

Menu Week 1

Meal Period		Tuesday 1 October 2024	Wednesday 2 October 2024	Thursday 3 October 2024	Friday 4 October 2024
Breakfast	Choice of 1 Snacks	Cantonese yee mee Egg sandwich	Home made marble cake Fried Singapore bee hoon	Home style sausage roll Chinese style fried rice	Wanton noodles with BBQ chicken Soy sauce fried rice
	Vegetarian Snack	Cantonese yee mee	Home made marble cake	Chinese style fried rice	Soy sauce fried rice
	Beverage	Warm barley	Warm chocolate	Warm chrysanthemum tea	Herbal Tea
Lunch	Choice of	Gomati pasta with mushroom cream Grilled fish with herb butter Sautéed mixed vegetables	Ipoh kway teow soup Steamed white chicken Spring onion/ bean sprouts/ chives	Fusilli pasta provencal Grilled fish fillet with tomato and cheese Stir fried french beans	Home made burger bun Chicken patty Salad and French fries
	Set A				
	OR				
	Set B	Chicken fragrant rice Roasted BBQ chicken Fresh cucumber slice	White rice Pan fried fish fillet with mushroom sauce Omelette with chye poh & onion	Steamed rice Sautéed chicken with ginger Chinese red-braised eggplants	Fragrant white rice Grilled fish with tau cheo sauce Green vegetables with oyster sauce
	Vegetarian Dish	Fragrant white rice or pasta Fried potato with onion Sautéed mixed vegetables	White rice or pasta Egg with tomato and onion Sautéed broccoli	Steamed rice or pasta Omelette with vegetables Chinese red-braised eggplants	Fragrant white rice or pasta Hard bean curd with carrot Green vegetables
	Drinks Dessert OR Fruit	Warm water Orange	Warm water Fruit jelly	Warm water Green apple	Warm water Mixed fruit

Menu Week 2

Meal Period		Monday 7 October 2024	Tuesday 8 October 2024	Wednesday 9 October 2024	Thursday 10 October 2024	Friday 11 October 2024
Breakfast	Choice of 1 Snacks	Home made banana cake Mamak-style maggi noodles	Creamy chicken soup with garlic toast Hong Kong style braised yee mee	Veggie fritters with Thai sauce Fried kway teow	Pandan swiss roll Taiwan style fried noodles	Kelantan style nasi lemak with condiments Kaya sandwich
	Vegetarian Snack	Home made banana cake	Creamy chicken soup with garlic toast	Veggie fritters with Thai sauce	Pandan swiss roll	Kelantan style nasi lemak with condiments
	Beverage	Soya bean drink	Full cream milk	Herbal tea	Warm chocolate	Warm barley
Lunch	Choice of	Spaghetti pasta with mushroom sauce Grilled fish with parsley & garlic butter Sweet corn	Penang white curry mee Shredded chicken Bean sprouts / foo chuk/ fry shallot	Angel hair aglio olio Butter milk fish fillet Choy tam with oyster sauce	Spaghetti pasta Chicken bolognese sauce Mixed salad with shredded egg	Fettuccine pasta carbonara Grilled chicken breast with oregano herb sauce Sautéed broccoli with crispy garlic
	Set A					
	OR					
	Set B	Fragrant white rice Chicken Rendang Sautéed local vegetables	White rice Steamed fish with light soy sauce Sautéed cauliflower and capsicum	Steamed white rice Paprika chicken Roasted assorted vegetables	Steamed white rice Pan grilled fish Szechuan style Chinese bean curd clay pot style	Steamed white rice Chicken stew with potato & carrot Sautéed Chinese cabbage
	Vegetarian Dish	Fragrant white rice or pasta Steamed egg with light soy sauce Sautéed local vegetables	White rice or pasta Braised tofu Sautéed cauliflower and capsicum	Steamed white rice or pasta Vegetarian fish with tomato sauce Roasted assorted vegetables	Steamed white rice or pasta Omelette with shredded carrot Bean sprouts with chives	Steamed white rice or pasta Soft bean curd with garlic sauce Sautéed Chinese cabbage
	Drinks Dessert OR Fruit	Warm water Australia orange	Warm water Watermelon	Warm water Fruit jelly	Warm water Mixed fruit	Warm water Red apple

Menu Week 3

Meal Period		Monday 14 October 2024	Tuesday 15 October 2024	Wednesday 16 October 2024	Thursday 17 October 2024	Friday 18 October 2024
Breakfast	Choice of 1 Snacks	Toasted bread with kaya Braised Hokkien mee	Home baked wafer with chocolate Young chow fried rice	Roti canai with homemade dhal Chinese fried rice	Tuna sandwiches Bombay style fried noodles	Home made butter cake Japanese fried rice
	Vegetarian Snack	Toasted bread with kaya	Home baked wafer with chocolate	Roti canai with homemade dhal	Bombay style fried noodles	Home made butter cake
	Beverage	Loh hon kor drink	Warm barley with pandan	Fresh milk	Warm chrysanthemum tea	Soya bean drink
Lunch	Choice of	Truffle spaghetti aglio olio Roasted chicken with capsicums and tomato Sautéed green vegetables	Stir fried pasta with tomato and eggplant Crispy breaded chicken Stir fry broccoli	Indonesia bee hoon soup Assorted fish cake Long beans/ bean sprouts/ fried shallot	Macaroni and tomato pudding Roasted chicken with rosemary sauce Sautéed broccoli and carrot	Creamy mushroom pasta Grilled fish with herb garlic butter Stir fried round cabbage with shredded carrot
	Set A					
	OR					
	Set B	Pandan steamed white rice Nonya style curry chicken Stir fried long beans	Steamed white rice Grilled fish fillet with lemongrass and chili Stir fried round cabbage and shredded carrot	Steamed white rice Grilled chicken breast with onion sauce Stir fried bok choy with garlic	Fragrant white rice Fish fillet with Thai sauce Chinese mixed vegetables	Pilaf rice Braised chicken with ginger Mixed vegetables soup
	Vegetarian Dish	Pandan steamed white rice or pasta White tofu with soy sauce Sautéed green vegetables	Steamed white rice or pasta Japanese bean curd with egg drop Stir fried broccoli	Steamed white rice or udon noodles Scrambled egg with onion Chinese style Stir fried bok choy	Fragrant white rice Vegetarian tofu Chinese mixed vegetables	Butter rice or pasta Herbal tofu Mixed vegetables soup
Drinks Dessert OR Fruit	Warm water Home made yam jelly	Warm water Honeydew	Warm water Papaya	Warm water USA red apple	Warm water Mixed fruit pudding	

Menu Week 4

Meal Period		Monday 21 October 2024	Tuesday 22 October 2024	Wednesday 23 October 2024	Thursday 24 October 2024	Friday 25 October 2024
Breakfast	Choice of 1 Snacks	Marble cake slice Tomato fried rice with mixed vegetables	French toast with apple syrup Fried bee hoon	Swiss roll Japanese fried rice with garlic	Toasted bread with strawberry jam Wonton noodles with BBQ chicken	Nasi lemak with condiments Mamak-style noodles
	Vegetarian Snack	Marble cake slice	French toast with apple syrup	Japanese fried rice	Toasted bread with strawberry jam	Nasi lemak with condiments
	Beverage	Warm milo	Sugarcane drink	Tea tarik	Fresh milk	Warm chrysanthemum tea
Lunch	Choice of	Fusilli pasta with oregano and tomato sauce Grilled fish fillet parmigiana style Buttered vegetables	Baked macaroni cheese Roasted chicken Herb roasted potatoes and pumpkin	Japanese ramen noodles Miso soup Teppanyaki vegetables with garlic	Pesto pasta with sun dried tomatoes and parmesan cheese Garlic roasted chicken with au jus Sautéed broccoli	Spaghetti aglio olio Baked whole chicken with basil sauce Stir fried mushroom with Chinese celery
	Set A					
	OR					
	Set B	White rice Herbal chicken soup Choy tam with oyster sauce	Steamed white rice Soft bean curd with minced chicken Cauliflower with oyster sauce	Fragrant white rice Sweet and sour chicken Chinese red-braised eggplants	Steamed white rice Fried fish with sweet and sour sauce Choy sum with crispy garlic	Fragrant white rice Fry fish fillet with black pepper sauce and capsicum Stir fried siew pak choy
	Vegetarian Dish	White rice or pasta Braised hard bean curd Stir fried lady fingers	Steamed white rice or pasta Japanese bean curd with egg drop Stir fried cauliflower	Fragrant white rice or pasta Deep fried vegetarian lamb with potato Chinese red-braised eggplants	Steamed white rice or pasta Fried egg with light soy sauce Stir fried choy sum	Fragrant white rice or pasta Hard bean curd with carrot Stir fried siew pak choy
Drinks Dessert OR Fruit	Warm water Cantaloupe	Warm water Orange	Warm water Lychee jelly	Warm water Home made pudding	Warm water Honeydew	

Menu Week 5

Meal Period		Monday 28 October 2024	Tuesday 29 October 2024	Wednesday 30 October 2024	Thursday 31 October 2024	
Breakfast	Choice of 1 Snacks					
	Vegetarian Snack					
	Beverage					
Lunch	Choice of		SCHOOL HOLIDAY		PUBLIC HOLIDAY	
	Set A					
	OR					
	Set B					
	Vegetarian Dish					
	Drinks					
	Dessert OR Fruit					