

WEEK 1



Normal

Pesto Pasta with Cherry Tomato, Chickpea & Parmesan

Vegetarian

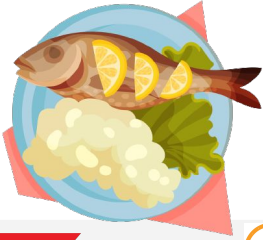
Pesto Pasta with Cherry Tomato, Chickpea & Parmesan

Special

Gluten-free Pesto Pasta with Spinach & Cherry Tomato

House Salad

MON



NEW



Normal

Sweet & Sour Fish Stir-fried Cauliflower with Black Fungus & Carrot Steamed Mixed Brown Rice

Vegetarian

Sweet & Sour Tofu Stir-fried Cauliflower with Black Fungus & Carrot Steamed Mixed Brown Rice

Special

Stir-fried Cauliflower with Carrot & Baby Corn Mixed Brown Rice

House Salad

TUE



Normal

Braised Brown Rice Vermicelli with Chicken, Cabbage & Carrot

Vegetarian

Braised Brown Rice Vermicelli with Edamame, Cabbage & Carrot

Special

Brown Rice Vermicelli with Cabbage & Carrot

House Salad

WED



Normal

Salmon Fried Rice with Egg Cabbage, Capsicum & Carrot

Vegetarian

Fried Brown Rice with Tofu, Cabbage Capsicum & Carrot

Special

Fried Brown Rice with Cabbage, Capsicum & Carrot

House Salad

THU



Normal

Kunjit Chicken with Mint Yoghurt Cucumber Raita Tortilla

Vegetarian

Stir-fried Turmeric Long Bean & Tempeh Cucumber Raita Tortilla

Special

Stir-fried Long Bean with Carrot & Black Fungus Mixed Brown Rice

House Salad

FRI

WEEK 2



Normal

Wholemeal Spaghetti with Chicken Bolognese

Vegetarian

Wholemeal Spaghetti with Kidney Bean & Vegetable Bolognese

Special

Gluten-free Pasta with Vegetable Bolognese

House Salad

MON



Normal

Teriyaki Chicken with Japanese Cucumber Mixed Brown Rice

Vegetarian

Teriyaki Tofu & Edamame with Japanese Cucumber Mixed Brown Rice

Special

Sauteed Cauliflower, Carrot & Celery Mixed Brown Rice

House Salad

TUE



Normal

Japanese Curry Chicken with Carrot & Potato Mixed Brown Rice

Vegetarian

Japanese Curry Mock Chicken with Carrot & Potato Mixed Brown Rice

Special

Stir-fried Round Cabbage, Potato & Carrot Mixed Brown Rice

House Salad

WED



NEW

Normal

Kicap Manis Fish with Capsicum & Onion Stir-fried Chye Sim Mixed Brown Rice

Vegetarian

Kicap Manis Tofu with Capsicum & Onion Stir-fried Chye Sim Mixed Brown Rice

Special

Stir-fried Eggplant, Tomato & Capsicum Mixed Brown Rice

House Salad

THU



Normal

ABC Soup with Chicken Mixed Brown Rice

Vegetarian

ABC Soup with White Bean Mixed Brown Rice

Special

ABC Soup with Mushroom Mixed Brown Rice

House Salad

FRI

WEEK 3



Normal

Wholemeal Pasta Aglio with
Mushroom, Edamame &
Capsicum

Vegetarian

Wholemeal Pasta Aglio with
Mushroom, Edamame &
Capsicum

Special

Gluten-free Pasta with Julienne
Vegetables

House Salad

MON



Normal

Steamed Chicken
Local Cucumber
Hainanese Chicken Brown Rice

Vegetarian

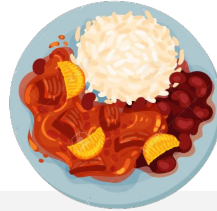
Soya Sauce Steamed Tofu with
Baby Bak Choy & Carrot
Mixed Brown Rice

Special

Stir-fried Baby Bak Choy &
Carrot
Mixed Brown Rice

House Salad

TUE



Normal

Tomato Scrambled Egg
Stir-fried Long Cabbage with
Carrot
Mixed Brown Rice

Vegetarian

Tomato Baked Beans
Stir-fried Long Cabbage with
Carrot
Mixed Brown Rice

Special

Stir-fried Long Cabbage with
Carrot
Mixed Brown Rice

House Salad

WED



NEW

Normal

Baked Fish with Tomato Cream
Sauce
Sauteed French Bean with
Garlic
Mixed Brown Rice

Vegetarian

Mock Fish with Tomato Cream
Sauce
Sauteed French Bean with
Garlic
Mixed Brown Rice

Special

Stir-fried French Bean
& Carrot
Mixed Brown Rice

THU



Normal

Chicken Chop with Demi-Glaze
Garlic Cauliflower & Carrot
Mashed Potato

Vegetarian

Roasted Pumpkin with
Chickpea
Garlic Cauliflower & Carrot
Mashed Potato

Special

Roasted Pumpkin & Broccoli
Mixed Brown Rice

House Salad

FRI

WEEK 4



Normal

Tomato Pasta with Spinach & Kidney Bean

Vegetarian

Tomato Pasta with Spinach & Kidney Bean

Special

Gluten-free Tomato Pasta with Spinach

House Salad

MON



Normal

Fried Rice with Chicken & Egg Stir-fried Baby Bak Choy

Vegetarian

Fried Rice with Beancurd & Mushroom Stir-fried Baby Bak Choy

Special

Fried Brown Rice with Baby Bak Choy, Corn & Carrot

House Salad

TUE



Normal

Shepherd's Pie

Vegetarian

Chickpea Shepherd's Pie

Special

Wholemeal Bee Hoon with Cabbage, Carrot & Beansprout

House Salad

WED



NEW

Normal

Baked Fish with Lemon Orange Sauce

Stir-fried Cabbage with Carrot & Black Fungus Mixed Brown Rice

Vegetarian

Stir-fried Corn and Mushroom Stir-fried Cabbage with Carrot & Black Fungus Mixed Brown Rice

Special

Stir-fried Cabbage with Carrot & Black Fungus Mixed Brown Rice

House Salad

THU



Normal

Chicken & Vegetable Ragout with Macaroni

Vegetarian

Edamame & Vegetable Ragout with Macaroni

Special

Sauteed Broccoli & Cauliflower with Carrot Mixed Brown Rice

House Salad

FRI