and green capsicum served with mixed brown rice
Assorted salad

Afternoon Tea

Oatmeal biscuit
Milk
Honeydew melon



Thursday

Breakfast

Cereal
Milk
Watermelon

Lunch

Pineapple fried rice with chickpea, pea, stir fry mushroom, young corn, carrot and red capsicum

Afternoon Tea

Steamed corn kernel
Milk
Watermelon

Assorted salad

Friday

Breakfast

Hard boiled egg
Milk
Pear

Lunch

Tomato stew chicken with carrot, onion, white bean served with fusili pasta

Afternoon Tea

Cheese sandwich
Veggie stick with cheese dip
Milk
Pear

Assorted salad



Menu: week four

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Monday

Breakfast

Cereal
Milk
Red apple

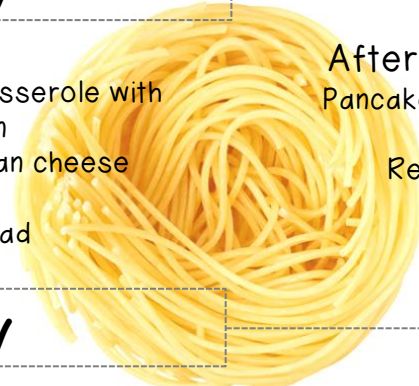
Lunch

Veggie spiral pasta casserole with
kidney bean
served with parmesan cheese

Afternoon Tea

Pancake with honey
Milk
Red apple

Assorted salad



Tuesday

Breakfast

Egg sandwich
Milk
Apple salad

Lunch

Herbed crusted fish,
sauté green bean with carrot and baked
rosemary potato

Afternoon Tea

Barley soup
Milk
Apple salad

Assorted salad



Wednesday

Breakfast

Oat
Milk
Honeydew melon

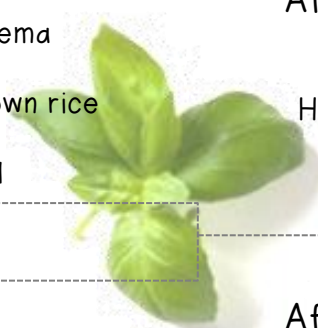
Lunch

Minced chicken keema
sabzi veggie
Served with mixed brown rice

Afternoon Tea

Pumpkin bun
Milk
Honeydew melon

Assorted salad



Thursday

Breakfast

Cereal
Milk
Watermelon

Lunch

Baked biryani chicken
with yogurt sauce and local cucumber
served with mixed brown rice

Afternoon Tea

Bread pudding
Milk
Watermelon

Assorted salad



Friday

Breakfast

Scrambled egg
Milk
Pear

Lunch

Baked fish with mediterranean sauce,
mixed veggie (pea, carrot and corn)
Served with mixed brown rice

Afternoon Tea

Cheese sandwich
Veggie stick with cheese dip
Milk
Pear

Assorted salad

