


























Weekday	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	<b>Chocolate Waffle</b> 	<b>Teriyaki Chicken Sandwich</b> 	<b>Banana Cake</b> 	<b>Ham Pizza Bread</b> 	<b>Mixed Fruit Muesli Yogurt</b> 
	<b>Milk &amp; Fruit</b>	<b>Milk &amp; Fruit</b>	<b>Milk &amp; Fruit</b>	<b>Milk &amp; Fruit</b>	<b>Milk &amp; Fruit</b>
Western/ Asian	<b>Grilled Chicken with Pizza Sauce</b> 	<b>Blanched Vegetables</b> 	<b>Chicken Parmigiana</b> 	<b>Spicy Seafood Spaghetti</b> 	<b>Pork Lasagna</b> 
	<b>Carrots and Peas</b> 	<b>Stir-Fried Spaghetti with Dried Chili and Pork</b> 	<b>Potato Wedges</b> 	<b>Buttered Corn</b> 	<b>Thai Basil Chicken</b> 
	<b>Seafood Fried Rice</b> 	<b>Pork Larb</b> 	<b>Pork Yakisoba</b> 	<b>Teriyaki Chicken</b> 	<b>Fried Egg</b> 
	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>
Noodle Soup	<b>Tom Kha Gai (Thai Coconut Soup)</b> 	<b>Chinese Braised Soy Sauce Chicken</b> 	<b>Thai Omelette and Chicken Soup</b> 	<b>Chicken Rice Soup</b> 	<b>Ramen</b> 
Afternoon Snack	<b>Milk &amp; Fruit</b>	<b>Milk &amp; Fruit</b>	<b>Milk &amp; Fruit</b>	<b>Milk &amp; Fruit</b>	<b>Milk &amp; Fruit</b>



Egg



Wheat



Dairy




























Gluten free



Vegetarian

All our menus are subject to change without notice due to unforeseen circumstances. The children are given an adequate similar food/snack in any event this happens.

Weekday	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	<b>Waffle</b> 	<b>Chocolate Sandwich</b> 	<b>Apple Crumble</b> 	<b>Tuna Sandwich</b> 	<b>Milk Cake</b> 
	<b>Milk &amp; Fruit</b>	<b>Milk &amp; Fruit</b>	<b>Milk &amp; Fruit</b>	<b>Milk &amp; Fruit</b>	<b>Milk &amp; Fruit</b>
Western/Asian	<b>Broccoli and Cheese</b> 	<b>Pork Stew</b> 	<b>Spaghetti Carbonara</b> 	<b>Black Pepper Grilled Chicken</b> 	<b>Baked Pumpkin</b> 
	<b>Spicy Pork Spaghetti</b> 	<b>Onion ring</b> 	<b>Blanched Vegetables</b> 	<b>Chicken Sausage</b> 	<b>Creamy Mushroom Pasta</b> 
	<b>Fried Chicken with Fish Sauce</b> 	<b>Broccoli Corn Carrot Stir Fry</b> 	<b>Sweet and Sour Fish</b> 	<b>Grilled Chicken</b> 	<b>Thai Three-flavoured Fish</b> 
	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>
Noodle Soup	<b>Japanese Seaweed Soup</b> 	<b>Tom Yam Pla (Thai Spicy and Sour Soup with Fish)</b> 	<b>Pork Blood Soup</b> 	<b>Chinese Cabbage and Minced Pork Soup</b> 	<b>Chicken and Bitter Gourd Soup</b> 
Afternoon Snack	<b>Milk &amp; Fruit</b>	<b>Milk &amp; Fruit</b>	<b>Milk &amp; Fruit</b>	<b>Milk &amp; Fruit</b>	<b>Milk &amp; Fruit</b>



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Weekday	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Crab Stick Sandwich 	Chinese Bun 	Burger 	Sausage Sandwich 	Chocolate Fudge Cake 
	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit
Western/Asian	Spagettini Cream Ebiko 	Herb Grilled Fish 	Chicken Sausage 	Grilled Chicken with Onion Sauce 	BBQ Chicken 
	Deep Fried Chicken 	Garlic Chicken Stir Fry 	Tomato Pasta 	Buttered Vegetables 	Potato Stir Fry 
	Broccoli and Pork Stir Fry 	Egg Fried Rice 	Thai Basil Chicken 	Pineapple Baked Rice 	Baked Shrimp with Glass Noodles 
	Fruit	Fruit	Fruit	Fruit	Fruit
Noodle Soup	Tom Saap (Hot and Spicy Pork Soup) 	Rad Na Moo (Thai Gravy Noodles with Pork) 	Egg Stew in Chinese Five Spices Sauce 	Chicken and Ash Gourd with Preserved Lime Soup 	Pork and Tofu Soup 
Afternoon Snack	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit



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Morning Snack	<b>Sausage Roll</b> 	<b>Egg Drop Sandwich</b> 	<b>Brownie</b> 	<b>Chicken Cheese Sandwich</b> 	<b>Chocolate Muffins</b> 
	<b>Milk &amp; Fruit</b>	<b>Milk &amp; Fruit</b>	<b>Milk &amp; Fruit</b>	<b>Milk &amp; Fruit</b>	<b>Milk &amp; Fruit</b>
Western/ Asian	<b>Garlic Bread</b> 	<b>Fried Vegetables</b> 	<b>Spaghetti Olio Aglio</b> 	<b>Sweet Corn</b> 	<b>Grilled Mushrooms</b> 
	<b>Grilled Fish with Lemon Sauce</b> 	<b>Spinach Quiche</b> 	<b>Grilled BBQ Chicken</b> 	<b>Seafood Paella</b> 	<b>New Orleans Chicken</b> 
	<b>Pork and Cabbage Stir Fry</b> 	<b>Hainanese Chicken Rice</b> 	<b>Mixed Vegetable and Pork Stir Fry</b> 	<b>Fried Nori Chicken</b> 	<b>Pork Fried Rice</b> 
	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>
Noodle Soup	<b>Beef Meatballs Noodles in Clear Soup</b> 	<b>Pork Blood Soup</b> 	<b>Braised Chicken Noodles</b> 	<b>Tom Yum Noodles</b> 	<b>Rolled Rice Noodles with Pork in Five-spices Broth</b> 
Afternoon Snack	<b>Milk &amp; Fruit</b>	<b>Milk &amp; Fruit</b>	<b>Milk &amp; Fruit</b>	<b>Milk &amp; Fruit</b>	<b>Milk &amp; Fruit</b>



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Weekday	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	<b>Old School Sandwich</b> 	<b>Vanilla Cake</b> 	<b>Sweet Taro Buns</b> 	<b>Ham and Cheese Sandwich</b> 	<b>Butter Cookie</b> 
	<b>Milk &amp; Fruit</b>	<b>Milk &amp; Fruit</b>	<b>Milk &amp; Fruit</b>	<b>Milk &amp; Fruit</b>	<b>Milk &amp; Fruit</b>
Western/ Asian	<b>Pasta Pork Bolognese</b> 	<b>Baked Potato</b> 	<b>Honey Baked Chicken</b> 	<b>Penne with Prawn Bisque Pesto</b> 	<b>Paprika Pork</b> 
	<b>Pineapple Chicken</b> 	<b>Fried Crumbed Fish</b> 	<b>Stir-fried Rice Noodles with Soy Sauce and Pork</b> 	<b>Deep Fried Chicken</b> 	<b>Mashed Potato</b> 
	<b>Tod Mun Pla (Thai Fish Cakes)</b> 	<b>Pork Dark Soy Fried Rice</b> 	<b>Mixed Vegetable and Crispy Pork Stir Fry</b> 	<b>Curry Chicken Stir Fry</b> 	<b>Grilled Chicken with Thai Sweet Chilli Sauce</b> 
	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>	<b>Fruit</b>
Noodle Soup	<b>Pork Silver Needle Noodles</b> 	<b>Seaweed Soup with Chicken</b> 	<b>Pumpkin Soup</b> 	<b>Chinese Cabbage Soup</b> 	<b>Winter Melon Chicken Soup</b> 
Afternoon Snack	<b>Milk &amp; Fruit</b>	<b>Milk &amp; Fruit</b>	<b>Milk &amp; Fruit</b>	<b>Milk &amp; Fruit</b>	<b>Milk &amp; Fruit</b>



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