

### Standard Menu

Last updated October 2023

Week 1	Morning Snack	Lunch	Afternoon Snack
Monday	Cheese Sticks Orange Fresh Milk	Pesto Pasta with Cherry Tomato, Chickpea & Corn	Vegetable Sticks Apple Water
Tuesday	Oatmeal Cookies Watermelon Fresh Milk	Braised Soya Chicken & Stir-fried Baby Bak Choy Steamed Mixed Brown Rice	California Raisin Bread Dragon Fruit Water
Wednesday	Vegetable Sticks Pear Fresh Milk	Roasted Fish with Scallion Yoghurt Dressing, Cucumber Corn Salsa & Roasted Sweet Potato	Wholemeal Crackers Honeydew Melon Water
Thursday	Pandan Bread Honeydew Melon Fresh Milk	Butter Chicken & Roasted Cauliflower Steamed Mixed Brown Rice	Edamame Beans Orange Water
Friday	Raisin Oats Apple Milk	Chicken Ragout with Hotdog Bun House Salad with Sesame Dressing	Cheese Sticks Watermelon Water

Week 2	Morning Snack	Lunch	Afternoon Snack
Monday	Oatmeal Cookies Orange Fresh Milk	Roasted Pumpkin Soup with Wholemeal Bread, Poached Chicken Breast & Roasted Zucchini with Paprika Breadcrumb	Cheese Sticks Apple Water
Tuesday	Raisin Oats Watermelon Fresh Milk	Roasted Herb Fish Ratatouille Steamed Mixed Brown Rice	California Raisin Bread Dragon Fruit Water
Wednesday	Vegetable Sticks Pear Fresh Milk	Macaroni with Chicken, Bak Choy & Shoyu Broth	Sweet Potato Honeydew Melon Water
Thursday	Pandan Bread Honeydew Melon Fresh Milk	Country Style Chicken Stew & Roasted Broccoli Steamed Mixed Brown Rice	Edamame Beans Orange Water
Friday	Wholemeal Crackers Apple Fresh Milk	Shepherd's Pie	Banana Cake Watermelon Water

Week 3	Morning Snack	Lunch	Afternoon Snack
Monday	Wholemeal Crackers Orange Fresh Milk	Four Cheese Tortellini with Carrot Puree & Sauteed Green Peas	Vegetable Sticks Apple Water
Tuesday	Raisin Oats Watermelon Fresh Milk	Sweet and Sour Fish & Stir-fried Baby Bak Choy Steamed Mixed Brown Rice	California Raisin Bread Dragon Fruit Water
Wednesday	Vegetable Sticks Pear Fresh Milk	Chicken Meatloaf with Demi-Glace, Roasted Broccoli & Parsley Potato	Wholemeal Crackers Honeydew Melon Water
Thursday	Pandan Bread Honeydew Melon Fresh Milk	Bulgogi Chicken and Cucumber & Cherry Tomato Steamed Mixed Brown Rice	Edamame Beans Orange Water
Friday	Oatmeal Cookies Apple Fresh Milk	Roasted Paprika Chicken, Lettuce & Tomato Tortilla	Cheese Sticks Watermelon Water

Week 4	Morning Snack	Lunch	Afternoon Snack
Monday	Oatmeal Cookies Orange Fresh Milk	Japanese Curry Chicken with Carrot & Potato, Sliced Cucumber Steamed Mixed Brown Rice	Cheese Sticks Apple Water
Tuesday	Raisin Oats Watermelon Fresh Milk	Roasted Chicken & Stir-fried Beansprout Chicken Rice	California Raisin Bread Dragon Fruit Water
Wednesday	Vegetable Sticks Pear Fresh Milk	Pasta Bolognese	Sweet Potato Honeydew Melon Water
Thursday	Pandan Bread Honeydew Melon Fresh Milk	Lemongrass Coconut Fish Stew & Stir-fried Baby Bak Choy Steamed Mixed Brown Rice	Edamame Beans Orange Water
Friday	Wholemeal Crackers Apple Fresh Milk	Chicken Burger with Cheese, Lettuce & Ketchup	Banana Cake Watermelon Water

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

### Vegetarian Menu

Last updated October 2023

Week 1	Morning Snack	Lunch	Afternoon Snack
Monday	Cheese Sticks Orange Fresh Milk	Pesto Pasta with Cherry Tomato, Chickpea & Corn	Vegetable Sticks Apple Water
Tuesday	Oatmeal Cookies Watermelon Fresh Milk	Braised Soya Beancurd & Stir-fried Baby Bak Choy Steamed Mixed Brown Rice	California Raisin Bread Dragon Fruit Water
Wednesday	Vegetable Sticks Pear Fresh Milk	Roasted Zucchini with Scallion Yoghurt Dressing, Cucumber Corn Salsa & Roasted Sweet Potato	Wholemeal Crackers Honeydew Melon Water
Thursday	Pandan Bread Honeydew Melon Fresh Milk	Butter Paneer & Roasted Cauliflower Steamed Mixed Brown Rice	Edamame Beans Orange Water
Friday	Raisin Oats Apple Milk	Sauteed Mushroom with Hotdog Bun House Salad with Sesame Dressing	Cheese Sticks Watermelon Water

Week 2	Morning Snack	Lunch	Afternoon Snack
Monday	Oatmeal Cookies Orange Fresh Milk	Roasted Pumpkin Soup with Wholemeal Bread, Edamame, Roasted Zucchini with Paprika Breadcrumb	Cheese Sticks Apple Water
Tuesday	Raisin Oats Watermelon Fresh Milk	Roasted Pumpkin & Ratatouille Steamed Mixed Brown Rice	California Raisin Bread Dragon Fruit Water
Wednesday	Vegetable Sticks Pear Fresh Milk	Macaroni with Tofu, Bak Choy & Shoyu Broth	Sweet Potato Honeydew Melon Water
Thursday	Pandan Bread Honeydew Melon Fresh Milk	Country Style Mushroom & Potato Stew, Roasted Broccoli Steamed Mixed Brown Rice	Edamame Beans Orange Water
Friday	Wholemeal Crackers Apple Fresh Milk	Vegetarian Shepherd's Pie	Banana Cake Watermelon Water

Week 3	Morning Snack	Lunch	Afternoon Snack
Monday	Wholemeal Crackers Orange Fresh Milk	Four Cheese Tortellini with Carrot Puree & Sautéed Green Peas	Vegetable Sticks Apple Water
Tuesday	Raisin Oats Watermelon Fresh Milk	Sweet & Sour Beancurd & Stir-Fried Baby Bak Choy Steamed Mixed Brown Rice	California Raisin Bread Dragon Fruit Water
Wednesday	Vegetable Sticks Pear Fresh Milk	Veggie Loaf with Vegetable Jus, Roasted Broccoli & Parsley Potato	Wholemeal Crackers Honeydew Melon Water
Thursday	Pandan Bread Honeydew Melon Fresh Milk	Bulgogi Beancurd, Cucumber & Cherry Tomato Steamed Mixed Brown Rice	Edamame Beans Orange Water
Friday	Oatmeal Cookies Apple Fresh Milk	Black Bean Vegetable Chilli, Lettuce & Tomato Tortilla	Cheese Sticks Watermelon Water

Week 4	Morning Snack	Lunch	Afternoon Snack
Monday	Oatmeal Cookies Orange Fresh Milk	Japanese Curry Beancurd with Carrot & Potato, Sliced Cucumber Steamed Mixed Brown Rice	Cheese Sticks Apple Water
Tuesday	Raisin Oats Watermelon Fresh Milk	Roasted Plant Based Chicken & Stir-Fried Beansprout Steamed Pandan Rice	California Raisin Bread Dragon Fruit Water
Wednesday	Vegetable Sticks Pear Fresh Milk	Vegetable Pasta Bolognese	Sweet Potato Honeydew Melon Water
Thursday	Pandan Bread Honeydew Melon Fresh Milk	Lemongrass Coconut Eggplant Stew, Stir-Fried Baby Bak Choy Steamed Mixed Brown Rice	Edamame Beans Orange Water
Friday	Wholemeal Crackers Apple Fresh Milk	Vegan Burger with Cheese, Lettuce & Ketchup	Banana Cake Watermelon Water

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