



foodhouse

Dec 03 - Dec 07 ' 2018

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack / Day	Cereal with muesli	fish berger	School Off		Club sandwich
					
Daily Product	Whole Milk	Whole Milk			Whole Milk
					
Afternoon Snack / Day	Fruit	Fruit			Fruit
					
Daily Product	Whole Milk	juice			Whole Milk
					
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			Hainanese fried Chicken Rice	Baked Pork with Honey
						
Main Dish 2	Vegetable tempura	Stir Fried Broccoli with Carrot			Stir Fried Bean and Shitake with cauliflower	Stir Fried cabbage with ham
						
Hot Soup	Miso Soup	Mushroom Cream soup			chinese radish soup with minced pork	Chinese Herbal Bamboo Pith Soup
						
Egg-based Dish	Fried egg	Steamed Egg			Thai Omelet	Scramble egg with bell pepper and onion
						
Vegetable 2	Broccoli / cucumber / Carrot	Broccoli / Pumpkin / Carrot fried teriyaki sauce			Broccoli / Pumpkin / Carrot fried soy souce	Broccoli / Pumpkin / Cauliflower
						
Special Dessert					Lod Chong Singapore	
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foodhouse



Dec 11- Dec 14 ' 2018

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack / Day	School Off	Fried Pock with Sticky Rice	Orange jelly	Taco Chicken wraps	Tuna Dip
					
Daily Product		Yoghurt	Whole Milk	Yoghurt	Whole Milk
					
Afternoon Snack / Day		Fruit	Fruit	Fruit	Fruit
					
Daily Product		juice	Whole Milk	juice	Whole Milk
					
Rice		Steam rice & Brown rice	Steam rice & Brown rice	Steam rice & Brown rice	Steam rice & Brown rice
					

Main Dish 1			Fish Spicy with lemongrass salad	Pork Lasagna	Fried chicken with Garlic	Egg noodle with red BBQ pork
						
Main Dish 2			Stir fried 3 vegetable with Tofu	Mix fruits Salad	Stir Fried Pumpkin with Egg	Stir fried Chayote with pork chop
						
Hot Soup			Pumpkin Soup	Corn soup	Tofu with Seaweed soup	Egg Soup
						
Egg-based Dish			Fried egg	Sweet and sour eggs	Boiled Egg	Stuffed Omelette
						
Vegetable 2			Broccoli / Pumpkin / Carrot fried soy souce	cucumber / Pumpkin / Carrot	Broccoli / Pumpkin / Carrot fried soy souce	Broccoli / Pumpkin / Cauliflower
						
Special Dessert						Black Jelly
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Dec 17- Dec 21 ' 2018

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack / Day	Mini Steamer	cereal bar	Cup cake	Kani sandwich	Banana cake
					
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	Stewed chicken with basil	Fried Pork Spaghetti with tomato souce	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
					