

Menu Week 1

Meal Period		Monday 3 February 2025	Tuesday 4 February 2025	Wednesday 5 February 2025	Thursday 6 February 2025	Friday 7 February 2025
Breakfast	Choice of 1 Snacks	French toast Chinese fried rice	Mini chocolate muffin Braised yee mee Hong Kong style	Triangle egg sandwiches Singapore fried mee hoon	Butter marble cake Nasi lemak with condiments	Mini sardine sandwiches Wanton noodles with BBQ chicken
	Vegetarian Snack	French toast	Mini chocolate muffin	Cheese sandwiches	Butter marble cake	Mini sandwiches
	Beverage	Low fat milk	Soya bean drink	Home made herbal tea	Warm barley	Warm milo
Lunch	Choice of Set A	Spaghetti with tomato sica Grilled fish with paprika Sautéed mixed vegetables	Penang white curry noodles Dry curry chicken Long beans and dried beancurd	Spaghetti aglio olio Baked chicken with buttermilk sauce Garden salad with dressing	Mee hoon soup Steamed chicken/ bean sprout/ spring onion/ fried shallot	Creamy spaghetti Baked fish with Thai sauce Sautéed garlic herb mushroom
	OR					
	Choice of Set B	Steamed white rice Nestum chicken Sautéed broccoli	Steamed white rice Sweet and sour chicken Stir fried cauliflower and carrot	Fragrant white rice Braised beancurd with minced chicken Mixed vegetables	Pilaf rice Kalio chicken with potato Stir fried choy sum with minced garlic	Nasi minyak Rendang chicken Stir fried pak choy with carrot
	Vegetarian Dish	Steamed white rice/ Pasta Japanese taufoo with egg drop Sautéed broccoli	Steamed white rice/ Pasta Braised long beans and dried beancurd Stir fried cauliflower and carrot	Fragrant white rice/ Pasta Sautéed potato Mixed vegetables	Fragrant white rice/ Mee hoon Baked vegetarian chicken Stir fried choy sum	White rice/ Pasta Hard beancurd with tauchoo Stir fried pak choy with carrot
	Drinks Dessert OR Fruit	Warm water Papaya	Warm water Honeydew melon	Warm water Homemade chocolate jelly	Warm water USA red apple	Warm water Orange

Menu Week 2

Meal Period		Monday 10 February 2025	Tuesday 11 February 2025	Wednesday 12 February 2025	Thursday 13 February 2025	Friday 14 February 2025
Breakfast	Choice of 1 Snacks	Home baked banana cake Fried low si fun	PUBLIC HOLIDAY	Mini wafer with chocolate Fried mee hoon Siam	Toast bread with kaya Cantonese yee mee	Donut Stir fried nissin noodles
	Vegetarian Snack	Home baked banana cake		Mini wafer with chocolate	Toast bread with kaya	Donut
	Beverage	Home made herbal tea		Warm milo	Full cream milk	Soya milk
Lunch	Choice of Set A	Linguini pasta with shitake cream sauce Fried chicken with spices Garlic roasted potatoes		PUBLIC HOLIDAY	White curry mee Steamed white chicken/ long beans/ soft beancurd/ beansprout/ spring onion	Mac & cheese Baked John dory with spices Herb roasted pumpkin and carrot
	OR					
	Choice of Set B	Steamed white rice Japanese tofu with minced chicken Assorted mixed vegetables Chinese style	Steamed white rice Oven baked chicken with garlic Stir fried pak choy garlic sauce		Steamed white rice Braised chicken with black mushroom Stir fried round cabbage	Fragrant white rice Ginger and spring onion fish fillet Stir fried mixed green vegetables
	Vegetarian Dish	Steamed white rice White beancurd with soya sauce Assorted mixed vegetables Chinese style	Steamed white rice Hard beancurd with carrot Stir fried pak choy		Steamed white rice Steamed Shanghai egg Stir fried round cabbage	Fragrant white rice Fried beancurd with tomato sauce Stir fried mixed green vegetables
	Drinks Dessert OR Fruit	Warm water Watermelon		Warm water Home made peach jelly	Warm water Assorted mixed fruit	Warm water Green apple

Menu Week 3

Meal Period		Monday 17 February 2025	Tuesday 18 February 2025	Wednesday 19 February 2025	Thursday 20 February 2025	Friday 21 February 2025
Breakfast	Choice of 1 Snacks	Roti canai with dhal Chicken congee	French toast with filling Nasi lemak with condiments	Home baked marble cake Singapore fried mee hoon	Muhsroom soup with garlic bread Japanese fried rice with tamago	Sausage roll Cantonese style noodles
	Vegetarian Snack	Roti canai with dhal	French toast with filling	Home baked marble cake	Muhsroom soup with bread	Sausage roll
	Beverage	Warm barley	Warm chrysanthemum tea	Warm milo	Low fat milk	Soya bean milk
Lunch	Choice of Set A	Arrabiata style pasta Grilled fish with cream sauce Sweet corn with butter	Spaghetti aglio olio Baked fish with cheese sauce Potato and garden salad with dressing	Penne Neapolitan Grilled chicken with paprika Assorted vegetables with mushroom	Chicken bolognese pasta Mini garlic bread Assorted lettuce with dressing	White rice Sweet and sour fish fillet Japanese beancurd with carrot and mushroom
	OR					
	Choice of Set B	Fragrant white rice Sweet and sour chicken Chinese cabbage with dry mushroom	Fragrant white rice Baked chicken butter milk sauce Sautéed broccoli	Steamed white rice Ginger and spring onion fish fillet Stir fried bok choy	Pilaf rice Ginger and spring onion chicken Sautéed cauliflower	Steamed white rice Deep fried chicken Chinese style mixed vegetables
	OR					
	Vegetarian Dish	Fragrant white rice/ pasta Sautéed vegetarian lamb Chinese cabbage with dry mushroom	Steamed white rice Japanese white beancurd with carrot Sautéed broccoli	White rice Braised carrot and tau kan Stir fried bok choy	Steamed white rice Deep fried vegetarian roll Sautéed cauliflower	Steamed white rice Braised egg plant Chinese style mixed vegetables
	Drinks Dessert OR Fruit	Warm water Watermelon	Warm water Home made jelly	Warm water USA red apple	Warm water Orange	Warm water Honeydew

Menu Week 4

Meal Period		Monday 24 February 2025	Tuesday 25 February 2025	Wednesday 26 February 2025	Thursday 27 February 2025	Friday 28 February 2025
Breakfast	Choice of 1 Snacks	Toast bread with kaya Fried noodles mamak style	Home style chee cheong fun Wanton noodles with BBQ chicken	Home baked Swiss roll Fried mee hoon	Mini French toast with syrup Ipoh kuey teow soup	Steamed mini pau Thai fried rice
	Vegetarian Snack	Toast bread with kaya	Home style chee cheong fun	Home baked Swiss roll	Mini French toast with syrup	Steamed mini pau
	Beverage	Soya milk	Warm barley	Sugar cane drink	Warm milo	Warm chrysanthemum tea
Lunch	Choice of Set A	Macaroni alfredo Fried chicken with spices Crispy potato wedges	Trio pasta aglio olio style Grilled fish fillet with tomato coriander Assorted vegetables salad with dressing	Fusilli pasta with tomato and cheese Roasted chicken with oregano sauce Stir fried cauliflower	Spaghetti with mushroom cabonara Grilled fish fillet with garlic butter Herb roasted capsicum and tomato	Homemade burger bun Chicken pattie with vegetables French fries and salad with dressing
	OR					
	Choice of Set B	Steamed fragrant white rice Local style fish light curry Stir fried green vegetables	Tomato Rice Ayam masak merah Cucumber and pineapple pickles	Fragrant white rice Stir fried Japanese tofu with minced chicken and potato Siew pak choy with oyster sauce	Steamed white rice Light curry chicken with potato Sautéed round cabbage with carrot	Tomato rice Braised chicken with potato Chinese cabbage with mushroom
	OR					
	Vegetarian Dish	Steamed white rice Japanese white beancurd Stir fried green vegetables	Steamed white rice Deep fried vegetarian roll Sautéed green vegetables	Fragrant white rice Vegetarian lamb with carrot Siew pak choy	Steamed white rice Sautéed potato with hard beancurd Sautéed round cabbage with carrot	Steamed white rice Beancurd with gravy Chinese cabbage with mushroom
	Drinks Dessert OR Fruit	Warm water Watermelon	Warm water Honeydew	Warm water Mixed fruits	Warm water Home made peach jelly	Warm water Orange