



# Food menu for children



## Special

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

### Special

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.

- \* Gluten free meal. NO dairy, shellfish, egg, bean, mushroom, garlic and onion
- \* Vegetarian choice and season with sea salt only

### Monday

**Breakfast**  
Home prepared food  
Water  
Apple

**Lunch**  
Gluten-free pasta with spinach and pesto sauce, served with cherry tomato

**Afternoon Tea**  
Home prepared food  
Water  
Apple

Assorted salad

### Tuesday

**Breakfast**  
Home prepared food  
Water  
Orange

**Lunch**  
Sauté cauliflower, broccoli, carrot and capsicum, served with mixed brown rice

**Afternoon Tea**  
Home prepared food  
Water  
Orange

Assorted salad

### Wednesday

**Breakfast**  
Home prepared food  
Water  
Honeydew

**Lunch**  
Sauté celery, carrot and corn, served with mixed brown rice

**Afternoon Tea**  
Home prepared food  
Water  
Honeydew

Assorted salad

### Thursday

**Breakfast**  
Home prepared food  
Water  
Watermelon

**Lunch**  
Fried brown rice with broccoli, corn and carrot

**Afternoon Tea**  
Home prepared food  
Water  
Watermelon

Assorted salad

### Friday

**Breakfast**  
Home prepared food  
Water  
Apple salad

**Lunch**  
Sauté cauliflower, capsicum, carrot and black fungus served with mixed brown rice

**Afternoon Tea**  
Home prepared food  
Veggie stick  
Water  
Apple salad

Assorted salad

## Menu: week two

### Special

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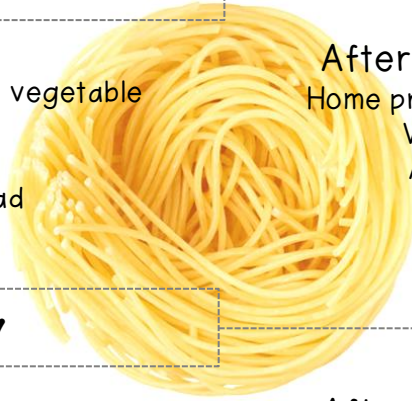
- \* Gluten free meal. NO dairy, shellfish, egg, bean, mushroom, garlic and onion
- \* Vegetarian choice and season with sea salt only

### Monday

**Breakfast**  
Home prepared food  
Water  
Apple

**Lunch**  
Gluten-free pasta with vegetable  
bolognese,  
Assorted salad

**Afternoon Tea**  
Home prepared food  
Water  
Apple



### Tuesday

**Breakfast**  
Home prepared food  
Water  
Orange

**Lunch**  
Sauté cauliflower, carrot and celery,  
served with mixed brown rice  
Assorted salad

**Afternoon Tea**  
Home prepared food  
Water  
Orange

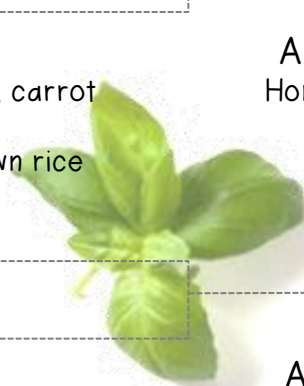


### Wednesday

**Breakfast**  
Home prepared food  
Water  
Honeydew

**Lunch**  
Stir fry Beijing cabbage, carrot  
and capsicum  
Served with mixed brown rice  
Assorted salad

**Afternoon Tea**  
Home prepared food  
Water  
Honeydew



### Thursday

**Breakfast**  
Home prepared food  
Water  
Watermelon

**Lunch**  
Stir fry cauliflower, carrot and eggplant,  
served with mixed brown rice  
Assorted salad

**Afternoon Tea**  
Home prepared food  
Water  
Watermelon



### Friday

**Breakfast**  
Home prepared food  
Water  
Apple salad

**Lunch**  
Gluten free noodle with cabbage,  
carrot and spring onion  
served with mixed brown rice  
Assorted salad

**Afternoon Tea**  
Home prepared food  
Veggie stick  
Water  
Apple salad



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## Menu: week three

### Special

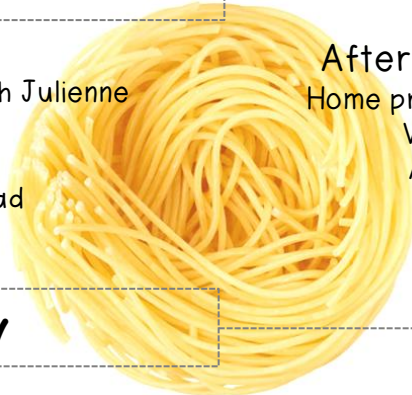
- \* Gluten free meal. NO dairy, shellfish, egg, bean, mushroom, garlic and onion
- \* Vegetarian choice and season with sea salt only

### Monday

**Breakfast**  
Home prepared food  
Water  
Apple

**Lunch**  
Gluten free pasta with Julienne  
veggie  
Assorted salad

**Afternoon Tea**  
Home prepared food  
Water  
Apple



### Tuesday

**Breakfast**  
Home prepared food  
Water  
Orange

**Lunch**  
Stir-fry broccoli, carrot and capsicum  
served with mixed brown rice  
Assorted salad

**Afternoon Tea**  
Home prepared food  
Water  
Orange

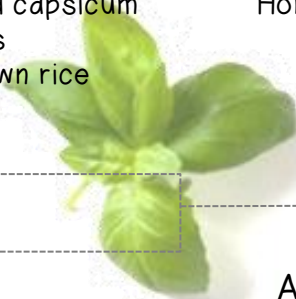


### Wednesday

**Breakfast**  
Home prepared food  
Water  
Honeydew

**Lunch**  
Sauté cabbage, carrot and capsicum  
and black fungus  
served with mixed brown rice  
Assorted salad

**Afternoon Tea**  
Home prepared food  
Water  
Honeydew



### Thursday

**Breakfast**  
Home prepared food  
Water  
Watermelon

**Lunch**  
Tomato fried brown rice  
with sauté xiao bai cai  
Assorted salad

**Afternoon Tea**  
Home prepared food  
Water  
Watermelon



### Friday

**Breakfast**  
Home prepared food  
Water  
Apple salad

**Lunch**  
Sauté pumpkin with carrot  
and capsicum  
Served with mixed brown rice  
Assorted salad

**Afternoon Tea**  
Home prepared food  
Veggie stick  
Water  
Apple salad



## Menu: week four

### Special

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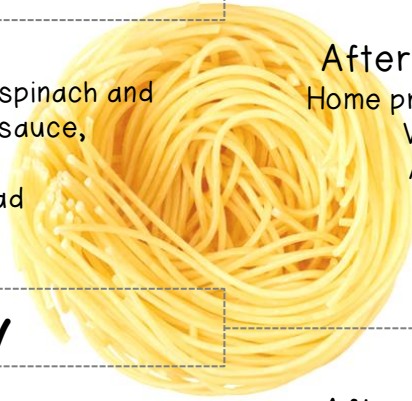
- \* Gluten free meal. NO dairy, shellfish, egg, bean, mushroom, garlic and onion
- \* Vegetarian choice and season with sea salt only

### Monday

**Breakfast**  
Home prepared food  
Water  
Apple

**Lunch**  
Gluten free pasta with spinach and  
corn in pomodoro sauce,  
Assorted salad

**Afternoon Tea**  
Home prepared food  
Water  
Apple



### Tuesday

**Breakfast**  
Home prepared food  
Water  
Orange

**Lunch**  
Fried brown rice with chye sim,  
corn and carrot  
Assorted salad

**Afternoon Tea**  
Home prepared food  
Water  
Orange

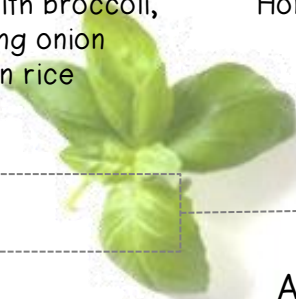


### Wednesday

**Breakfast**  
Home prepared food  
Water  
Honeydew

**Lunch**  
Stir fry wholemeal bee hoon with broccoli,  
capsicum, carrot and spring onion  
served with mixed brown rice  
Assorted salad

**Afternoon Tea**  
Home prepared food  
Water  
Honeydew

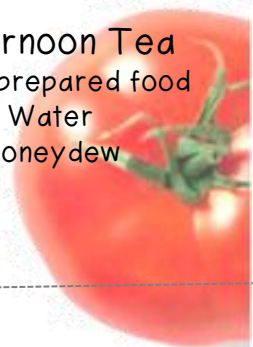


### Thursday

**Breakfast**  
Home prepared food  
Water  
Watermelon

**Lunch**  
Sauté potato, carrot and eggplant,  
served with mixed brown rice  
Assorted salad

**Afternoon Tea**  
Home prepared food  
Water  
Watermelon



### Friday

**Breakfast**  
Home prepared food  
Water  
Apple salad

**Lunch**  
Stir fry cauliflower, broccoli  
and carrot  
served with mixed brown rice  
Assorted salad

**Afternoon Tea**  
Home prepared food  
Veggie stick  
Water  
Apple salad

