

Menu Week 1

Meal Period		Thursday 1 Oct 2020	Friday 2 Oct 2020
Breakfast	Choice of 1 Snacks Vegetarian Snack	Mushroom soup with garlic Stick Fried Rice Mushroom soup with garlic Stick	Nasi lemak with sambal Chee cheong fun Nasi lemak with sambal
	Beverage	Chinese herb drink	Barley with pandan leaves
Lunch	Choice of	Angel Hair with tomato sauce Baked whole chicken with crush pepper Cauliflower with shredded cheese	Mushroom Aglio-olio pasta Roasted chicken with light pepper sauce Roasted pumpkin
	Set A		
	OR		
	Set B	Fragrant rice Sweet and sour fish fillet Choy Tam with oyster sauce	Fragrant white rice Butter milk fish fillet Chinese cabbage with dry mushroom
Vegetarian Dish	White rice / pasta Vegetarian fu chuk Mix vegetable	White rice / rice Steamed egg with soya sauce Roasted pumpkin	
Drink Dessert OR Fruit	Warm water USA green apple	Warm water Home made jelly	

Menu Week 2

Meal Period		Monday 5 Oct 2020	Tuesday 6 Oct 2020	Wednesday 7 Oct 2020	Thursday 8 Oct 2020	Friday 9 Oct 2020
Breakfast	Choice of 1 Snacks Vegetarian Snack	Thai fried rice Strawberry jam toast Thai fried rice	Cantonese yee mee Mini Tuna Puff Cantonese yee mee	Home made marble cake Fried Singapore mee hoon Home made marble cake	Mini French Toast Chinese style fried rice Mini French Toast	Chicken congee Tuna Sandwich Chicken congee
	Beverage	Fresh Milk	Soya bean	Barley drink	Fresh milk	Sugarcane drink
Lunch	Choice of	Flat pasta with concasse sauce Roasted chicken with light pepper Stir fried broccoli	Gomiti pasta with mushroom cream Grilled fish with herb butter Sautéed mix vegetable	Ipoh Small Kuey Teow Soup Steamed white chicken Spring onion/bean sprout/Kucaai	Fusilli pasta Provencal Grilled fish fillet with tomato and cheese Stir fried French bean	Home Made Burger Bun Chicken pattie with vegetable French Fries
	Set A					
	OR					
	Set B	Steamed white rice Braised bean curd with bean paste Kam heong fish fillet	Chicken fragrant rice Roasted BBQ chicken Fresh cucumber slice	Jasmine rice Omelette with choy poh & onion Pan fry fish fillet with mushroom sauce	Fragrant steamed rice Sautéed chicken with ginger Braised egg plant	Fragrant white rice Grilled fish with Tau choo sauce Green vegetable with oyster sauce
Vegetarian Dish	Steamed white rice or pasta Japanese bean curd with egg drop Local green vegetable	Fragrant white rice or pasta Fried potato with onion Sautéed Cauliflower	Jasmine white rice or pasta Egg with tomato and onion Sautéed vegetable	Steamed white rice/ pasta Omelette with vegetable Braised egg plant	Fragrant steamed rice or pasta Hard bean curd with carrot Stir fried choy sum	
Drinks Dessert OR Fruit	Warm water Local water melon	Warm water China orange	Warm water Local honey dew	Warm water Assorted Apple	Warm water Local papaya	

Menu Week 3

Meal Period		Monday 12 Oct 2020	Tuesday 13 Oct 2020	Wednesday 14 Oct 2020	Thursday 15 Oct 2020	Friday 16 Oct 2020
Breakfast	Choice of 1 Snacks	Home made Banana cake Mamak style Maggie goreng Home made Banana cake	Creamy Chicken soup with Garlic Toast Hong Kong style Braised Yee mee Creamy Chicken soup with Garlic Toast	Mini Egg Sandwiches Fried kuey teow Mini Egg Sandwiches	Chef special French toast Taiwan style fried noodles Chef special French toast	Kelantan style nasi lemak Sandwich with kaya Kelantan style nasi lemak
	Vegetarian Snack	Home made Banana cake	Creamy Chicken soup with Garlic Toast	Mini Egg Sandwiches	Chef special French toast	Kelantan style nasi lemak
	Beverage	Fresh milk	Loh hon koru drink	Barley drink	Sugar cane drink	Fresh milk
Lunch	Choice of Set A	Spaghetti pasta with Mushroom sauce Grilled fish with Parsley & garlic butter Sweet corn	Penang white curry mee Shredded chicken Bean sprout / fu chock/ fry shallot	Angle hair pasta Olio-olio Butter milk fish fillet Choy tam with oyster sauce	Spaghetti Pasta Chicken bolognese sauce Mix salad with shredded egg	Fettuccini pasta carbonara Grilled chicken breast with oregano herb sauce Sautéed Broccoli with crispy garlic
	OR					
	Set B	Fragrant white rice Chicken Rendang Sautéed local vegetable	Jasmine white rice Steamed fish with light soya sauce Chinese mix vegetable	Steamed white rice Paprika Chicken Roasted assorted vegetable	Sekinchan white rice Chinese Bean curd clay pot style Pan grilled fish Szechuan style	Steamed white rice Sweet Sour Fish Fillet Local green vegetable
	Vegetarian Dish	Fragrant rice or pasta Steamed egg with light soya sauce Assorted green vegetable	Steamed rice or vegetarian noodles soup Braised tau foo Stir fried cauliflower	Fragrant rice or pasta Vegetarian fish with tomato sauce Braised egg with soya sauce	White rice or pasta Omelette with shredded carrot Bean sprout with kucai	Fragrant white rice or pasta Soft beancurd with garlic sauce Green local vegetable
Drinks	Warm water	Warm water	Warm water	Warm water	Warm water	Warm water
Dessert OR Fruit	Honey dew melon	Local water melon	Coconut jelly	Australia Orange	USA Red apple	

Menu Week 4

Meal Period		Monday 19 Oct 2020	Tuesday 20 Oct 2020	Wednesday 21 Oct 2020	Thursday 22 Oct 2020	Friday 23 Oct 2020
Breakfast	Choice of 1 Snacks	Toasted bread with kaya Braised Hokkien mee Toasted bread with kaya	Steamed mini kaya pau Stir fried Kuey Teow with vegetable Steamed mini kaya pau	Roti Planta with homemade Dhall Chinese fried rice Roti Planta with homemade Dhall	Tuna Sandwich Fried mee hoon Tuna Sandwich	Chocolate pan cake with Apple syrup Japanese fried rice Chocolate pan cake with Apple syrup
	Vegetarian Snack	Toasted bread with kaya	Steamed mini kaya pau	Roti Planta with homemade Dhall	Tuna Sandwich	Chocolate pan cake with Apple syrup
	Beverage	Soya bean drink	Skinny milk	Barley drink	Herbal tea	Warm tea Tarik
Lunch	Choice of Set A	Truffle Spaghetti Aglio-olio Pan Fried Fish With Capsicums & Tomato Sautéed green vegetable	Elbow pasta with tomato sauce Fish finger with tartar sauce Sautéed egg plant with chili	Indonesia Style mee hoon Soup Fish cake & fish Ball , Bean Sprout Long bean/ fried shallot	Macaroni and tomato pudding Roasted chicken with Rosemary sauce Sautéed broccoli & carrot	Two pasta with mushroom cream sauce Grilled fish with Herb Garlic butter Stir fried round cabbage with shredded carrot
	OR					
	Set B	Pandan steamed white rice Nyonya style curry Chicken Stir fried long bean	Fragrant white rice Ginger Chicken with Mushroom & Carrot Long cabbage with dry mushroom	Steamed white rice Grilled Chicken Beast with onion sauce Assorted vegetable	Jasmine white rice Fish fillet with Thai sauce Chinese mix vegetable	Pilaf rice Salted egg Chicken Sautéed local vegetable
	Vegetarian Dish	Pandan steamed white rice or pasta White taufoo with soya sauce Sautéed green local vegetable	White rice or Pasta Steamed egg with garlic sauce Sautéed egg plant	Fragrant white rice or Udon noodles Scrambled egg with onion Chinese style Sautéed bean sprout with kucai	Jasmine white rice or pasta Vegetarian tau foo Chinese mix vegetable	Butter rice or pasta Herbal tau foo Stir fried round cabbage
Drinks	Warm water	Warm water	Warm water	Warm water	Warm water	Warm water
Dessert OR Fruit	Seremban water melon	USA green Apple	Australia orange	Papaya	Mix fruits	

Menu Week 5

Meal Period		Monday 26 Oct 2020	Tuesday 27 Oct 2020	Wednesday 28 Oct 2020	Thursday 29 Oct 2020	Friday 30 Oct 2020	
Breakfast	Choice of 1 Snacks	Banana and chocolate cake Tomato fried rice with mix vegetable	Yee mee Cantonese style Vegetable Sandwich	Home style pan cake with vanilla sauce Fried yellow noodle mamak style	PUBLIC HOLIDAY	Wantan Noodles with BBQ chicken Sandwich with Strawberry jam Wantan Noodles with BBQ chicken	
	Vegetarian Snack	Banana and chocolate cake	Yee mee Cantonese style	Home style pan cake with vanilla sauce		Barley with Pandan	
	Beverage	Chrysanthemum tea	Full cream milk	Fresh Milk			
Lunch	Choice of	Fusilli pasta with oregano & tomato sauce	Due pasta with tomato sauce Roasted Fish Fillet Monza Cheese	Penny pasta with creamy mushroom			Baked pasta with Monza cheese
	Set A	Grilled Fish fillet pamasiana style Assorted butter vegetable	& Sica Tomato Caesar salad	Braised chicken with Brown sauce Stir fried green vegetable			Roasted whole chicken with garlic sauce Roasted Pumpkin with Thyme herb
	OR						
	Set B	White rice with pandan leaves Herbal Chicken Choy Tam with oyster sauce	Tomato and raisin rice Ayam masak merah Cucumber and pineapple pickle	Fragrant white rice Deep Fried Fish Finger with Dip Japanese Bean curd with Mix Vegetable		White rice with pandan Seremban foo yong fried egg Local vegetable with garlic	
	Vegetarian Dish	Fragrant white rice/ pasta Braised Hard Bean curd Fried lady finger	Jasmine rice / pasta with tomato sauce Soft bean curd with garlic Chinese cabbage with carrot	Fragrant rice/ pasta Soft bean curd Green vegetable		White rice/ Pasta Fried egg with onion Pumpkin with herb	
	Drinks Dessert OR Fruit	Warm water USA red apple	Warm water Cameron papaya	Warm water Australian Orange		Warm water Local Honey dew	