

# PRE-SCHOOL FOOD MENU

Menu A	Breakfast	Morning Snack	Lunch			Afternoon Snack
			Normal	Vegetarian	Special	
Monday	Cornflakes with Fresh Milk	Apple	Pesto Pasta with Cherry Tomato, Chickpea & Corn			Wholemeal Sandwich with Cheese and Water
Tuesday	Oats with Dried Fruits and Fresh Milk	Watermelon	Margherita Pizza			Vegetable Sticks with Cheese
Wednesday	Cornflakes with Fresh Milk	Mixed Fruits	Teryaki Salmon Patty with Bonito Flakes & Nori Pickled Cucumber Steamed Japanese Rice	Teryaki Tau Kwa with Nori Pickled Cucumber Steamed Japanese Rice	Roasted Zucchini & Carrot Steamed Japanese Rice	Boiled Sweet Potato and Water
Thursday	Boiled Eggs and Fresh Milk	Orange	Butter Chicken Roasted Cauliflower Steamed Mixed Brown Rice	Butter Paneer Roasted Cauliflower Steamed Mixed Brown Rice	Roasted Cauliflower & Carrot Steamed Mixed Brown Rice	Wholemeal Sandwich with Eggs and Water
Friday	Oats with Dried Fruits and Fresh Milk	Honeydew	Tomato Chicken Baked Rice with Bell Peppers	Tomato Mushroom Baked Rice with Bell Peppers	Brown Rice Vermicelli with Carrot and Cabbage	Oatmeal Cookies and Water

# PRE-SCHOOL FOOD MENU

Menu B	Breakfast	Morning Snack	Lunch			Afternoon Snack
			Normal	Vegetarian	Special	
Monday	Cornflakes with Fresh Milk	Apple	Stir-fried Mushroom Minced Chicken Stir-fried Baby Bak Choy Steamed Mixed Brown Rice	Stir-fried Cauliflower Stir-fried Baby Bak Choy Steamed Mixed Brown Rice	Stir-fried Cauliflower, Mushroom & Bak Choy Steamed Mixed Brown Rice	Wholemeal Sandwich with Cheese and Water
Tuesday	Oats with Dried Fruits and Fresh Milk	Watermelon	Roasted Pumpkin Soup with Chicken Breast & Zucchini Wholemeal Bread	Roasted Pumpkin Soup with Edamame & Zucchini Wholemeal Bread	Roasted Pumpkin Sauteed Peas Steamed Mixed Brown Rice	Vegetable Sticks with Cheese
Wednesday	Cornflakes with Fresh Milk	Mixed Fruits	Country Style Chicken Stew Roasted Broccoli Steamed Mixed Brown Rice	Country Style Mushroom & Potato Stew Roasted Broccoli Steamed Mixed Brown Rice	Roasted Potato & Carrot Steamed Broccoli Steamed Mixed Brown Rice	Boiled Sweet Potato and Water
Thursday	Boiled Eggs and Fresh Milk	Orange	Roasted Herb Fish Ratatouille Steamed Mixed Brown Rice	Sauteed Green Beans Ratatouille Steamed Mixed Brown Rice	Stir-fried Spinach, Carrot & Corn Steamed Mixed Brown Rice	Wholemeal Sandwich with Eggs and Water
Friday	Oats with Dried Fruits and Fresh Milk	Honeydew	Barbecue Chicken Sauteed Garlic Corn Greek Pasta Salad	Plant-based Chicken Nugget with Barbecue Sauce Sauteed Garlic Corn Greek Pasta Salad	Sauteed Capsicums & Tomato Steamed Mixed Brown Rice	Oatmeal Cookies and Water

# PRE-SCHOOL FOOD MENU

Menu C	Breakfast	Morning Snack	Lunch			Afternoon Snack
			Normal	Vegetarian	Special	
Monday	Cornflakes with Fresh Milk	Apple	Four Cheese Tortellini with Vegetable Marinara	Four Cheese Tortellini with Vegetable Marinara	Brown Rice Vermicelli with Carrot and Beansprout	Wholemeal Sandwich with Cheese and Water
Tuesday	Oats with Dried Fruits and Fresh Milk	Watermelon	Roasted Mesquite Chicken Steamed Broccoli & Carrot Mashed Potato	Roasted Mesquite Pumpkin Steamed Broccoli & Carrot Mashed Potato	Stir-fried Pumpkin & Long Cabbage Steamed Mixed Brown Rice	Vegetable Sticks with Cheese
Wednesday	Cornflakes with Fresh Milk	Mixed Fruits	Sweet & Sour Fish Stir-fried Spinach Steamed Mixed Brown Rice	Sweet & Sour Beancurd Stir-fried Spinach Steamed Mixed Brown Rice	Stir-fried Baby Bak Choy & Carrot Steamed Mixed Brown Rice	Boiled Sweet Potato and Water
Thursday	Boiled Eggs and Fresh Milk	Orange	Bulgogi Chicken Cucumber & Cherry Tomato Steamed Mixed Brown Rice	Bulgogi Beancurd Cucumber & Cherry Tomato Steamed Mixed Brown Rice	Roasted Eggplant, Zucchini & Carrot Parsley Potato	Wholemeal Sandwich with Eggs and Water
Friday	Oats with Dried Fruits and Fresh Milk	Honeydew	Soba Noodles with Chicken, Bak Choy & Shoyu Broth	Soba Noodles with Tofu, Bak Choy & Shoyu Broth	Stir-fried Bak Choy Steamed Corn Gluten-free Pasta	Oatmeal Cookies and Water

# PRE-SCHOOL FOOD MENU

Menu D	Breakfast	Morning Snack	Lunch			Afternoon Snack
			Normal	Vegetarian	Special	
Monday	Cornflakes with Fresh Milk	Apple	Pasta Bolognese	Vegetable Pasta Bolognese	Pasta with Tomato Sauce	Wholemeal Sandwich with Cheese and Water
Tuesday	Oats with Dried Fruits and Fresh Milk	Watermelon	Steamed Chicken with Soy Dressing Stir-fried Baby Bak Choy Chicken Rice	Silken Tofu with Soy Dressing Stir-fried Baby Bak Choy Steamed Pandan Rice	Stir-fried Bak Choy with Carrot Steamed Pandan Rice	Vegetable Sticks with Cheese
Wednesday	Cornflakes with Fresh Milk	Mixed Fruits	Japanese Curry Chicken with Carrot & Potato Sliced Cucumber Steamed Mixed Brown Rice	Japanese Curry Beancurd with Carrot & Potato Sliced Cucumber Steamed Mixed Brown Rice	Stir-fried Carrot & Potato with Capsicum Steamed Mixed Brown Rice	Boiled Sweet Potato and Water
Thursday	Boiled Eggs and Fresh Milk	Orange	Fish Stew with Mushroom Sauteed Sugar Pea with Corn Steamed Mixed Brown Rice	Vegetable White Bean Stew with Mushroom Sauteed Sugar Pea with Corn Steamed Mixed Brown Rice	Sauteed Wombok & Carrot Steamed Mixed Brown Rice	Wholemeal Sandwich with Eggs and Water
Friday	Oats with Dried Fruits and Fresh Milk	Honeydew	Chicken Burger with Cheese, Lettuce & Ketchup	Vegan Burger with Cheese, Lettuce & Ketchup	Sauteed Cauliflower & Corn Steamed Mixed Brown Rice	Oatmeal Cookies and Water