



Morning Snack / Day	Friday				
	Club sandwich				
					
Daily Product	Whole Milk				
					
Afternoon Snack / Day	Fruit				
					
Daily Product	Whole Milk				
					
Rice	Steam rice & Brown rice				
					

Main Dish 1	American Fried Rice				
					
Main Dish 2	Stir Fried Asparagus with Mushroom				
					
Hot Soup	Carrot and radish soup with mushroom				
					
Egg-based Dish	Fried egg				
					
Vegetable 2	Broccoli / cucumber / Carrot				
					
Special Dessert	Lod Chong Singapore				
					


























	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack / Day	Banana Cake	Fried Pock with Sticky Rice	Tuna Dip	Sandwich ham cheese	Waffle Corn
					
Daily Product	Whole Milk	Yoghurt	Whole Milk	Yoghurt	Whole Milk
					
Afternoon Snack / Day	Fruit	Fruit	Fruit	Fruit	Fruit
					
Daily Product	Whole Milk	juice	Whole Milk	juice	Whole Milk
					
Rice	Steam rice & Brown rice	Steam rice & Brown rice	Steam rice & Brown rice	Steam rice & Brown rice	Steam rice & Brown rice
					

Main Dish 1	Bake Chicken with honey	Pock noddle	Baked Fish with Lemon vignette	Stewed Pock with Gravy sauce and rice	Chicken Bonchon
					
Main Dish 2	Luffa ground with Pock shop	Bake Potato with butter	Stir Fried Kale with Crispy Pork	Stir Fried Golden Needle Mushroom with Tofu	Fruit Salad
					
Hot Soup	Misio soup	Carbonara	Tofu with Seaweed soup	Chinese Herble Bamboo Soup	Clear soup with carrot corn and Peas
					
Egg-based Dish	Steamed Egg	Stuffed Omelette	Sweet and sour eggs	Boiled Egg	Fried egg
					
Vegetable 2	Broccoli / Pumpkin / Carrot	Broccoli / Pumpkin / Carrot fried soy souce	cucumber / Pumpkin / Carrot	Broccoli / Pumpkin / Carrot fried soy souce	Broccoli / Pumpkin / Cauliflower
					
Special Dessert					Black Jelly
					





	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack / Day	Cereal with muesli	Jelly orange	Shredded pork with Salad cream Sandwich	Mini steam buns	Chicken burger
					
Daily Product	Whole Milk	Whole Milk	Whole Milk	Whole Milk	Whole Milk
					
Afternoon Snack / Day	Fruit	Fruit	Fruit	Fruit	Fruit
					
Daily Product	Whole Milk	juice	Whole Milk	juice	Whole Milk
					
Rice	Steam rice & Brown rice	Steam rice & Brown rice	Steam rice & Brown rice	Steam rice & Brown rice	Steam rice & Brown rice
					

Main Dish 1	Macaroni stir fried with pork chop	BBQ chicken	Deep fried fish with Tomato sauce	Egg noodle soup with Roast pork	Roasted Chicken with rosemary
					
Main Dish 2	Baked Pumpkin Tomato and Carrot with Cheese	Stir Fried Mung Bean Noodle	Stir fried kale with crispy mushroom	Deep fried Mashroom with Tata sauce	Mash Potato
					
Hot Soup	Chinese raddish soup with minced pork	Mushroom Cream Soup	Chinness Cabbage Soup with pork chop	Yellow cerry with vegetables	Corn soup
					
Egg-based Dish	Thai Omelet	Egg and Pork in Sweet Brown Sauce	Steamed Egg	Scrambled eggs	Sweet and sour eggs
					
Vegetable 2	String bean / Pumpkin / Carrot teriyaki sauce	Broccoli / Pumpkin / Carrot	cucumber / Pumpkin / Carrot	Broccoli / Pumpkin / Carrot teriyaki sauce	Broccoli / potato / Carrot with salad cream
					
Special Dessert					Sago in coconut milk with Taro
					



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack / Day	Samosa with banana 	Pork rolls sandwich 	french Toast 	Scone with rasin 	Tuna sandwich 
	Whole Milk 	Yoghurt 	Whole Milk 	Yoghurt 	Whole Milk 
Afternoon Snack / Day	Fruit 	Fruit 	Fruit 	Fruit 	Fruit 
	Whole Milk 	juice 	Whole Milk 	juice 	Whole Milk 
Rice	Steam rice & Brown rice 	Steam rice & Brown rice 	Steam rice & Brown rice 	Steam rice & Brown rice 	Steam rice & Brown rice 

Main Dish 1	Stir fried rice with Ham	Pork Lasagna	Fish & French fries	Spaghetti with Tomato Pork Chop	Braised sweet pork
					
Main Dish 2	Vegetable tempura	Stir Fried Cabage with Ham	Stir Fried Sweet Peas with Black fungus mushroom	Baked Pumpkin and Carrot with cheese	Stir fired Chinese kale with tofu
					
Hot Soup	Radish soup with carrot	Chinese Herbal Bamboo Pith Soup	Egg Soup	Tofu paper and minced pork clear soup	Miso Soup
					
Egg-based Dish	Thai Omelet	Boiled Egg	scrambled eggs	Egg and Pork in Sweet Brown Sauce	Fried Egg
					
Vegetable 2	Broccoli / Pumpkin / Carrot	Broccoli / potato / Carrot with salad cream	Broccoli / Pumpkin / Carrot	Broccoli / Pumpkin / Carrot fried teriyaki sauce	Broccoli / Cauliflower/ Carrot
					
Special Dessert					Snow ice
					