

### Non-Vegetarian Menu

Week 1	Morning Snack	Lunch	Afternoon Snack
Monday	Cheese Sticks Orange Fresh Milk	Pesto Fusilli with Chickpea, Cherry Tomato & Parmesan Cheese House Salad	Vegetable Sticks Apple Water
Tuesday	Cranberry Oats Banana Fresh Milk	Roasted Herb Fish with Tomato Sauce Cauliflower Gratin with Mixed Vegetables, Mashed Potato, House Salad	California Raisin Bread Dragon Fruit Water
Wednesday	Vegetable Sticks Seedless Grapes Fresh Milk	Chicken Bulgogi with Onions & Mixed Peppers Stir Fried Kai Lan, Steamed Mixed Brown Rice House Salad	Hard Boiled Eggs Honeydew Melon Water
Thursday	Raisin Oats Apple Fresh Milk	Salmon Fried Rice with Egg, Cabbage, Capsicum & Carrot House Salad	Edamame Beans Orange Water
Friday	Yogurt with Honeydew Melon Fresh Milk	Kunyit Chicken with Mint Yogurt Cucumber Raita, Steamed Mixed Brown Rice House Salad	Cheese Sticks Watermelon Water

Week 2	Morning Snack	Lunch	Afternoon Snack
Monday	Vegetable Sticks Orange Fresh Milk	Wholemeal Spaghetti with Chicken Bolognese House Salad	Cheese Sticks Apple Water
Tuesday	Cranberry Oats Watermelon Fresh Milk	Teriyaki Chicken with Japanese Cucumber Steamed Mixed Brown Rice House Salad	California Raisin Bread Dragon Fruit Water
Wednesday	Vegetable Sticks Pear Fresh Milk	Japanese Curry with Chicken, Carrot & Potato Steamed Mixed Brown Rice House Salad	Banana Bread Watermelon Water
Thursday	Yogurt with Honeydew Melon Fresh Milk	Braised Ginger Chicken with Mushrooms & Mixed Peppers Steamed Mixed Brown Rice House Salad	Edamame Beans Orange Water
Friday	Hard Boiled Eggs Apple Fresh Milk	Tandoori Fish Tikka, Aloo Gobi Wholemeal Tortilla House Salad	Sweet Potato Honeydew Melon Water

Week 3	Morning Snack	Lunch	Afternoon Snack
Monday	Cheese Sticks Orange Fresh Milk	Wholemeal Pasta Aglio with Mushroom Edamame & Capsicum House Salad	Vegetable Sticks Apple Water
Tuesday	Raisin Oats Banana Fresh Milk	Steamed Chicken & Hainanese Chicken Brown Rice Japanese Cucumber House Salad	California Raisin Bread Dragon Fruit Water
Wednesday	Vegetable Sticks Seedless Grapes Fresh Milk	Baked Fish with Mediterranean Sauce Mixed Vegetables, Steamed Mixed Brown Rice House Salad	Hard Boiled Eggs Honeydew Melon Water
Thursday	Cranberry Oats Apple Fresh Milk	Ginger & Spring Onion Chicken Stir-fried Cabbage, Carrot & Black Fungus Steamed Mixed Brown Rice, House Salad	Edamame Beans Orange Water
Friday	Yogurt with Honeydew Melon Fresh Milk	Chicken Chop with Demi-Glace Garlic Cauliflower & Carrot, Mashed Potato House Salad	Cheese Sticks Watermelon Water

Week 4	Morning Snack	Lunch	Afternoon Snack
Monday	Vegetable Sticks Orange Fresh Milk	Wholemeal Linguine with Corn, Spinach & Kidney Beans in Herbed Tomato Sauce, House Salad	Cheese Sticks Apple Water
Tuesday	Raisin Oats Watermelon Fresh Milk	Fried Brown Rice with Chicken & Egg Stir-fried Baby Bok Choy, Steamed Mixed Brown Rice House Salad	California Raisin Bread Dragon Fruit Water
Wednesday	Vegetable Sticks Pear Fresh Milk	Steamed Fish with Ginger Soya Sauce Cabbage with Bean Curd Skin & Carrot Steamed Mixed Brown Rice, House Salad	Banana Bread Watermelon Water
Thursday	Yogurt with Honeydew Melon Fresh Milk	Baked Briyani Chicken with Yoghurt Sauce and Japanese Cucumber Steamed Mixed Brown Rice House Salad	Edamame Beans Orange Water
Friday	Hard Boiled Eggs Apple Fresh Milk	Chicken & Vegetable Ragout with Macaroni House Salad	Sweet Potato Honeydew Melon Water

- Menus are subject to change and availability of ingredient supply.
- Vegetable sticks include japanese cucumber, carrot and cherry tomato.

### Vegetarian Menu

Week 1	Morning Snack	Lunch	Afternoon Snack
Monday	Cheese Sticks Orange Fresh Milk	Pesto Fusilli with Chickpea, Cherry Tomato and Parmesan Cheese House Salad	Vegetable Sticks Apple Water
Tuesday	Cranberry Oats Banana Fresh Milk	Medley of Bean with Herb Tomato Sauce Cauliflower Gratin w Mixed vegetables Mashed Potato, House Salad	California Raisin Bread Dragon Fruit Water
Wednesday	Vegetable Sticks Seedless Grapes Fresh Milk	Bean Bulgogi with Onions, Mixed Peppers & Mushrooms Stir Fried Kai Lan Steamed Mixed Brown Rice, House Salad	Hard Boiled Eggs Honeydew Melon Water
Thursday	Raisin Oats Apple Fresh Milk	Fried Rice with Tofu, Cabbage, Capsicum & Carrot, House Salad	Edamame Beans Orange Water
Friday	Yogurt with Honeydew Melon Fresh Milk	Stir-fried Turmeric Long Bean & Tempeh Cucumber Raita Steamed Mixed Brown Rice, House Salad	Cheese Sticks Watermelon Water

Week 2	Morning Snack	Lunch	Afternoon Snack
Monday	Vegetable Sticks Orange Fresh Milk	Wholemeal Spaghetti with Vegetable Bolognese House Salad	Cheese Sticks Apple Water
Tuesday	Cranberry Oats Watermelon Fresh Milk	Teriyaki Tofu, Carrot & Edamame with Japanese Cucumber Steamed Mixed Brown Rice, House Salad	California Raisin Bread Dragon Fruit Water
Wednesday	Vegetable Sticks Pear Fresh Milk	Japanese Curry with Cabbage, Potato & Carrot Steamed Mixed Brown Rice, House Salad	Banana Bread Watermelon Water
Thursday	Yogurt with Honeydew Melon Fresh Milk	Braised Beancurd with Mushroom & Assorted Vegetables Steamed Mixed Brown Rice, House Salad	Edamame Beans Orange Water
Friday	Hard Boiled Eggs Apple Fresh Milk	Marsala Mixed Mushrooms with Chickpeas, Aloo Gobi Wholemeal Tortilla, House Salad	Sweet Potato Honeydew Melon Water

Week 3	Morning Snack	Lunch	Afternoon Snack
Monday	Cheese Sticks Orange Fresh Milk	Wholemeal Pasta Aglio with Mushroom, Edamame & Capsicum House Salad	Vegetable Sticks Apple Water
Tuesday	Cranberry Oats Banana Fresh Milk	Soya Sauce Steamed Tofu with Baby Bak Choy & Carrot Steamed Mixed Brown Rice, House Salad	California Raisin Bread Dragon Fruit Water
Wednesday	Vegetable Sticks Seedless Grapes Fresh Milk	Mediterranean Lentil & Bean Stew, Mixed Vegetable Steamed Mixed Brown Rice, House Salad	Hard Boiled Eggs Honeydew Melon Water
Thursday	Raisin Oats Apple Fresh Milk	Stir Fry Ginger & Spring Onion Tofu Stir-fried Cabbage, Carrot & Black Fungus Steamed Mixed Brown Rice, Assorted salad	Edamame Beans Orange Water
Friday	Yogurt with Honeydew Melon Fresh Milk	Roasted Pumpkin Garlic Cauliflower & Carrot Mashed Potato, House Salad	Cheese Sticks Watermelon Water

Week 4	Morning Snack	Lunch	Afternoon Snack
Monday	Vegetable Sticks Orange Fresh Milk	Wholemeal Linguine with Corn, Spinach & Kidney Beans in Herbed Tomato Sauce, House Salad	Cheese Sticks Apple Water
Tuesday	Cranberry Oats Watermelon Fresh Milk	Fried Brown Rice with Edamame & Mushrooms Stir Fried Baby Bok Choy, House Salad	California Raisin Bread Dragon Fruit Water
Wednesday	Vegetable Sticks Pear Fresh Milk	Steamed Tofu with Ginger Soya Sauce Cabbage with Bean Curd Skin & Carrot Steamed Mixed Brown Rice, House Salad	Banana Bread Watermelon Water
Thursday	Yogurt with Honeydew Melon Fresh Milk	Lentil With Potato, Carrot & Brinjal Steamed Mixed Brown Rice, House Salad	Edamame Beans Orange Water
Friday	Hard Boiled Eggs Apple Fresh Milk	Vegetable Ragout with Macaroni House Salad	Sweet Potato Honeydew Melon Water

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- Vegetable sticks include japanese cucumber, carrot and cherry tomato.