

Menu Week 1

Meal Period		Monday 1 July 2024	Tuesday 2 July 2024	Wednesday 3 July 2024	Thursday 4 July 2024	Friday 5 July 2024
Breakfast	Choice of 1 Snacks	French toast Chinese fried rice	Donut Braised yee mee Hong Kong style	Mini chocolate muffin Fried Singapore mee hun	Home made banana cake Chee cheong fun with fu chok	Mini toast with ham and cheese Japanese fried rice
	Vegetarian Snack	French toast	Donut	Mini chocolate muffin	Home made banana cake	Mini toast with ham and cheese
	Beverage	Full cream milk	Warm barley	Home made soya bean	Herbal tea	Warm milo
Lunch	Choice of Set A	Spaghetti with tomato sica Roasted chicken with thyme sauce Sautéed mixed vegetables	Kedah mee hoon soup Shredded chicken/ fried shallot bean sprouts/ spring onion	Spaghetti pasta aglio olio Baked whole chicken with buttermilk sauce Fresh lettuce and salad dressing	Macaroni mozzarella cheese Breaded chicken popcorn Sautéed broccoli with garlic	Fusilli pasta with mushroom & onion Grilled fish with paprika Garlic potato with oregano
	OR					
	Choice of Set B	Pandan white rice Crispy chicken with sour plum sauce Braised hard bean curd with mushroom	Steamed white rice Sweet and sour fish fillet Stir fried siew pak choy	Fragrant rice Braised bean curd with minced chicken Sautéed cauliflower	Pilaf rice John Dory fillet with orange sauce Chinese style choy tam with garlic	Butter rice Roasted chicken with black pepper sauce Assorted chopped salad
	OR					
	Vegetarian Dish	Steamed white rice Japanese tau foo with egg drop Braised hard bean curd with mushroom	Steamed white rice Braised bean curd with carrot Stir fried siew pak choy	Steamed white rice Steamed egg with soya sauce Fresh lettuce with light soya suace	Steamed white rice White bean curd with mix vegetables Sautéed potatoes	Steamed white rice Stew hard bean curd with potatoes Sautéed choy tam
Drinks Dessert OR Fruit	Warm water Honeydew	Warm water Papaya	Warm water Pudding	Warm water California red apple	Warm water Fruit jelly	

Menu Week 2

Meal Period		Monday 8 July 2024	Tuesday 9 July 2024	Wednesday 10 July 2024	Thursday 11 July 2024	Friday 12 July 2024
Breakfast	Choice of 1 Snacks	Replacement PUBLIC HOLIDAY	Mini swiss rolls Impreal fried rice with chicken	Mini sausage roll Nasi lemak with condiments	Toast bread with kaya Kuey teow soup with fish ball	Steam mini Chinese pau Chicken Conggie
	Vegetarian Snack		Mini swiss rolls	Mini sausage roll	Toast bread with kaya	Steam mini Chinese pau
	Beverage		Warm barley with pandan	Low fat milk	Warm chrysanthemum tea	Soya bean milk
Lunch	Choice of Set A		Capellini pasta with sun dry tomato Baked fish fillet with mushroom Local green vegetables	Macaroni pasta au gratin Grilled chicken with bell pepper Stir fried French beans	Spaghetti with mushroom cream sauce Roasted chicken with basil Roasted mixed vegetables	Indonesia style mee hoon soup Shredded chicken/ spring onion/ fry shallot Steamed bean sprout
	OR					
	Choice of Set B	Tomato rice Ayam masak merah Pickled cucumber	Fragrant rice Roasted honey chicken Chinese style Fresh cucumber with coriander	Steamed white rice Fried chicken with tamarind powder Sautéed broccoli	Fragrant rice Ginger and spring onion fish fillet Siew pak choy with oyster sauce	
	OR					
Vegetarian Dish	Steamed white rice Hard bean curd with gravy Fried egg with tomato	Steamed white rice Steamed Japanese taufoo Fresh cucumber	Steamed white rice Steamed Shanghai egg Sautéed broccoli	Steamed white rice Deep fried bean curd with tomato glace Sautéed siew pak choy		
Drinks Dessert OR Fruit	Warm water Honey melon	Warm water Home made coco jelly	Warm water Assorted mixed fruits	Warm water Orange		

Menu Week 3

Meal Period		Monday 15 July 2024	Tuesday 16 July 2024	Wednesday 17 July 2024	Thursday 18 July 2024	Friday 19 July 2024
Breakfast	Choice of 1 Snacks	Marble cake Wanton noodles with BBQ chicken	Egg sandwiches Fried mee mamak style	Assorted mini pau Cantonese yee mee	Hong Kong style braised yee mee Japanese fried rice	TERM 3 ENDS
	Vegetarian Snack	Marble cake	Egg sandwiches	Assorted mini pau	Hong Kong style braised yee mee	
	Beverage	Warm milo	Full cream milk	Warm chrysanthemum tea	Warm barley with lime	
Lunch	Choice of Set A	Pilaf rice Roasted chicken with light pepper sauce Sautéed broccoli and cauliflower with garlic	Spaghetti mushroom aglio olio Roasted chicken with onion sauce Baked vegetable casserole	Elbow pasta with mushroom cream sauce Baked fish with cheese Garlic herbs potato	Arrabbiata style pasta Roasted chicken with herb Herbs potato with Spanish onion	
	OR					
	Choice of Set B	Steamed white rice Dory fillet with kong poh style Stir fried pak choy	Butter rice with raisins Deep fried fish fillet with dip Chinese cabbage with shredded carrot	Fragrant rice Baked chicken butter sauce Sautéed green cabbage	Pilaf Rice Baked fish Portuguese style Chinese cabbage with dry mushroom	
	Vegetarian Dish	Steamed white rice Vegetarian sweet and sour fu chuk Stir fried pak choy	Steamed white rice Japanese bean curd with light sauce Steamed carrot with thyme	Steamed white rice Hard bean curd with egg drop Sautéed green cabbage	Steamed white rice Egg with tomato and carrot Chinese cabbage with dry mushroom	
	Drinks Dessert OR Fruit	Warm water Watermelon	Warm water Honeydew pudding	Warm water Green apple	Warm water Lychee jelly	