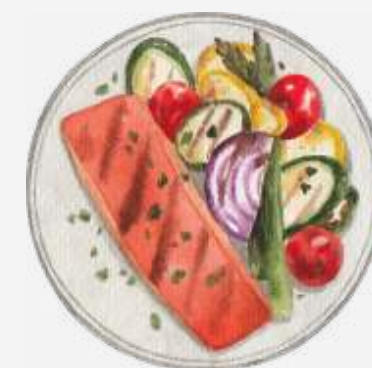




Middleton
International School
By EtonHouse

Week 1



Morning Snack

Cornflakes with Fresh Milk
and Apple

Lunch

Normal & Vegetarian:
Pesto Pasta with Cherry
Tomato, Chickpea &
Parmesan

House Salad

Monday

Morning Snack

Butter Cake with Fresh Milk
and Watermelon

Lunch

Normal:
Sesame Oil Chicken, Stir-
fried Cannonball Cabbage
and Steamed Mixed Brown
Rice

Vegetarian:
Sesame oil Tau Kwa, Stir-
fried Cannonball Cabbage
and Steamed Mixed Brown
Rice

House Salad

Tuesday

Morning Snack

Cheese Brown Rice Ring with
Fresh Milk and Honeydew

Lunch

Normal:
Butter Chicken, Roasted
Cauliflower and Steamed
Mixed Rice

Vegetarian:
Butter Paneer, Roasted
Cauliflower and Steamed
Mixed Rice

House Salad

Wednesday

Morning Snack

Pandan Bread w Butter with
Fresh Milk and Apple

Lunch

Normal:
Steamed Fish with Soy Sauce,
Stir-fried Choy Sum and
Steamed Mixed Brown Rice

Vegetarian:
Steamed Tofu with Soy
Sauce, Stir-Fried Choy Sum
and Steamed Mixed Brown
Rice

House Salad

Thursday

Morning Snack

Mango Peach Yoghurt
with Mini Soda Cracker,
Fresh Milk and Orange

Lunch

Normal:
Minced Chicken with Hotdog
Bun

Vegetarian:
Sautéed Mushrooms with
Hotdog Bun

House Salad

Friday



Middleton
International School
By EtonHouse

Week 2



Morning Snack

Coco Shell with Fresh Milk
and Orange

Lunch

Normal:

Japanese Curry Chicken with
Carrot and Potato, Sliced
Cucumber and Steamed
Mixed Brown Rice

Vegetarian:

Japanese Curry Tau Kwa
with Carrot and Potato,
Sliced Cucumber and
Steamed Mixed Brown Rice

House Salad

Monday

Morning Snack

Banana Cake with Fresh Milk
and Watermelon

Lunch

Normal:

Thai Basil Chicken, Stir-fried
Green Bean and Steamed
Mixed Rice

Vegetarian:

Thai Basil Brinjal, Stir-fried
Green Bean and Steamed
Mixed Rice

House Salad

Tuesday

Morning Snack

Oatmeal Cookies with Fresh
Milk and Honeydew

Lunch

Normal:

Macaroni with Chicken, Bak
Choy & Shoyu Broth

Vegetarian:

Macaroni with Tofu, Bak Choy
& Shoyu Broth

House Salad

Wednesday

Morning Snack

Hokkaido Milk Toast
Bread with Butter,
Fresh Milk and Apple

Lunch

Normal:

Roasted Herb Fish
Steamed Broccoli with
Carrots and Roasted
Potatoes

Vegetarian:

Roasted Herb Tomato,
Steamed Broccoli with
Carrots and Roasted
Potatoes

House Salad

Thursday

Morning Snack

Mango Peach Yoghurt
with Mini Soda Cracker,
Fresh Milk and Orange

Lunch

Normal:

Braised Vermicelli with
Chicken, Cabbage & Carrot

Vegetarian:

Braised Vermicelli with Tofu,
Cabbage & Carrot

House Salad

Friday



Middleton
International School
By EtonHouse

Week 3



Morning Snack

Cornflakes with Fresh Milk
and Apple

Lunch

Normal & Vegetarian:

Aglio Olio with Baby Spinach,
Mushroom & Edamame

House Salad

Morning Snack

Butter Cake with Fresh Milk
and Watermelon

Lunch

Normal:

Scrambled Tomato Egg
Stir-fried Napa Cabbage
with Carrots and Steamed
Mixed Rice

Vegetarian:

Tomato Baked Bean
Stir-fried Napa Cabbage
with Carrots and Steamed
Mixed Rice

House Salad

Morning Snack

Cheese Brown Rice Ring with
Fresh Milk and Honeydew

Lunch

Normal:

Pumpkin Soup with
Wholemeal Bread, Pulled
Chicken Breast, Roasted
Zucchini and Paprika
Breadcrumbs

Vegetarian:

Pumpkin Soup with Wholemeal
Bread, Roasted Zucchini and
Paprika Breadcrumbs

House Salad

Morning Snack

Pandan Bread w Butter with
Fresh Milk and Apple

Lunch

Normal:

Sliced Fish with Ginger &
Onion Sauce, Poached Heng
Chye with wolfberry, and
Steamed Mixed Rice

Vegetarian:

Tau Kwa with Ginger Onion
Sauce, Poached Heng Chye
with Wolfberry and Steamed
Mixed Rice

House Salad

Morning Snack

Mango Peach Yoghurt
with Mini Soda Cracker,
Fresh Milk and Orange

Lunch

Normal:

Shepherd's Pie

Vegetarian:

Mushroom Shepherd's Pie

House Salad

Monday

Tuesday

Wednesday

Thursday

Friday



Middleton
International School
By EtonHouse

Week 4



Morning Snack

Coco Shell with Fresh Milk
and Orange

Lunch

Normal:

Roasted Fish with Red
Pepper Sauce, Roasted
Broccoli and Parsley
Potatoes

Vegetarian:

Roasted Eggplant with Red
Pepper Sauce, Roasted
Broccoli and Parsley
Potatoes

House Salad

Monday

Morning Snack

Banana Cake with Fresh Milk
and Watermelon

Lunch

Normal:

Poached Chicken with
Sesame Soy dressing, Stir-
fried Bak Choy and
Hainanese Chicken Rice

Vegetarian:

Steamed Tofu with Sesame
Soy dressing, Stir-fried Bak
Choy and Steamed Pandan
Rice

House Salad

Tuesday

Morning Snack

Oatmeal Cookies with Fresh
Milk and Honeydew

Lunch

Normal:

Pasta Chicken Marinara

Vegetarian:

Pasta Mushroom Marinara

House Salad

Wednesday

Morning Snack

Hokkaido Milk Toast
Bread with Butter,
Fresh Milk and Apple

Lunch

Normal:

Grilled Teriyaki Chicken
Spinach with Wolfberry Broth
and Steamed Mixed Rice

Vegetarian:

Teriyaki Tofu, Spinach with
Wolfberry Broth and
Steamed Mixed Rice

House Salad

Thursday

Morning Snack

Mango Peach Yoghurt
with Mini Soda Cracker,
Fresh Milk and Orange

Lunch

Normal:

Spinach Frittata with Lemon
Couscous

Vegetarian:

Sautéed Spinach & White
Bean with Lemon Couscous

House Salad

Friday