

Meal Period		Monday 4 Nov 2024	Tuesday 5 Nov2024	Wednesday 6 Nov2024	Thursday 7 Nov 2024	Friday 8 Nov 2024
Breakfast		Hong Kong Style yee mee	Egg fried rice	Nasi Lemak	Mini French toast	Roti canai with Dhai
	Beverage	Warm Barley	warm Barley	Home made soya bean	House style herbal tea	Warm Milo
Lunch		Steamed White Rice Hong Kong herbal chicken Chinese style mix vegetable	Steamed White Rice Light curry chicken with potato Stir fried siew pak choy	Steamed White Rice Roasted BBQ chicken Chinese style Cucumber slice	Steamed White Rice Japanese taufoo with minced chicken Stir fried choy sum	Pasta aglio-olio Ginger and spring onion fish fillet Chinese style mix vegetable
	Drinks	Warm Water	Water water	warm water	warm water	warm water
	Dessert OR Fruit	Water Melon	Orange	Water Melon	California Red Apple	pudding

Meal Period		Monday 11 Nov 2024	Tuesday 12 Nov 2024	Wednesday13 Nov 2024	Thursday 14 Nov 2024	Friday 15 Nov2024
Breakfast		Home baked banana cake	Shitake mushroom fried rice	Fried mee hoon Siam	Toast bread with kaya	Fried Kuey Teow
	Beverage	Warm Barley	Warm chrysanthemum tea	Warm Milo	Low Fat Milk	Soya Bean Milk
Lunch		Steam white rice Sweet and sour chicken Choy tam with garlic	Steam white rice Fried chicken Local green vegetable	Pasta with cream sauce Roasted chicken with onion sauce Sautéed carrot	Steam white rice Steam fish with light soy's sauce Local choy sum	Steam white rice Braised potato with minced chicken Sautéed round cabbage
	Drinks	Warm Water	Warm Water	Warm Water	Warm Water	Warm Water
	Dessert OR Fruit	Water Melon	Water Melon	Home Made coco jelly	Assorted mix Fruits	Orange

	Monday 18 Nov 2024	Tuesday 19 Nov 2024	Wednesday 20 Nov 2024	Thursday 21 Nov 2024	Friday 22 Nov 2024
	Braised yee mee	French toast with filling	fried mee mamak	Japanese fried rice with tamago	Cantonese style noodles
<b>Beverage</b>	Home made soya bean	Low Fat Milk	Home made soya bean	House style herbal tea	Warm Milo
	Steam white rice Kong poh chicken Siew pak choy with oyster sauce	Steam white rice Fu yong egg with onion and carrot Local choy sum with shallot	Spaghetti aglio-olio Fish fillet with butter milk sauce Assorted green vegetable	Steam white rice Braised chicken with potato Sautéed petola with garlic	Steam white rice Light curry chicken with potato Sautéed egg plant
<b>Drinks</b>	Warm Water	Warm Water	Warm Water	Warm Water	Warm Water
<b>Dessert OR Fruit</b>	Water Melon	Orange	Jelly	Apple	Homemade jelly

	Monday 25 Nov2024	Tuesday 26 Nov 2024	Wednesday 27 Nov 2024	Thursday 28 Nov 2024	Friday 29 Nov2024
	Singapore fried bee hoon	Fried Kuey Teow	Swiss rolls	Singapore fried bee hoon	Pineapple fried rice
<b>Beverage</b>	Home made soya bean	Warm chrysanthemum tea	Warm Barley	House style herbal tea	Warm Milo
	Steam white rice Fried Chicken with Spices Chinese style mix vegetable	Steam white rice Braised beancurd with minced chicken Steam cauliflower and carrot	Spaghetti with tomato and cheese Roasted chicken with oregano sauce Siew pak choy with oyster sauce	Steam white rice Buttermilk fish fillet Stir fry round cabbage with mushroom	Meehoon soup Shredded chicken , spring onion, fry shallot , bean sprout
<b>Drinks</b>	Warm water	Warm water	Warm Water	Warm water	Warm water
<b>Dessert OR Fruit</b>	Water melon	Orange	Green Apple	Red Apple	Mix fruits