



Pre K/Grade 2 Menu A



Week day Date	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Banana Cake Seasonal Fruit & Milk	Chicken Ham Sandwich Seasonal Fruit & Milk	Pancake Seasonal Fruit & Milk	Butter Mini Croissant Seasonal Fruit & Milk	Chocolate Cake Seasonal Fruit & Milk
Salad	Salad	Salad	Salad	Salad	Salad
Main Western	Spaghetti Pork Bolognese	Honey Garlic Chicken	Pasta Aglio e Olio	BBQ Pork	Mini Pork Burger
Main Western	Chicken Pop	Grilled Fish with Garlic Butter	Chicken Parmesan	Creamy Seafood with Spinach	Fish & Chips
Main Thai	Steamed Fish with Soy Sauce	Pork Tonkatsu	Grilled Fish with Teriyaki Sauce	Hong Kong Fried Rice	Chicken and Gravy on Rice
Main Thai	Stir-Fried Chicken with Oyster Sauce	Yakisoba	Japanese Steamed Egg with Crabsticks	Tofu and Wakame Seaweed in Clear Soup	Stir Fried Bok Choy
Vegetables	Broccoli, Carrot, Pumpkin	Baby Corn, Carrot, French Beans	Mixed Roasted Vegetables	Garden Vegetables	Grilled Sweet Corn
Potatoes	Natural Cut Potatoes	Roasted Potatoes	Baked Potatoes	Potato Wedges	French Fries
Noodles	Egg Noodles with Chinese BBQ Pork	Macaroni Soup with Chicken	Minced Pork and Fish Balls Noodles	Chicken Guay Jub	Yen Ta Fo
Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits
Dessert					Ice Cream
Afternoon Snack	Custard Steamed Bun Seasonal Fruit & Milk	Egg Tart Seasonal Fruit & Milk	Chicken Sausage Roll Seasonal Fruit & Milk	Banana Samosa Seasonal Fruit & Milk	Biscuit Seasonal Fruit & Milk

A



Pre K/Grade 2 Menu B



Week day Date	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Egg Sandwich Seasonal Fruit & Milk	Coconut Twist Seasonal Fruit & Milk	Butter Cake Seasonal Fruit & Milk	Tuna Puff Seasonal Fruit & Milk	Chocolate Chip Cookies Seasonal Fruit & Milk
Salad	Salad	Salad	Salad	Salad	Salad
Main Western	Pork Stew	Chicken Carbonara Pasta	Swedish Meatballs	Baked Mac & Cheese with Crispy Bacon	Chicken Nuggets
Main Western	Fish in Batter	Roasted Pork with Mushroom Sauce	Grilled Fish	Fish with Tomato and Basil	Fish Provencal
Main Thai	Minced Chicken with Basil (Not Spicy)	Sausage with Red Sauce	Stir-Fried Chicken with Garlic	Chicken Teriyaki	Braised Chinese Pork Leg
Main Thai	Thai Omelet	Fried Fish with Garlic	Stir Fried Angled Gourd with Shrimp Balls	Miso Soup	Boiled Egg
Vegetables	Cauliflower, Carrot, Garden Pea	Braised Cabbage with Butter	Baked Corn Cheese	Vichy Carrot	Mixed Vegetables
Potatoes	Rosemary Potatoes	Sauteed Potatoes	Maxim Potatoes	Anna Potatoes	French Fries
Noodles	Pork Balls Noodles	Braised Chicken Noodles	Pork Ramen	Sukiyaki	Shredded Chicken Noodles
Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits
Dessert					Ice Cream
Afternoon Snack	Pizza Bread Toast Seasonal Fruit & Milk	Bread Butter Pudding Seasonal Fruit & Milk	Shredded Chicken Sandwich Seasonal Fruit & Milk	Crispy Pie Seasonal Fruit & Milk	Boiled Chicken Dumpling Seasonal Fruit & Milk

B



Pre K/Grade 2 Menu C



Week day Date	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Minced Pork Steamed Bun Seasonal Fruit & Milk	Marble Cake Seasonal Fruit & Milk	French Toast Seasonal Fruit & Milk	Pineapple Puff Seasonal Fruit & Milk	Cereal Seasonal Fruit & Milk
Salad	Salad	Salad	Salad	Salad	Salad
Main Western	Spaghetti Chicken and Sausage with Tomato Sauce	Pork Stroganoff	Pasta with Ham, Garlic, and Mushroom	Chicken Cottage Pie	Honey Mustard Roasted Pork
Main Western	Fish with Lemon Cream Sauce	Grilled Fish	Marinated Fish	Braised Pork	Deep Fried Fish
Main Thai	Stewed Egg	Stir Fried Macaroni with Chicken	Korean Fried Chicken	Fried Minced Chicken with Corn	Grilled Chicken with Sticky Rice
Main Thai	Pork Bulgogi	Stir Fried Mixed Vegetables	Glass Noodles in Clear Soup with Pork	Steamed Fish with Shiitake	Larb Moo (Not Spicy)
Vegetables	Broccoli, Sweet Corn, Carrot	Vichy Carrot and Garden Peas	Mixed Vegetables	Garden Vegetables	Fried Enoki Mushroom
Potatoes	Natural Cut Potatoes	Mashed Potatoes	Parmentier Potatoes	Potatoes with Onion	Roasted Potatoes
Noodles	Minced Chicken Noodles	Pork U-don	Thai Pork Boat Noodles	Macaroni Chicken Soup	Shrimp Balls Noodles
Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits
Dessert					Ice Cream
Afternoon Snack	Apple Tart Seasonal Fruit & Milk	Egg Sandwich Seasonal Fruit & Milk	Chicken Gyoza Seasonal Fruit & Milk	Oat Biscuit Seasonal Fruit & Milk	Raisin Snail Pastry Seasonal Fruit & Milk

C



Pre K/Grade 2 Menu D



Week day Date	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Danish Seasonal Fruit & Milk	Vanilla Muffin Seasonal Fruit & Milk	Tuna Sandwich Seasonal Fruit & Milk	Butter Mini Croissant Seasonal Fruit & Milk	Danish Pastries Seasonal Fruit & Milk
Salad	Salad	Salad	Salad	Salad	Salad
Main Western	Parmesan Herb-Crusted Chicken	Chicken Lasagna	Chopped Pork Loin Steak with Onion Sauce	Pasta Pesto with Roasted Chicken	Roasted Chicken
Main Western	Baked Fish	Fish Steak	Grilled Fish with Hollandaise Sauce	Pork Escalopes	Fish Fingers
Main Thai	Hong Kong Pork Style	Stir Fried Pork with Garlic	Hainanese Chicken Rice	American Fried Rice	BBQ Pork on Rice
Main Thai	Chinese Style Fried Noodles with Chicken	Fried Egg	Green Melon in Clear Soup	Fried Chicken	Stir-Fried Glass Noodles with Egg and Chicken
Vegetables	Baked Cauliflower	Grilled Vegetables	Creamed Spinach	Braised Cabbage	Mixed Vegetables
Potatoes	Anna Potatoes	Boiled Potatoes	Roasted Potatoes	Sauteed Potatoes	Natural Cut Potatoes
Noodles	Egg Noodles with Pork	Sukhothai Noodles	Kiam-Yi with Pork	Minced Chicken Noodles	Shrimp Balls Noodles
Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits
Dessert					Ice Cream
Afternoon Snack	Waffle with Raisin Seasonal Fruit & Milk	Chicken Puff Seasonal Fruit & Milk	Chocolate Chip Cookies Seasonal Fruit & Milk	Corn Dog Seasonal Fruit & Milk	Boiled Chicken Dumpling Seasonal Fruit & Milk

D