

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack / Day	Cereal with muesli	fish burger	Sandwich Hamcheese	French Toast	Club sanwich
					
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	Fried Stir Basil with Minced pork	Deep fried fish with lemon sauce	Fried Pork Spaghetti with tomato souce	Hainanese fried Chicken Rice	Baked Pork with Honey
					
Main Dish 2	Vegetable tempura	Stir Fried Broccoli with Carrot	Fried Kale with mushroom	Stir Fried Bean and Shitake with cauliflower	Stir Fried cabage with ham
					
Hot Soup	Miso Soup	Mushroom Cream soup	Yellow cerry with vegetables	chinese radish soup with minced pork	Chinese Herbal Bamboo Pith Soup
					
Egg-based Dish	Fried egg	Steamed Egg	Boiled Egg	Thai Omelet	Scramble egg with bell pepper and onion
					
Vegetable 2	Broccoli / cucumber / Carrot	Broccoli / Pumpkin / Carrot fried teriyaki sauce	Broccoli / Pumpkin / Cauliflower	Broccoli / Pumpkin / Carrot fried soy souce	Broccoli / Pumpkin / Cauliflower
					
Special Dessert					Black Jelly
					



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack / Day	School Off	School Off	School Off	Fried Pock with Sticky Rice	Kani Dip
					
Daily Product				Whole Milk	Whole Milk
					
Afternoon Snack / Day				Fruit	Fruit
					
Daily Product				juice	Whole Milk
					
Rice				Steam rice & Brown rice	Steam rice & Brown rice
					

Main Dish 1							Fried chicken with Garlic	Fried Pork Spaghetti with tomato souce
								
Main Dish 2							Mix fruits Salad	Stir fried 3 vegetable with Tofu
								
Hot Soup							Tofu with Seaweed soup	Egg Soup
				Stop				
Egg-based Dish							Boiled Egg	Stuffed Omelette
								
Vegetable 2							Broccoli / Pumpkin / Carrot fried soy souce	Broccoli / Pumpkin / Cauliflower
								
Special Dessert				Stop				sagu with corn in coconut milk
		↓		↓		↓		



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack / Day	Mini Steamer 	Banana cake 	Corn Waffle 	Kani sandwich 	Shredded pork with salad cream sanwich 
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	Fried rice with Pork Sausage	Macaroni Pork tomato sause	Egg noodle with red BBQ pork	fried chichen	Fish & Chips
					
Main Dish 2	Deep fried Mashroom with Tata sauce	Fried shrimp ball with cabage	Fried pork with Kale	papaya salad	Stir Fried Vegetable with Sweet and Sour Sauce
					
Hot Soup	Chinese Herbal Chicken Soup	Pumkhin Soup	Yellow cerry with vegetables	Tofu paper and minced pork clear soup	Potato Soup
					
Egg-based Dish	Sweet and sour eggs	Egg and Pork in Sweet Brown Sauce	Steamed Egg	Thai Omelet	Boiled Egg
					
Vegetable 2	String bean / Pumpkin / Carrot teriyaki sauce	Broccoli / Pumpkin / Carrot	cucumber / Pumpkin / Carrot	Broccoli / Pumpkin / Carrot teriyaki sauce	cucumber / Pumpkin / Carrot
					
Special Dessert					Snowflake ice with syrup
					









foodhouse

April 29 - April 03 ' 2019

Week 5

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack / Day	Samosa with banana	Croissant with ham cheese			
					
Daily Product	Whole Milk	Whole Milk			
					
Afternoon Snack / Day	Fruit	Fruit			
					
Daily Product	Whole Milk	juice			
					
Rice	Steam rice & Brown rice	Steam rice & Brown rice			
					



Main Dish 1	Grill Chicken with Hawaiian sauce	Chicken Noodle			
					
Main Dish 2	Luffa ground with Pock shop	Pork Lasagna			
					
Hot Soup	Misio soup	Corn soup			
					
Egg-based Dish	Steamed Egg	Sweet and sour eggs			
					
Vegetable 2	Broccoli / Pumpkin / Carrot	cucumber / Pumpkin / Carrot			
					
Special Dessert					

