



# Middleton

## Pre-School

By EtonHouse

### Non-Vegetarian School Menu

Menu A	Morning Snack	Non-Vegetarian Lunch	Afternoon Snack
Monday	Honey Stars wholegrain cereal Milk <b>Fruit of the day</b>	Pesto pasta with cherry tomato, chickpea & corn (D) (G)	Cheese sandwich Milk <b>Fruit of the day*</b>
Tuesday	Raisin bread Milk <b>Fruit of the day*</b>	Margherita pizza (D) (G)	Wholegrain biscuit Milk <b>Fruit of the day*</b>
Wednesday	Milo wholegrain cereal Milk <b>Fruit of the day*</b>	Teriyaki salmon patty with bonito flakes & nori (G) Pickled cucumber Steamed Japanese rice	Jam sandwich Milk <b>Fruit of the day*</b>
Thursday	Chapati Milk <b>Fruit of the day*</b>	Butter chicken (D) Roasted cauliflower Steamed mixed brown rice	Wholegrain cracker Milk <b>Fruit of the day*</b>
Friday	Kokocrunch wholegrain cereal Milk <b>Fruit of the day*</b>	Tomato chicken baked rice with bell peppers (D) (G)	Toast with applesauce Milk <b>Fruit of the day*</b>
Menu B	Morning Snack	Non-Vegetarian Lunch	Afternoon Snack
Monday	Honey Stars wholegrain cereal Milk <b>Fruit of the day</b>	Stir-fried mushroom minced chicken (G) Stir-fried baby Bak Choy Steamed mixed brown rice	Cheese sandwich Milk <b>Fruit of the day*</b>
Tuesday	Raisin bread Milk <b>Fruit of the day*</b>	Roasted pumpkin soup with chicken breast & zucchini (D) Wholemeal bread (G)	Wholegrain biscuit Milk <b>Fruit of the day*</b>
Wednesday	Milo wholegrain cereal Milk <b>Fruit of the day*</b>	Country style chicken stew (D) (G) Roasted broccoli Steamed mixed brown rice	Jam sandwich Milk <b>Fruit of the day*</b>
Thursday	Chapati Milk <b>Fruit of the day*</b>	Roasted herb fish ratatouille Steamed mixed brown rice	Wholegrain cracker Milk <b>Fruit of the day*</b>
Friday	Kokocrunch wholegrain cereal Milk <b>Fruit of the day*</b>	Barbecue chicken (G) Sauteed garlic corn Greek pasta salad (G)	Toast with applesauce Milk <b>Fruit of the day*</b>

*Fruit of the day\* (includes apple, banana, watermelon, honeydew, and oranges)*

*Updated on Jan 2024*



Menu C	Morning Snack	Non-Vegetarian Lunch	Afternoon Snack
Monday	Honey Stars wholegrain cereal Milk <b>Fruit of the day</b>	Four cheese tortellini with vegetable marinara (D) (G)	Cheese sandwich Milk <b>Fruit of the day*</b>
Tuesday	Raisin bread Milk <b>Fruit of the day*</b>	Roasted mesquite chicken Steamed broccoli & carrot Mashed potato (D) (G)	Wholegrain biscuit Milk <b>Fruit of the day*</b>
Wednesday	Milo wholegrain cereal Milk <b>Fruit of the day*</b>	Sweet & sour fish (G) Stir-fried spinach Steamed mixed brown rice	Jam sandwich Milk <b>Fruit of the day*</b>
Thursday	Chapati Milk <b>Fruit of the day*</b>	Bulgogi chicken (G) Cucumber & cherry tomato Steamed mixed brown rice	Wholegrain cracker Milk <b>Fruit of the day*</b>
Friday	Kokocrunch wholegrain cereal Milk <b>Fruit of the day*</b>	Soba noodles with chicken, Bak Choy & Shoyu broth (G)	Toast with applesauce Milk <b>Fruit of the day*</b>
Menu D	Morning Snack	Non-Vegetarian Lunch	Afternoon Snack
Monday	Honey Stars wholegrain cereal Milk <b>Fruit of the day</b>	Pasta bolognese (G)	Cheese sandwich Milk <b>Fruit of the day*</b>
Tuesday	Raisin bread Milk <b>Fruit of the day*</b>	Steamed chicken with soy dressing Stir-fried baby Bak Choy Chicken rice (G)	Wholegrain biscuit Milk <b>Fruit of the day*</b>
Wednesday	Milo wholegrain cereal Milk <b>Fruit of the day*</b>	Japanese curry chicken with carrot & potato (D) (G) Sliced cucumber Steamed mixed brown rice	Jam sandwich Milk <b>Fruit of the day*</b>
Thursday	Chapati Milk <b>Fruit of the day*</b>	Fish stew with mushroom Sauteed sugar pea with corn Steamed mixed brown rice	Wholegrain cracker Milk <b>Fruit of the day*</b>
Friday	Kokocrunch wholegrain cereal Milk <b>Fruit of the day*</b>	Chicken burger with cheese, lettuce & ketchup (D) (G)	Toast with applesauce Milk <b>Fruit of the day*</b>



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### Vegetarian School Menu

Menu A	Morning Snack	Vegetarian Lunch	Afternoon Snack
<b>Monday</b>	Honey Stars wholegrain cereal Milk <b>Fruit of the day*</b>	Pesto pasta with cherry tomato, chickpea & corn (D) (G)	Cheese sandwich Milk <b>Fruit of the day*</b>
<b>Tuesday</b>	Raisin bread Milk <b>Fruit of the day*</b>	Margherita pizza (D) (G)	Wholegrain biscuit Milk <b>Fruit of the day*</b>
<b>Wednesday</b>	Milo wholegrain cereal Milk <b>Fruit of the day*</b>	Teryaki tau kwa with nori (G) Pickled cucumber Steamed Japanese rice	Jam sandwich Milk <b>Fruit of the day*</b>
<b>Thursday</b>	Chapati Milk <b>Fruit of the day*</b>	Butter paneer (D) Roasted cauliflower Steamed brown rice	Wholegrain cracker Milk <b>Fruit of the day*</b>
<b>Friday</b>	Kokocrunch wholegrain cereal Milk <b>Fruit of the day*</b>	Tomato mushroom baked rice with bell peppers (D) (G)	Toast with applesauce Milk <b>Fruit of the day*</b>
Menu B	Morning Snack	Vegetarian Lunch	Afternoon Snack
<b>Monday</b>	Honey Stars wholegrain cereal Milk <b>Fruit of the day*</b>	Stir-fried cauliflower (G) Stir-fried baby Bak Choy Steamed mixed brown rice	Cheese sandwich Milk <b>Fruit of the day*</b>
<b>Tuesday</b>	Raisin bread Milk <b>Fruit of the day*</b>	Roasted pumpkin soup with edamame & zucchini (D) Wholemeal bread (G)	Wholegrain biscuit Milk <b>Fruit of the day*</b>
<b>Wednesday</b>	Milo wholegrain cereal Milk <b>Fruit of the day*</b>	Country Style mushroom & potato stew (D) (G) Roasted broccoli Steamed mixed brown rice	Jam sandwich Milk <b>Fruit of the day*</b>
<b>Thursday</b>	Chapati Milk <b>Fruit of the day*</b>	Sauteed green beans ratatouille Steamed mixed brown rice	Wholegrain cracker Milk <b>Fruit of the day*</b>
<b>Friday</b>	Kokocrunch wholegrain cereal Milk <b>Fruit of the day*</b>	Plant-based chicken nugget with barbecue sauce (G) Sauteed garlic corn Greek pasta salad (G)	Toast with applesauce Milk <b>Fruit of the day*</b>

*Fruit of the day\* (includes apple, banana, watermelon, honeydew, and oranges)*

Updated on Jan 2024



Menu C	Morning Snack	Vegetarian Lunch	Afternoon Snack
Monday	Honey Stars wholegrain cereal Milk <b>Fruit of the day*</b>	Four cheese tortellini with vegetable marinara (D) (G)	Cheese sandwich Milk <b>Fruit of the day*</b>
Tuesday	Raisin bread Milk <b>Fruit of the day*</b>	Roasted mesquite pumpkin Steamed broccoli & carrot Mashed potato (D) (G)	Wholegrain biscuit Milk <b>Fruit of the day*</b>
Wednesday	Milo wholegrain cereal Milk <b>Fruit of the day*</b>	Sweet & sour beancurd (G) Stir-fried spinach Steamed mixed brown rice	Jam sandwich Milk <b>Fruit of the day*</b>
Thursday	Chapati Milk <b>Fruit of the day*</b>	Bulgogi beancurd (G) Cucumber and cherry tomato Steamed mixed brown rice	Wholegrain cracker Milk <b>Fruit of the day*</b>
Friday	Kokocrunch wholegrain cereal Milk <b>Fruit of the day*</b>	Soba noodles with tofu, Bak Choy & Shoyu broth (G)	Toast with applesauce Milk <b>Fruit of the day*</b>
Menu D	Morning Snack	Vegetarian Lunch	Afternoon Snack
Monday	Honey Stars wholegrain cereal Milk <b>Fruit of the day*</b>	Vegetable pasta bolognese (G)	Cheese sandwich Milk <b>Fruit of the day*</b>
Tuesday	Raisin bread Milk <b>Fruit of the day*</b>	Silken tofu with soy dressing Stir Fried baby bak Choy Steamed pandan rice	Wholegrain biscuit Milk <b>Fruit of the day*</b>
Wednesday	Milo wholegrain cereal Milk <b>Fruit of the day*</b>	Japanese curry beancurd with carrot & potato (D) (G) Sliced cucumber Steamed mixed brown rice	Jam sandwich Milk <b>Fruit of the day*</b>
Thursday	Chapati Milk <b>Fruit of the day*</b>	Vegetable white bean stew with mushroom Sauteed sugar pea with corn Steamed mixed brown rice	Wholegrain cracker Milk <b>Fruit of the day*</b>
Friday	Kokocrunch wholegrain cereal Milk <b>Fruit of the day*</b>	Vegan burger with cheese, lettuce & ketchup (D) (G)	Toast with applesauce Milk <b>Fruit of the day*</b>



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### Special School Menu

Strictly vegetarian choice only. Gluten free, NO Dairy, NO eggs, NO beans, NO mushrooms, no onion, no garlic. Seasoned with sea salt only.

Menu A	Morning Snack	Special Meal	Afternoon Snack
Monday	Gluten-free cornflakes Soy milk Fruit of the day*	Gluten-free pesto pasta with cherry tomato & corn	Lactose & gluten-free cheese sandwich Soy milk Fruit of the day*
Tuesday	Gluten-free fig bar Soy milk Fruit of the day*	Stir-fried Bak Choy & carrot Steamed mixed brown rice	Gluten-free mini pretzels Soy milk Fruit of the day*
Wednesday	Gluten-free cornflakes Soy milk Fruit of the day*	Roasted zucchini & carrot Steamed Japanese rice	Gluten-free jam sandwich Soy milk Fruit of the day*
Thursday	Rice cakes Soy milk Fruit of the day*	Roasted cauliflower & carrot Steamed mixed brown rice	Gluten-free crackers Soy milk Fruit of the day*
Friday	Gluten-free cornflakes Soy milk Fruit of the day*	Brown rice vermicelli with carrot and cabbage	Gluten-free toast with applesauce Soy milk Fruit of the day*
Menu B	Morning Snack	Special Meal	Afternoon Snack
Monday	Gluten-free cornflakes Soy milk Fruit of the day*	Stir-fried cauliflower, mushroom & Bak Choy Steamed mixed brown rice	Lactose & gluten-free cheese sandwich Soy milk Fruit of the day*
Tuesday	Gluten-free fig bar Soy milk Fruit of the day*	Roasted pumpkin Sautéed peas Steamed mixed brown rice	Gluten-free mini pretzels Soy milk Fruit of the day*
Wednesday	Gluten-free cornflakes Soy milk Fruit of the day*	Roasted potato & carrot Steamed broccoli Steamed mixed brown rice	Gluten-free jam sandwich Soy milk Fruit of the day*
Thursday	Rice cakes Soy milk Fruit of the day*	Stir-fried spinach, carrot & corn Steamed mixed brown rice	Gluten-free crackers Soy milk Fruit of the day*
Friday	Gluten-free cornflakes Soy milk Fruit of the day*	Sautéed capsicums & tomato Steamed mixed brown rice	Gluten-free toast with applesauce Soy milk Fruit of the day*

Fruit of the day\* (includes apple, banana, watermelon, honeydew, and oranges)

Updated on Jan 2024



Menu C	Morning Snack	Special meal	Afternoon Snack
<b>Monday</b>	Gluten-free cornflakes Soy milk <b>Fruit of the day*</b>	Brown Rice Vermicelli with Carrot and bean sprout	Lactose & gluten-free cheese sandwich Soy milk <b>Fruit of the day*</b>
<b>Tuesday</b>	Gluten-free fig bar Soy milk <b>Fruit of the day*</b>	Stir-fried Pumpkin & Long Cabbage Steamed Mixed Brown Rice	Gluten-free mini pretzels Soy milk <b>Fruit of the day*</b>
<b>Wednesday</b>	Gluten-free cornflakes Soy milk <b>Fruit of the day*</b>	Stir-fried Baby Bak Choy & Carrot Steamed Mixed Brown Rice	Gluten-free jam sandwich Soy milk <b>Fruit of the day*</b>
<b>Thursday</b>	Rice cakes Soy milk <b>Fruit of the day*</b>	Roasted Eggplant, Zucchini & Carrot Parsley Potato	Gluten-free crackers Soy milk <b>Fruit of the day*</b>
<b>Friday</b>	Gluten-free cornflakes Soy milk <b>Fruit of the day*</b>	Stir-fried Bak Choy Steamed Corn Gluten free pasta	Gluten-free toast with applesauce Soy milk <b>Fruit of the day*</b>
Menu D	Morning Snack	Special Meal	Afternoon Snack
<b>Monday</b>	Gluten-free cornflakes Soy milk <b>Fruit of the day*</b>	Pasta with tomato sauce	Lactose & gluten-free cheese sandwich Soy milk <b>Fruit of the day*</b>
<b>Tuesday</b>	Gluten-free fig bar Soy milk <b>Fruit of the day*</b>	Stir-fried Bak Choy with carrot Steamed pandan rice	Gluten-free mini pretzels Soy milk <b>Fruit of the day*</b>
<b>Wednesday</b>	Gluten-free cornflakes Soy milk <b>Fruit of the day*</b>	Stir-fried carrot & potato with capsicum Steamed mixed brown rice	Gluten-free jam sandwich Soy milk <b>Fruit of the day*</b>
<b>Thursday</b>	Rice cakes Soy milk <b>Fruit of the day*</b>	Sauteed wombok & carrot Steamed mixed brown rice	Gluten-free crackers Soy milk <b>Fruit of the day*</b>
<b>Friday</b>	Gluten-free cornflakes Soy milk <b>Fruit of the day*</b>	Sauteed cauliflower & corn Steamed mixed brown rice	Gluten-free toast with applesauce Soy milk <b>Fruit of the day*</b>