



Weeks 1, 5, 9, 13, 17, 21						
DETAILS	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack	10.00 am	Carrot Cake/ Milk	Cheese & Sausage Soft Roll/ Milk	Cornflakes/ Drinking Yoghurt	Banana Muffin/ Milk	Cheese Sandwich/ Milk
Fruits		Apple	Banana	Guava	Cantaloupe	Watermelon
Lunch Main Course	12.00 pm	Fried Rice with Carrots, Peas & Chicken	Spaghetti w/ Minced Chicken in Fresh Tomato Sauce	Fried Dori/ Potato fries	Sticky Rice with Thai Style Fried Pork	Rice with Steamed Chicken/ Boiled Egg
Soup/Bread Vegetables		Tom Yum Tuna Soup/ Corn on the Cob	Steamed Veggies (Pumpkin)	Soft Rolls/ Cream Corn Soup	Corn & Carrot Salad/ Boiled Corns	Clear Soup with Radish/ Sliced Cucumbers & Carrots
After school snack	2.00 pm	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits

Weeks 2, 6, 10, 14, 18, 22						
DETAILS	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack	10.00 am	Pancakes with Honey/ Milk	Tuna & Cheese Sandwich/ Milk	Homemade Yoghurt/ Corn Cheese Balls	Cheese Corn Quesadilla/ Milk	Ham/ Cheese Sandwich/ Milk
Fruits		Banana	Guava	Cantaloupe	Watermelon	Apple
Lunch Main Course	12.00 pm	Rice with Chicken in Egg Soup (Paloh)	Chicken Burger	Rice with Fried Fish in Teriyaki Sauce	Penne Pink Sauce	Rice with Chicken Stew / Boiled Eggs
Soup/Bread Vegetables		Cherry tomatoes/ Boiled Beans	Pumpkin Soup Waffle Fries	Glass Noodles Stir-fried with Carrot	Garlic Bread Salad	Clear Tofu Soup/ Sliced Cucumbers & Carrots
After school snack	2.00 pm	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits

Weeks 3, 7, 11, 15, 19						
DETAILS	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack	10.00 am	Cornflakes/ Milk	Cheese & Sausage Soft Roll/ Milk	Homemade Yoghurt/ Rice Crackers	Bread and Strawberry Jam/ Milk	Raisin Bread/ Milk
Fruits		Guava	Cantaloupe	Watermelon	Apple	Banana
Lunch Main Course	12.00 pm	Macaroni & Ham	Sticky Rice with Grilled Chicken	Fried Dori/ Curly Fries	Egg Noodles with Marinated Pork and Veggies	Chicken Fried Rice with Veggies
Soup/Bread Vegetables		Garlic Bread/ Corn on the Cob	Corn & Carrot Salad	Plain Croissants/ Steamed Broccoli	Clear Soup/ Carrot Sticks	Veggie Clear Soup/ Omelet
After school snack	2.00 pm	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits

Weeks 4, 8, 12, 16, 20						
DETAILS	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack	10.00 am	Pancakes with Honey/ Milk	Egg Sandwich/ Milk	Boiled Egg/ Yoghurt	Pumpkin Cake/ Milk	Mini Cheese Pizza/ Milk
Fruits		Cantaloupe	Watermelon	Apple	Banana	Guava
Lunch Main Course	12.00 pm	Rice with Garlic Chicken	Rice with Chicken Nuggets & Clear Soup	Grilled Salmon	Rice with Roasted Chicken with Gravy	Rice with Japanese Pork Katsu Curry
Soup/Bread Vegetables		Boiled Carrots	Stir-fried Cabbage & Carrot / Sliced Cucumber	Soft Roll/ Corn on the Cob	Glass Noodles Stir-fried with Carrot	Diced Potatoes & Carrots/ Japanese Peas
After school snack	2.00 pm	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits