



## 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                  | Oat Cookies/ Drinking Yoghurt | Raisin Bread/ 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 | Tuna & Cheese Sandwich/ Milk          | Pancakes with Honey/ Milk | Egg Sandwich/ Milk                     | Cheese Corn Quesadilla/ Milk  | Bread and Strawberry Jam/ 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 | Pasta and Ham with 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 | Oat Cookies/ Milk             | Cheese & Sausage Soft Roll/ Milk | Homemade Yoghurt/ Rice Crackers    | Ham & Cheese Sandwich/ Milk                 | Banana Cake/ 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/ Omelette     |
| 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 | Homemade Yoghurt/ Corn Cheese Balls           | Boiled Egg/ Yoghurt / Ritz Crackers | 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/ Spinach Cream Soup       | 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                         |



## Weeks 1, 5, 9, 13, 17, 21

| DETAILS               | TIME     | MONDAY                                     | TUESDAY                                         | WEDNESDAY                     | THURSDAY                                    | FRIDAY                                             |
|-----------------------|----------|--------------------------------------------|-------------------------------------------------|-------------------------------|---------------------------------------------|----------------------------------------------------|
| Snack                 | 10.00 am | Carrot Cake/ Milk                          | Cheese & Soft Roll/ Milk                        | Oat Cookies/ Drinking Yoghurt | Raisin Bread/ Milk                          | Cheese Sandwich/ Milk                              |
| Fruits                |          | Apple                                      | Banana                                          | Guava                         | Cantaloupe                                  | Watermelon                                         |
| Lunch Main Course     | 12.00 pm | Egg Fried Rice with Carrots, Peas          | Spaghetti w/ Mock Chicken in Fresh Tomato Sauce | Omlette/ Potato fries         | Sticky Rice with Thai Style Fried Mock Meat | Rice with Steamed Mock Chicken/ Boiled Egg         |
| Soup/Bread Vegetables |          | Tom Yum Mock Chicken 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 | Cheese Sandwich/ Milk                      | Pancakes with Honey/ Milk | Egg Sandwich/ Milk                             | Cheese Corn Quesadilla/ Milk           | Bread and Strawberry Jam/ Milk              |
| Fruits                |          | Banana                                     | Guava                     | Cantaloupe                                     | Watermelon                             | Apple                                       |
| Lunch Main Course     | 12.00 pm | Rice with Mock Chicken in Egg Soup (Paloh) | Mock Chicken Burger       | Rice with Fried Mock Chicken in Teriyaki Sauce | Pasta and Mock Chicken with Pink Sauce | Rice with Mock 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 | Oat Cookies/ Milk             | Cheese & Soft Roll/ Milk              | Homemade Yoghurt/ Rice Crackers    | Cheese Sandwich/ Milk                            | Banana Cake/ Milk                    |
| Fruits                |          | Guava                         | Cantaloupe                            | Watermelon                         | Apple                                            | Banana                               |
| Lunch Main Course     | 12.00 pm | Macaroni & Mock Chicken       | Sticky Rice with Grilled Mock Chicken | Fried Mock Chicken/ Curly Fries    | Egg Noodles with Marinated Mock Meat and Veggies | Mock 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/ Omelette          |
| 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     | Homemade Yoghurt/ Corn Cheese Balls                    | Boiled Egg/ Yoghurt / Ritz Crackers | Pumpkin Cake/ Milk                        | Mini Cheese Pizza/ Milk                     |
| Fruits                |          | Cantaloupe                    | Watermelon                                             | Apple                               | Banana                                    | Guava                                       |
| Lunch Main Course     | 12.00 pm | Rice with Garlic Mock Chicken | Rice with Mock Chicken Nuggets & Clear Soup Stir-fried | Grilled Mock Chicken                | Rice with Roasted Mock Chicken with Gravy | Rice with Japanese Mock Chicken Katsu Curry |
| Soup/Bread Vegetables |          | Boiled Carrots                | Cabbage & Carrot / Sliced Cucumber                     | Soft Roll/ Spinach Cream Soup       | 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                             |