



Food menu for children



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

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
Apple

Lunch

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

Afternoon Tea

Pancake with honey
Milk
Apple

Assorted salad

Tuesday

Breakfast

Cheese sandwich
Milk
Orange

Lunch

Baked paprika thyme tofu,
sauté cauliflower, carrot and capsicum
served with mixed brown rice

Afternoon Tea

Green bean soup
Milk
Orange

Assorted salad

Wednesday

Breakfast

Oat
Milk
Honeydew

Lunch

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

Afternoon Tea

Oat cornflake
biscuit/oat
biscuit/biscuit
Milk
Honeydew

Assorted salad

Thursday

Breakfast

Cereal
Milk
Watermelon

Lunch

Fried brown rice with edamame,
sauté cauliflower and carrot

Afternoon Tea

Cheese sandwich
Milk
Watermelon

Assorted salad

Friday

Breakfast

Hard boiled egg
Milk
Apple salad

Lunch

Curry chickpea with veggie,
local cucumber and corn
served with mixed brown rice

Afternoon Tea

Cheese sandwich
Veggie stick with cheese dip
Milk
Apple salad

Assorted salad

Menu: week two

Vegetarian

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Monday

Breakfast

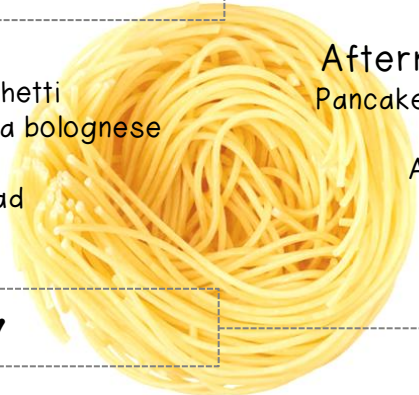
Cereal
Milk
Apple

Lunch

Wholemeal spaghetti
with veggie and chickpea bolognese
Assorted salad

Afternoon Tea

Pancake with honey
Milk
Apple



Tuesday

Breakfast

Cheese sandwich
Milk
Orange

Lunch

Tofu, carrot, capsicum, Japanese
cucumber with teriyaki sauce,
served with mixed brown rice

Afternoon Tea

Red bean soup
Milk
Orange



Assorted salad

Wednesday

Breakfast

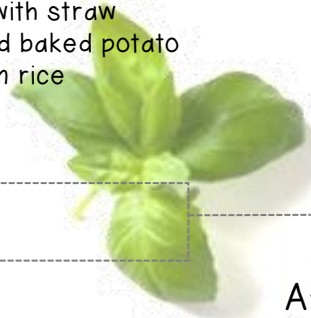
Oat
Milk
Honeydew

Lunch

Tomato based kidney bean with straw
mushroom, carrot, onion, corn and baked potato
served with mixed brown rice

Afternoon Tea

Potato salad
Milk
Honeydew



Assorted salad

Thursday

Breakfast

Cereal
Milk
Watermelon

Lunch

Lentil dal with aloo gobi,
served with mixed brown rice

Afternoon Tea

Bread pudding
Milk
Watermelon



Assorted salad

Friday

Breakfast

Scrambled egg
Milk
Apple salad

Lunch

Honey soy edamame
with roasted veggie
Served with mixed brown rice

Afternoon Tea

Cheese sandwich
Veggie stick with cheese dip
Milk
Apple salad

Assorted salad

Menu: week three

Vegetarian

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Monday

Breakfast

Cereal
Milk
Apple

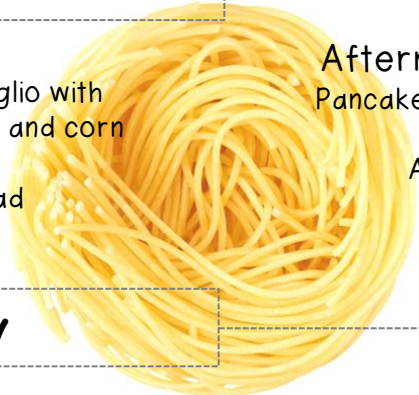
Lunch

Wholemeal pasta aglio with mushroom, capsicum and corn

Assorted salad

Afternoon Tea

Pancake with honey
Milk
Apple



Tuesday

Breakfast

Cheese sandwich
Milk
Orange

Lunch

Steamed tofu with black fungus, carrot and capsicum with soya sauce served with mixed brown rice

Assorted salad

Afternoon Tea

Tau suan
(Split green bean soup)
Milk
Orange



Wednesday

Breakfast

Oat
Milk
Honeydew

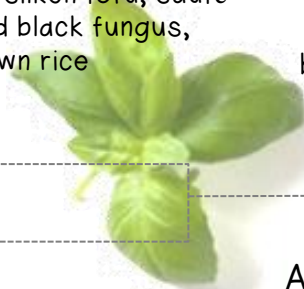
Lunch

Ginger and spring onion steamed silken tofu, sauté cabbage, capsicum, carrot and black fungus, served with mixed brown rice

Assorted salad

Afternoon Tea

Oat cornflake
biscuit/oat
biscuit/biscuit
Milk
Honeydew



Thursday

Breakfast

Cereal
Milk
Watermelon

Lunch

Edamame tomato fried brown rice with sauté xiao bai cai and mushroom

Assorted salad

Afternoon Tea

Cheese sandwich
Milk
Watermelon



Friday

Breakfast

Hard boiled egg
Milk
Apple salad

Lunch

Tomato soup with carrot, potato, onion, white bean fusilli pasta

Assorted salad

Afternoon Tea

Cheese sandwich
Veggie stick with cheese dip
Milk
Apple salad



Menu: week four
Vegetarian

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Monday

Breakfast
Cereal
Milk
Apple

Lunch
Wholemeal linguini
with spinach, chickpea and kernel corn
in pomodoro sauce,
Served with parmesan cheese

Afternoon Tea
Pancake with honey
Milk
Apple

Assorted salad

Tuesday

Breakfast
Egg sandwich
Milk
Orange

Lunch
Herb basil baked bean,
sauté cauliflower, carrot and baked potato
Served with mixed brown rice

Afternoon Tea
Barley soup
Milk
Orange

Assorted salad

Wednesday

Breakfast
Oats
Milk
Honeydew

Lunch
Stir fry wholemeal bee hoon with edamame,
broccoli, mushroom and spring onion

Afternoon Tea
Pumpkin bun
Milk
Honeydew

Assorted salad

Thursday

Breakfast
Cereal
Milk
Watermelon

Lunch
Lentil with potato, carrot and eggplant,
served with mixed brown rice

Afternoon Tea
Bread pudding
Milk
Watermelon

Assorted salad

Friday

Breakfast
Scrambled eggs
Milk
Apple salad

Lunch
Teochew steamed tofu with spring onion
in ginger sauce,
stir fry long cabbage with carrot
served with mixed brown rice

Afternoon Tea
Cheese sandwich
Veggie stick with cheese dip
Milk
Apple salad

Assorted salad

