

WEEK 1



Contains gluten



Contains dairy



Snack

Cornflakes with Fresh Milk & Apple

Lunch

Pesto Pasta with Cherry Tomato, Chickpea & Corn  

House Salad



MON



Snack

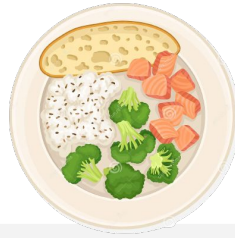
Raisin Bread with Fresh Milk & Watermelon

Lunch

Margherita Pizza  

House Salad


TUE



Snack

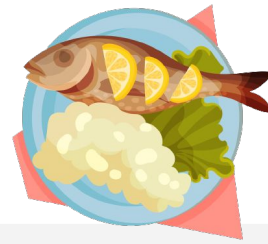
Oat Cookies with Fresh Milk & Banana

Lunch

Teriyaki Salmon Patty with Bonito Flakes & Nori 
Pickled Cucumber
Steamed Japanese Rice

House Salad


WED



Snack

Wholemeal Pumpkin Bun, Fresh Milk & Orange

Lunch

Butter Chicken 
Roasted Cauliflower
Steamed Mixed Brown Rice

House Salad



THU



Snack

Waffle with Fresh Milk & Honeydew

Lunch

Sausage Baked Rice with Bell Peppers  

House salad

FRI

WEEK 2



Contains gluten



Contains dairy



Snack

Honey stars with Fresh Milk & Watermelon

Lunch

Chicken Sausage with Hotdog Bun
Potato Egg Salad

House Salad

MON



Snack

Wholemeal Bread with Jam, Fresh Milk & Orange

Lunch

Roasted Pumpkin Soup with Wholemeal Bread  
Poached Chicken Breast
Roasted Zucchini with Paprika Breadcrumbs  
House Salad



TUE



Snack

Wholemeal Steamed Bun with Fresh Milk & Banana

Lunch

Country Style Chicken Stew  
Roasted Broccoli
Steamed Mixed Brown Rice
House Salad

WED



Snack

Butter Cake with Fresh Milk & Apple

Lunch

Roasted Herb Fish Ratatouille
Steamed Mixed Brown Rice

House Salad




THU



Snack

Boiled Egg with Fresh Milk & Honeydew

Lunch

Barbecue Chicken 
Garlic Butter Corn 
Greek Pasta Salad 

House Salad

FRI

WEEK 3



Contains gluten



Contains dairy



Snack

Cornflakes with Fresh & Apple

Lunch

Four Cheese Tortelloni with Vegetable Marinara  

House Salad



MON



Snack

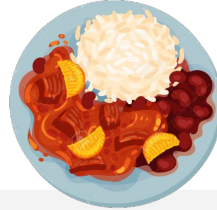
Raisin Bread with Fresh Milk & Watermelon

Lunch

Roasted Mesquite Chicken
Steamed Broccoli & Carrot
Mashed Potato  

House Salad

TUE



Snack

Oat Cookies with Fresh Milk & Banana

Lunch

Fish & Chips 
Coleslaw 

House Salad

WED



Snack

Wholemeal Pumpkin Bun with Fresh Milk & Orange

Lunch

Chicken Alfredo Pasta with Tomato & Spinach  

House Salad


THU



Snack

Pancake with Fresh Milk & Honeydew

Lunch

Soba Noodle with Chicken, BakChoy & Shoyu Broth 

House Salad

FRI

WEEK 4



Contains gluten



Contains dairy



Snack

Honey Stars with
Fresh Milk &
Watermelon

Lunch

Pasta Bolognese



House Salad

MON



Snack

Wholemeal Bread with
Jam, Fresh Milk &
Orange

Lunch

Steamed Chicken with
Soy Dressing
Stir-fried Baby Bok
Choy
Chicken Rice



House Salad

TUE



Snack

Wholemeal Steamed
Bun with Fresh Milk,
Banana

Lunch

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



House Salad

WED



Snack

Banana Cake, Fresh
Milk & Orange

Lunch

Fish Stew with
Mushroom
Sautéed Sugar Pea
with Corn
Steamed Mixed Brown
Rice
House Salad

THU



Snack

Butter Roll, Fresh Milk
& Honeydew

Lunch

Roasted Tomato
Soup
Turkey Ham & Cheese
Sandwich
House Salad



FRI

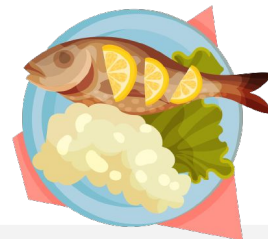
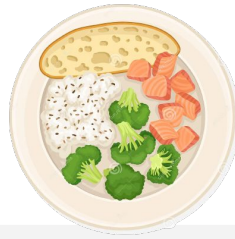
VEG WEEK 1



Contains gluten



Contains dairy



Snack

Cornflakes with Fresh Milk & Apple

Lunch

Pesto Pasta with Cherry Tomato, Chickpea & Corn  

House Salad

MON

Snack

Raisin Bread with Fresh Milk & Watermelon

Lunch

Margherita Pizza  


House Salad

TUE

Snack

Oat Cookies with Fresh Milk & Banana

Lunch

Teriyaki Tau Kwa with Nori 
Pickled Cucumber
Steamed Japanese Rice

House Salad

WED

Snack

Wholemeal Pumpkin Bun, Fresh Milk & Orange

Lunch

Butter Paneer 
Roasted Cauliflower
Steamed Mixed Brown Rice



House Salad

THU

Snack

Waffle with Fresh Milk & Honeydew

Lunch

Mushroom Baked Rice with Bell Peppers  

House salad

FRI

VEG WEEK 2



Contains gluten



Contains dairy



Snack

Honey stars with Fresh Milk & Watermelon

Lunch

Sauteed Mushroom & Onion with Hotdog Bun
Potato Salad with Honey Lemon Vinaigrette
House Salad

MON



Snack

Wholemeal Bread with Jam, Fresh Milk & Orange

Lunch

Roasted Pumpkin Soup with Wholemeal Bread  
Edamame
Roasted Zucchini with Paprika Breadcrumbs  
House Salad



TUE



Snack

Wholemeal Steamed Bun with Fresh Milk & Banana

Lunch

Country Style Mushroom & Potato Stew  
Roasted Broccoli
Steamed Mixed Brown Rice
House Salad

WED



Snack

Butter Cake with Fresh Milk & Apple

Lunch

Sauteed Green Beans Ratatouille
Steamed Mixed Brown Rice
House Salad




THU



Snack

Boiled Egg with Fresh Milk & Honeydew

Lunch

Plant-based Chicken Nugget with Barbecue Sauce 
Garlic Butter Corn 
Greek Pasta Salad 
House Salad

FRI

VEG WEEK 3



Contains gluten



Contains dairy



Snack

Cornflakes with Fresh & Apple

Lunch

Four Cheese Tortelloni with Vegetable

Marinara  

House Salad

MON



Snack

Raisin Bread with Fresh Milk & Watermelon

Lunch

Roasted Mesquite Pumpkin Steamed Broccoli & Carrot Mashed Potato  

House Salad

TUE



Snack

Oat Cookies with Fresh Milk & Banana

Lunch

Cauliflower Fritters French Fries Coleslaw

House Salad

WED



Snack

Wholemeal Pumpkin Bun with Fresh Milk & Orange

Lunch

Mushroom Alfredo Pasta with Tomato & Spinach  

House Salad


THU



Snack

Pancake with Fresh Milk & Honeydew

Lunch

Soba Noodles with Tofu, Bak Choy & Shoyu Broth 

House Salad

FRI

VEG WEEK 4



Contains gluten




Contains dairy



Snack

Honey Stars with
Fresh Milk &
Watermelon

Lunch

Vegetable Pasta
Bolognese 

House Salad

MON



Snack

Wholemeal Bread with
Jam, Fresh Milk &
Orange

Lunch

Fried Tofu with Kicap
Manis 
Stir-fried Spinach
Steamed Pandan Rice

House Salad


TUE



Snack

Wholemeal Steamed
Bun with Fresh Milk,
Banana

Lunch

Japanese Curry
Beancurd with Carrot
& Potato 
Sliced Cucumber 
Steamed Mixed Brown
Rice
House Salad

WED



Snack

Banana Cake, Fresh
Milk & Orange

Lunch

Vegetable White Bean
Stew with Mushroom
Sauteed Sugar Pea
with Corn
Steamed Mixed Brown
Rice

House Salad

THU



Snack

Butter Roll, Fresh Milk
& Honeydew

Lunch

Roasted Tomato
Soup 
Cheese Sandwich 



House Salad

FRI