

MENU

Nutritionally certified by:

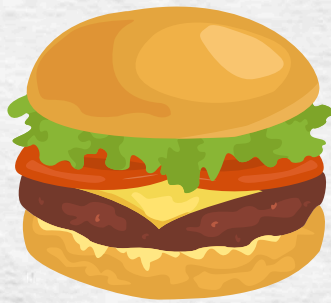
HEALTH CAN BE FUN
NUTRITION CONSULTANCY CO.

"Nourishing minds one bite at a time. EtonHouse Pre-school provides nutritious meals for our eager twos to curious 6 years olds. Healthy meals with colorful vegetables and fruits, build strong resilient bodies with quality whole grains and varied lean protein that fosters growth! A menu with grand recipes that is nutritious to fuel their growing brains, learning, and exploring with boundless gains."

Fiona Chia
Founder and Managing Director
Health Can be Fun Nutrition Consultancy Co.



MENU A



	Monday	Tuesday	Wednesday	Thursday	Friday
Non-Vegetarian Lunch	Pesto Pasta with Cherry Tomato, Chickpea & Corn	Miso Soup with Chicken, Bakchoy, Wakame & Spring Onion & Japanese Rice	Chicken Shepherd's Pie	Fish Soup with Tofu & Long Cabbage Steamed Mixed Brown Rice	Roasted Chicken Burger Baked Criss Cut Fries
Vegetarian Lunch	Pesto Pasta with Cherry Tomato, Chickpea & Corn	Miso Soup with Tofu, Bakchoy, Wakame & Spring Onion & Japanese Rice	Vegetable Pie	Vegetable Soup with Tofu & Long Cabbage Steamed Mixed Brown Rice	Vegetable Burger Baked Criss Cut Fries

*Special Menu is available, please speak to our office staff if your child has dietary requirements. Menus are subject to change and availability of ingredient supply. Updated July 2025

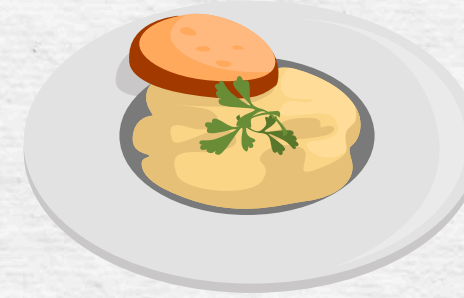
MENU B



	Monday	Tuesday	Wednesday	Thursday	Friday
Non-Vegetarian Lunch	Tomato Soup with Chicken Garlic Bread	Barbeque Chicken, Tomato & Cucumber Salad Mac & Cheese	Baked Miso Fish, with Gomae Spinach & Steamed Japanese Rice	Butter Chicken with Roasted Cauliflower & Steamed Mixed Brown Rice	Roasted Paprika Chicken Quesadilla
Vegetarian Lunch	Tomato Soup with White Bean Garlic Bread	Barbeque White Bean, Tomato & Cucumber Salad Mac & Cheese	Baked Miso Firm Tofu, Gomae Spinach & Steamed Japanese Rice	Butter Paneer with Roasted Cauliflower & Steamed Mixed Brown Rice	Roasted Paprika Firm Tofu Quesadilla

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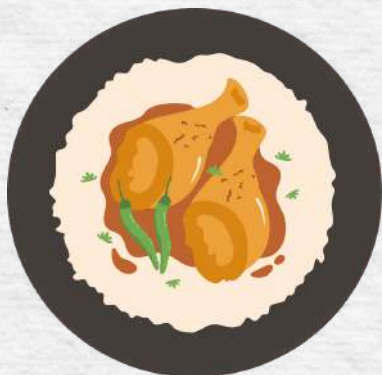
MENU C



	Monday	Tuesday	Wednesday	Thursday	Friday
Non-Vegetarian Lunch	Fried Bee Hoon with Egg, Carrot & Cabbage	Bibimbap (Chicken, Carrot, Nori, Spinach, Gochujang Sauce, Hard Boiled Egg & Japanese Rice)	Margherita Pizza with House Salad	Roasted Fish with Spinach Cream Sauce, Roasted Cauliflower & Steamed Mixed Brown Rice	Soba Noodle with Shoyu Broth, Bak Choy & Chicken
Vegetarian Lunch	Fried Bee Hoon with Firm Tofu, Carrot & Cabbage	Bibimbap (Silken Tofu, Carrot, Nori, Spinach, Gochujang Sauce, Hard Boiled Egg & Japanese Rice)	Margherita Pizza with House Salad	Sauteed Mushrooms with Spinach Cream Sauce, Roasted Cauliflower & Steamed Mixed Brown Rice	Soba Noodle with Shoyu Broth, Bak Choy & Tofu

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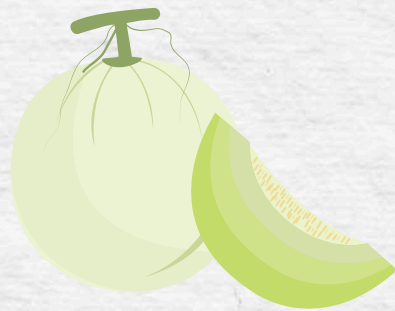
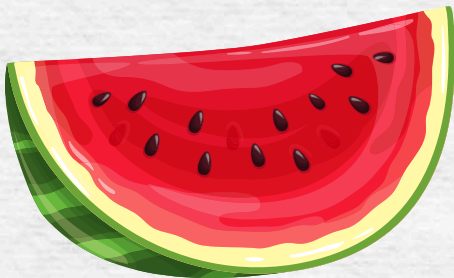
MENU D



	Monday	Tuesday	Wednesday	Thursday	Friday
Non-Vegetarian Lunch	Japanese Curry Rice with Chicken, Carrot & Potato	Roasted Mesquite Chicken, Steamed Broccoli & Carrot Mashed Potato	Fish Chowder Focaccia Bread	Chicken Paella	Spaghetti & Meatballs
Vegetarian Lunch	Japanese Curry Rice with Firm Tofu, Carrot & Potato	Roasted Mesquite Pumpkin & Steamed Broccoli & Carrot Mashed Potato	Mushroom Chowder Focaccia Bread	Vegetable Paella	Spaghetti & Vegetarian Meatballs

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SNACK MENU



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Sweet Corn Apple Slices Fresh Milk	Cheese Sticks Honeydew Melon Fresh Milk	Pandan Bread Orange Slices Fresh Milk	Sweet Potato Bread Dragon Fruit Fresh Milk	Banana Cake Orange Slices Fresh Milk
Afternoon Snack	Vegetable Sticks Honeydew Melon Water	Sweet Potato Watermelon Water	Vegetable Sticks Watermelon Water	Edamame Beans Apple Slices Water	Sweet Corn Pear Slices Water

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