

Tampines Campus

<u>Week 1</u>	Morning Snack	Lunch
Monday	Cornflakes with Fresh Milk and Apple	(V) Wholemeal Fusilli Spinach & Pesto sauce with Chickpea & cherry tomato Serve with parmesan cheese Garden Salad
Tuesday	Raisin Bread with Fresh Milk and watermelon	Baked Fish with Indian Style Cream Sauce Sauté Baby Carrot, Green Bean, Cauliflower Baked Potatoes Pasta salad
Wednesday	Oat cookies with Fresh Milk and banana	Japanese Chicken Curry with Carrot, Onion, Potato Served with Mixed Brown Rice Corn salad
Thursday	Wholemeal Pumpkin bun Fresh Milk and Orange	Salmon with egg fried Brown rice Stir Fry Xiao Bai Chye with Carrot Potato salad
Friday	Waffle with Fresh Milk and Honeydew	BBQ Baked Chicken with Buttered Corn and Carrot , Mixed Brown rice Assorted Salad

Beverages served at lunch: Juice or Yakult Light (pro-biotic) And Water

Vegetarian Choice

<u>Week 1</u>	Morning Snack	Lunch
Monday	Cornflakes with Fresh Milk and Apple	(V) Wholemeal Fusilli Spinach & Pesto sauce with Chickpea & cherry tomato Serve with parmesan cheese Garden Salad
Tuesday	Raisin Bread with Fresh Milk and watermelon	Lentil with Green Peas with Indian Style Cream Sauce Sauté Baby Carrot, Green Bean, Cauliflower Baked Potatoes Pasta salad
Wednesday	Oat cookies with Fresh Milk and banana	Japanese Tofu Curry with Carrot, Onion, Potato Served with Mixed Brown Rice Corn salad
Thursday	Wholemeal Pumpkin bun Fresh Milk and Orange	Edamame, Carrots, Mushrooms Fried Brown Rice, Stir Fry Xiao Bai Chye with Carrot Potato salad
Friday	Waffle with Fresh Milk and Honeydew	BBQ Baked Beans with Buttered Corn and Carrot , Mixed Brown Rice Assorted Salad

Beverages served at lunch: Juice or Yakult Light (pro-biotic) And Water

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<u>Week 2</u>	Morning Snack	Lunch
Monday	Honey stars with Fresh Milk and watermelon	Wholemeal Spaghetti with Chicken bolognaise Garden Salad
Tuesday	Wholemeal bread with Jam with Fresh Milk and Orange	Bake Teriyaki Salmon with Japanese cucumber Mixed Brown rice Pasta Salad
Wednesday	Wholemeal Steamed Bun with Fresh Milk and banana	Stir Fry Brinjal with Minced Chicken Stir Fry Xiao Bai Chye Mixed Brown Rice Corn salad
Thursday	Butter Cake with Fresh Milk and Apple	Tandoori Fish Tikka with Vegetable Kurma Served with mixed brown rice Potato Salad
Friday	Boiled Eggs with Fresh Milk and Honeydew	Honey soy Chicken Burger With French Fries Assorted Salad

Beverages served at lunch: Juice or Yakult Light (pro-biotic) And Water

Vegetarian Choice

<u>Week 2</u>	Morning Snack	Lunch
Monday	Honey Stars with Fresh Milk and watermelon	Wholemeal Spaghetti with Vegetable & beans Bolognese Garden Salad
Tuesday	Wholemeal bread with Jam with Fresh Milk and Orange	Tofu, Carrot & capsicum Teriyaki sauce with Japanese cucumber Mixed Brown rice Pasta Salad
Wednesday	Wholemeal Steamed Bun with Fresh Milk and banana	Stir Fry Brinjal with Silken Tofu Stir Fry Xiao Bai Chye Mixed Brown Rice Corn Salad
Thursday	Butter Cake Fresh Milk and Apple	Lentil dal with Vegetable Kurma Served with mixed brown rice Potato salad
Friday	Boiled Eggs with Fresh Milk and Honeydew	Roasted Vegetables Burger with French fries Assorted Salad

Beverages served at lunch: Juice or Yakult Light (pro-biotic) And Water

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<u>Week 3</u>	Morning Snack	Lunch
Monday	Cornflakes with Fresh Milk and Apple	Wholemeal Pasta Aglio with Hotdog and Mixed Vegetables Garden Salad
Tuesday	Raisin Bread with Fresh Milk and watermelon	EtonHouse Hainanese chicken Mixed brown rice Japanese cucumber Pasta Salad
Wednesday	Oat cookies with Fresh Milk and banana	Baked Fish with Orange, Lemon Butter Sauce with Blanched Broccoli & Carrot, French Fries Corn Salad
Thursday	Wholemeal Pumpkin bun Fresh Milk and Orange	Pineapple Fried Rice with Chickpeas and Peas Stir Fry Mushrooms, Young Corn, Carrots, Red Capsicum Potato Salad
Friday	Pancake with Fresh Milk and Honeydew	Margarita Pizza Assorted Salad

Beverages served at lunch: Juice or Yakult light (pro-biotic) And Water

Vegetarian Choice

<u>Week 3</u>	Morning Snack	Lunch
Monday	Cornflakes with Fresh Milk and Apple	Wholemeal Pasta Aglio with Chickpeas and Mixed Vegetables Garden Salad
Tuesday	Raisin Bread with Fresh Milk and watermelon	Soya Sauce Steamed Tofu Black fungus, Carrot, Red Capsicum, Spring Onion Pasta salad
Wednesday	Oat cookies with Fresh Milk and banana	Root Vegetable Sandwich with Blanched Broccoli & Carrot, French Fries Corn Salad
Thursday	Wholemeal Pumpkin bun Fresh Milk and Orange	Pineapple Fried Rice with Chickpeas and Peas Stir Fry Mushrooms, Young Corn, Carrots, Red Capsicum Potato Salad
Friday	Pancake with Fresh Milk and Honeydew	Margarita Pizza Assorted Salad

Beverages served at lunch: Juice or Yakult light (pro-biotic) And Water

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<u>Week 4</u>	Morning Snack	Lunch
Monday	Honey Stars with Fresh Milk and watermelon	Cream Sauce Pasta with Ham, Capsicum & Mushroom Garden salad
Tuesday	Wholemeal bread with Jam with Fresh Milk and Orange	Teochew Style Fish with Tomato and Mushroom, Stir Fry Cabbage and Carrot with Mixed Brown Rice Pasta salad
Wednesday	Wholemeal Steamed Bun with Fresh Milk and banana	Minced Chicken Keema Sabzi Vegetables Mixed Brown Rice Corn salad
Thursday	Banana Cake Fresh Milk and Orange	Baked Biryani Chicken with Yoghurt sauce Mixed brown rice Local cucumber Potato salad
Friday	Butter Roll Fresh Milk and Honeydew	Fish and Chips with Fresh Dill Yoghurt Assorted Salad

Beverages served at lunch: Juice or Yakult light (pro-biotic) And Water

Vegetarian Choice

<u>Week 4</u>	Morning Snack	Lunch
Monday	Honey stars with Fresh Milk and watermelon	Cream Sauce Pasta with Edamame Beans, Capsicum & Mushroom Garden salad
Tuesday	Wholemeal bread with Jam with Fresh Milk and Orange	Steamed Silken Tofu with Tomato and Mushroom, Stir Fry Cabbage and Carrot with Mixed Brown Rice Pasta Salad
Wednesday	Wholemeal Steamed Bun with Fresh Milk and banana	Masoor Dhal Sabzi Vegetables Mixed Brown Rice Corn salad
Thursday	Banana Cake Fresh Milk and Orange	Lentil with potato, carrot & Brinjal Mixed brown rice Potato salad
Friday	Butter Roll Fresh Milk and Honeydew	Cheesy Eggplant and Chips with Fresh Dill Yoghurt Assorted Salad

Beverages served at lunch: Juice or Yakult light (pro-biotic) And Water