

Menu Week 1

Meal Period		Monday 3 March 2025	Tuesday 4 March 2025	Wednesday 5 March 2025	Thursday 6 March 2025	Friday 7 March 2025
Breakfast	Choice of 1 Snacks	Chef special French toast Fried kuey teow	Banana cake Chinese style fried rice	Taiwan stir fried noodles Mushroom soup with garlic bread	Mini tuna sandwiches Fried mee mamak style	Nasi lemak with condiments Mini cheddar sandwiches
	Vegetarian Snack	Chef special French toast	Banana cake	Taiwan stir fried noodles	Mini kaya butter sandwiches	Nasi lemak with condiments
	Beverage	Warm chrysanthemum tea	Warm milo drink	Pandan and barley drink	Sugarcane drink	Fresh milk
Lunch	Choice of Set A	Linguine with shiitake cream sauce Baked fish fillet with garlic Stir fried carrot sticks and french beans	Fusilli with tomato sauce Baked paprika chicken with pepper sauce Garlic roasted broccoli and capsicum	Angel hair aglio olio Asian style steamed fish with onion tomato Caramelized roasted carrot stick	Baked macaroni cheese Perch fish parmigiana & cheese Sautéed cauliflower	Chicken coney dog with homemade sauce & french fries Garden salad with dressing
	OR					
	Choice of Set B	Steamed white rice Shanghai steamed herbal chicken Bok choy with oyster sauce	Fragrant white rice Sweet and sour fish fillet Stir fried siew pak choy	Chicken flavour rice Roasted BBQ chicken Chinese style Fresh cucumber slice	Steamed white rice Braised chicken with black mushroom Steamed Shanghai egg with garlic	Fragrant white rice Fried chicken with spices Stir fried eggplant with garlic
	OR					
	Vegetarian Dish	White rice/ pasta Stir fried bok choy Bean curd with soy sauce	White rice/ pasta Stir fried siew pak choy Deep fried taufoo with tomato sauce	White rice/ pasta Stewed egg in dark soy sauce Roasted carrots stick	White rice/ pasta Sautéed cauliflower Omelette with onion	Mushroom rice/ pasta Stir fried eggplant Sweet and sour bean curd
	Drinks Dessert OR Fruit	Warm water Green apple	Warm water Honeydew melon	Warm water Homemade jelly	Warm water Assorted mix fruits	Warm water Orange

Menu Week 2

Meal Period		Monday 10 March 2025	Tuesday 11 March 2025	Wednesday 12 March 2025	Thursday 13 March 2025	Friday 14 March 2025
Breakfast	Choice of 1 Snacks	Chinese fried rice with carrot Mini french toast with apple syrup	Wonton noodles with bbq chicken Toast bread with homemade kaya	Home baked swiss roll Fried mee siam with bean curd	Braised Hokkien mee hoon Mini sausage roll	Roti canai with dhal Egg sandwiches
	Vegetarian Snack	Chinese fried rice with carrot	Wonton noodles with bbq chicken	Home baked swiss roll	Braised Hokkien mee hoon	Roti canai with dhal
	Beverage	Warm barley	Warm chrysanthemum tea	Warm milo	Sugarcane drink	Soya bean drink
Lunch	Choice of Set A	Fusilli with tomato basil Roasted chicken with rosemary herb Assorted vegetables	Ramen noodles with broth Japanese fish cake/ leek/ spring onion Tepanyaki vegetables	Spaghetti marinara Baked fish Asian style Baked vegetables casserole	Macaroni carbonara Baked fish with grated cheese Potato and mushroom salad	Mac and cheese Roasted chicken with demi glace Assorted vegetables
	OR					
	Choice of Set B	Steamed white rice Baked John dory with paprika and ginger Chinese cabbage with carrot	Fragrant white rice Chicken curry with potato Stir fried choy sum	Nasi bawang Chi kut teh chicken Bean curd/ mushroom/ carrot Local lettuce	Tomato rice Ayam masak merah Round cabbage with turmeric	Steamed white rice Ginger and spring onion fish fillet Bok choy with garlic sauce
	OR					
	Vegetarian Dish	White rice/ pasta Bean curd with mix vegetables Chinese cabbage with carrot	Rameen noodles/ white rice Steamed egg Tempura vegetables	White rice/ pasta Hard bean curd with soya sauce Baked vegetables	Tomato rice/ pasta Deep fried yam vegetarian Stir fried round cabbage	Baked pasta/ fragrant rice Braised bean curd with vegetables Assorted vegetables
	Drinks Dessert OR Fruit	Warm water Watermelon	Warm water Lychee jelly	Warm water USA red apple	Warm water Orange	Warm water Honeydew melon

Menu Week 3

Meal Period		Monday 17 March 2025	Tuesday 18 March 2025	Wednesday 19 March 2025	Thursday 20 March 2025	Friday 21 March 2025		
Breakfast	Choice of 1 Snacks	SCHOOL HOLIDAY	PUBLIC HOLIDAY	Nasi lemak with condiments Baked banana cake Nasi lemak with condiments	Chocolate waffles Singapore fried fried mee hoon Chocolate waffles	Steamed mini Chinese pau Fried rice Indonesian style Steamed mini Chinese pau		
	Vegetarian Snack			Warm milo	Full cream milk	Herbal tea		
Beverage								
Lunch	Choice of					Kedah mee hoon soup Shredded chicken/ bean sprout/ spring onion/ fried shallot	Truffle aglio olio Roasted chicken with mushroom sauce Broccoli with shallot oil	Shanghai noodles Minced chicken with mushroom Assorted mixed vegetables
	Set A							
	OR							
	Set B			Fragrant white rice Grilled chicken with paprika Cauliflower with shredded egg	Steamed white rice Sweet and sour fish fillet Stir fried siew pak choy	White rice with shallot oil Kam heong fish fillet Mixed vegetables with Chinese style bean curd (clay pot style)		
	Vegetarian Dish			White rice/ pasta Steam bean curd Szechuan style Stir fried cauliflower	White rice/ pasta Marmite bean curd Stir fried broccoli	White rice/ pasta Ginger & spring onion tau foo Assorted mixed vegetables		
	Drinks Dessert OR Fruit			Warm water Honeydew melon	Warm water Mix fruits	Warm water Green apple		

Menu Week 4

Meal Period		Monday 24 March 2025	Tuesday 25 March 2025	Wednesday 26 March 2025	Thursday 27 March 2025	Friday 28 March 2025		
Breakfast	Choice of 1 Snacks	Home baked marble cake Wonton noodles with bbq chicken Home baked marble cake	Taiwanese style fried rice French toast with honey Taiwanese style fried rice	Onion fritters with dip Japanese fried rice with garlic Onion fritters with dip	SCHOOL HOLIDAY			
	Vegetarian Snack	Fresh milk	Sugarcane drink	Soya milk				
Beverage								
Lunch	Choice of	Gomiti with cream mushroom Roasted chicken with rosemary sauce Vegetables casserole	Pasta Arrabiata Pan seal fish fillet with café de Paris Assorted vegetables with garlic	Linguine carbonara Roasted chicken with light pepper sauce Roasted potato and carrot stick with herb				
	Set A							
	OR							
	Set B	Steamed white rice Braised chicken with Chinese mushroom Sautéed broccoli and cauliflower	Chicken flavoured rice Hong Kong style Roasted BBQ chicken Cameroon cucumber slice	Steamed fragrant mushroom rice Chinese style eggs with onion and carrot Eggplant with crispy garlic				
	Vegetarian Dish	White rice/ pasta Steamed egg with light soya sauce Sautéed broccoli and cauliflower	White rice/ pasta Deep fried bean curd topped with mayo Assorted vegetables	White rice/ pasta Chinese cabbage with mushroom Foo yong fried egg with onion				
	Drinks Dessert OR Fruit	Warm water Orange	Warm water Fruit jelly	Warm water Watermelon				