

Menu Week 1

Meal Period		Monday 2-3-2020	Tuesday 3-3-2020	Wednesday 4-3-2020	Thursday 5-3-2020	Friday 6-3-2020
Breakfast	Choice of 1 Snacks	French Toast Fried Kuey teow	Egg sandwich Chinese style fried rice	Taiwan stir fried noodles Mushroom soup with garlic bread	Mini tuna sandwiches Fried mee mamak style	Scrambled egg/ baked bean Cantonese style noodles
	Vegetarian Snack	French Toast	Egg sandwich	Taiwan stir fried noodles	Toast bread with Kaya	Scramble egg/ baked bean
	Beverage	Soya bean	Warm milo drink	Pandan and barlie drink	Sugar cane drink	Fresh milk
Lunch	Choice of Set A	Linguini Pasta with Shitake Cream sauce grilled fish fillet Assorted vegetables	Fusilli pasta with sica Tomato sauce Baked Fish with paprika powder Stir fried Broccoli flower	Angel hair pasta Aglio olio Asian style steamed fish with onion tomato Caramelized carrot oblique	Maccaroni pasta with mushroom cream Baked John dory with paprika and ginger Local vegetables with oyster sauce	Mushroom rice with soya sauce Deep fried chicken strip with dip Assorted chinese mixed vegetable
	OR					
	Set B	Steam fragrant white rice Shanghai steamed herbal chicken local Choy Tam with oyster sauce	Home style tomato rice Ayam masak merah Stir fried siew pak choy	Chicken flavoured rice Roasted BBQ Chicken Chinese style Fresh cucumber slice	Steamed White Rice Braised chicken with Black Mushroom Steam Shanghai Egg with garlic	Fragrant white rice Ginger and spring onion fish fillet Stir fried egg plant with garlic
	Vegetarian Dish	Pasta / steam rice Stir fried carrot Beancurd with soya sauce	White rice/ pasta Stir fried broccoli flower Deep fried taufoo with tomato sauce	White rice / pasta Stewed egg in dark soya sauce Carrot oblique	Maccaroni pasta/ white rice Stir fried pak choy Omelette with onion	Mushroom rice / pasta Stir fried egg plant Sweet and sour bean curd
	Drinks Dessert OR Fruit	Warm Water Water melon	Warm Water Honeydew melon	Warm Water Home Made Peach jelly	Warm Water Assorted mix fruits	Warm Water Solo papaya

Menu Week 2

Meal Period		Monday 9-3-2020	Tuesday 10-3-2020	Wednesday 11-3-2020	Thursday 12-3-2020	Friday 13-3-2020
Breakfast	Choice of 1 Snacks	Chinese fried mixed vegetables Home baked Chocolate cake	Thai fried rice Cucur bawang with dip	Toasted bread with strawberry jam Singapore fried mee hoon	Hokkien mee hoon Mini Tuna Puff	Nasi lemak with sambal Egg sandwiches
	Vegetarian Snack	Chinese fried mixed vegetables	Thai fried rice	Toasted bread with strawberry jam	Hokkien mee hoon	Nasi lemak with sambal
	Beverage	Warm Barley	Warm chrysanthemum tea	Warm Milo	Sugar cane drink	Soya bean
Lunch	Choice of Set A	Fusilli pasta with tomato basil Roasted chicken with rosemary herb Assorted vegetables	Rameen noodles with fish cake Tempura vegetables	Spaghetti marinara Baked fish Asian style Baked Vegetable casserole	Macaroni cabonara Garlic bread Stir fried green vegetables	Mac and cheese pasta Grilled fish with roasted tomato Assorted vegetables
	OR					
	Set B	Steam white rice Butter milk chicken Chinese cabbage with carrot	Steam fragrant sikinkan white rice Chicken curry with potato Choy sum with oyster sauce	Nasi minyak Rendang chicken Cucumber pickle	Tomato rice Ayam masak merah Round cabbage with turmeric	White rice Stewed chicken with dark soya sauce Local siew pak choy with garlic
	Vegetarian Dish	Pasta/ fragrant rice Bean curd with mix vegetables Chinese cabbage/ carrot	Rameen noodles/ rice Steamed Egg Tempura vegetables	Spaghetti pasta/ white rice Hard bean curd with soya sauce Baked vegetables	Tomato rice / pasta Deep fried Yam vegetarian French beans	Baked pasta/ fragrant rice Braised bean curd with vegetables Local vegetables
	Drinks Dessert OR Fruit	Warm Water Water Melon	Warm Water Sweetcorn jelly	Warm Water USA red apple	Warm Water Orange	Warm Water Honey Dew

Menu Week 3

Meal Period		Monday 16-3-2020	Tuesday 17-3-2020	Wednesday 18-3-2020	Thursday 19-3-2020	Friday 20-3-2020
Breakfast	Choice of 1 Snacks	Steam mimi pau Cantonese style Noodles Steam mimi pau	Tomato soup with triangle garlic bread Fried mee mamak Tomato soup with triangle garlic bread	Butter Cake Seremban style Kuey teow soup Butter Cake	Toasted bread with kaya Tomato fried fried mee hoon toasted bread with kaya	Roti canai with dhal Fried rice Indonesia style Roti canai with dhal
	Vegetarian Snack					
	Beverage	Soya Milk	Warm Barley	Warm milo	Full Cream Milk	Herbal Tea
Lunch	Choice of Set A	Penny pasta with roasted tomato Golden bean curd Pan seal fish fillet in tomato sauce	Mee Hoon soup Sherdded chicken Bean sprout/ spring onion	Spaghetti pasta with boloanise sauce Home style garlic bread Creaser salad	Fusilli pasta with sicca tomato Grill fish fillet Broccoli with shallot oil	Fettuccini cabonarra Baked whole chicken with demi glace Assorted vegetable
	OR					
	Set B	Steam white rice Chinese tomato Omelette Choy tam with garlic	Steam white rice Sweet and sour fish fillet Long bean with onion	Fragrant white rice Steam fish with Lime & garlic Stir fried eggplant	Roasted chicken with garlic sauce Herb baked vegetables Deep fried French fries	White rice with shallot oil Chinese style bean curd (clay pot style) Kam hong fish fillet
	Vegetarian Dish	White rice/ pasta Braised bean curd Choy tam with garlic	Maccaroni pasta/ steam rice Tau pop with sauce Long bean	Fragrant rice/ pasta Steam bean curd Szechuan style Creaser salad with dressing	Steam white rice/ pasta Marmite bean curd Broccoli flower	Fettuchini pasta/ white rice Ginger & spring onion tau foo Assorted mix vegetable
	Drinks Dessert OR Fruit	Warm Water Water Melon	Warm Water Honey Dew	Warm water Orange	Warm water Mix fruits	Warm water Papaya

Menu Week 4

Meal Period		Monday 23-3-2020	Tuesday 24-3-2020	Wednesday 25-3-2020	Thursday 26-3-2020	Friday 27-3-2020
Breakfast	Choice of 1 Snacks	Toasted bread with kaya Mee ladna Thai style Toasted bread with kaya	Scrambled egg/ chicken frank sausage Fried low si fun Scramble egg/ chicken frank sausage	Singapore mee hoon Carrot cake Singapore mee hoon	French toast with filling Japanese fried rice with crispy garlic French toast with filling	Wantan noodles with BBQ chicken Pan cake with Apple syrup Wantan noodles with BBQ chicken
	Vegetarian Snack					
	Beverage	Warm Milo	Warm Barley	Full cream milk	Soya bean drink	Milk tea
Lunch	Choice of Set A	Macaroni pasta with mushroom cream Grilled chicken breast Chinese cabbage with mushroom	Angle hair Aglio olio Baked chicken with rosemary herb Roasted assorted vegetable	Penang white curry mee Dry bean curd/ long bean Foo chuk/ bean sprout/egg plant	Penny pasta Pomodoro Roasted pumpkin Deep fried chicken pop corn	Chicken wrap with BBQ chicken Deep fried fries Assorted salad with dressing
	OR					
	Set B	Fragrant white rice Steam fish fillet with black bean sauce Braised bean curd with egg drop	Steam white rice Ginger and spring onion fish fillet Local vegetable with oyster sauce	Chicken flavour rice Roasted BBQ chicken Fresh slice cucumber	Steam fragrant rice Sweet and sour fish fillet Chinese style mix vegetables	Butter rice Roasted fish fillet with herb butter Stri fried long bean
	Vegetarian Dish	White rice/ pasta Steam bean curd Round cabbage with mushroom	Fragrant rice/ pasta Ginger & spring onion vegetarian fish Local vegetables	Steam rice/ Fettuccini pasta Deep fried bean curd with mayo Roasted carrot	White rice/ pasta Roasted pumpkin Mix vegetables	Butter rice/ vegetarian wrap Fries Long bean/ Salad with dressing
	Drinks Dessert OR Fruit	Warm water Water melon	Warm water Sunkist orange	Warm water Honey dew	Warm Water Apple	Warm water Selasih Agar agar

Menu Week 5

Meal Period		Monday 30/3/2020	Tuesday 31/3/2020	Wednesday 1-4-2020	Thursday 2-4-2020
Breakfast	Choice of 1 Snacks Vegetarian Snack	Toast bread with butter and kaya Taiwan fried rice Toast bread with butter and kaya	Braised yee mee Hong Kong style Japanese fried rice with garlic Braised yee mee Hong Kong style	English Muffin Fried mee mamak style English Muffin	Egg sandwich Shitake mushroom fried rice Egg sandwich
	Beverage	Fresh milk drink	Soya Bean drink	Warm chrysanthemum tea	Warm Barley with Pandan
Lunch	Choice of Set A OR Set B	Gomiti pasta with mushroom Pan seal fish fillet with café de paris Assorted vegetable with garlic	Spaghetti Pasta with Tomato sauce Grill Fish fillet with paprika powder Cauli flower with garlic butter	Maccorani pasta with tomato Grill chicken with Paprika powder Brocoli flower with garlic	Penny with shitake cream sauce Grill fish fillet with garlic butter Roasted vegetable with garlic oil
	Vegeterian Dish	Fragrant white rice Roasted chicken with light pepper sauce Choy tam with oyster sauce	Steam white rice Ginger And oyster Chicken Local green vegetables	Steam fragrant rice Black mushroom braised chicken Chinese style mix vegetable	Beriani fragrant rice Kurma chicken with potato Acar rampai
	Drinks	Warm water Green Apple	Warm water Water melon fruits	Warm water Honew dew fruits	Warm water Water melon fruits
	Dessert OR Fruit				