

# MENU A



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

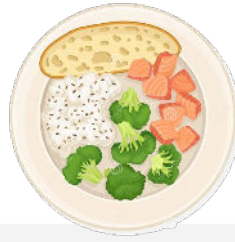
Miso Soup with Chicken, Bak Choy, Wakame & Spring Onion



Japanese Rice with Furikake

House Salad

TUE



## Snack

Oat Cookies with Fresh Milk & Banana

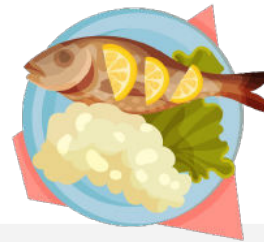
## Lunch

Chicken Shepherd's Pie



House Salad

WED



## Snack

Wholemeal Pumpkin Bun, Fresh Milk & Orange

## Lunch

Fish Soup with Tofu & Long Cabbage



House Salad

THU



## Snack

Waffle with Fresh Milk & Honeydew

## Lunch

Roasted Chicken Burger



Baked Criss Cut Fries



House salad

FRI

# MENU B



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## Snack

Honey stars with Fresh Milk & Watermelon

## Lunch

Tomato Soup with Chicken  
Garlic Bread



House Salad

MON



## Snack

Wholemeal Bread with Jam, Fresh Milk & Orange

## Lunch

Barbecue Chicken  
Tomato & Cucumber Salad  
Mac & Cheese



House Salad

TUE



## Snack

Wholemeal Steamed Bun with Fresh Milk & Banana

## Lunch

Baked Miso Fish  
Gomae Spinach  
Steamed Japanese Rice



House Salad

WED



## Snack

Butter Cake with Fresh Milk & Apple

## Lunch

Butter Chicken  
Roasted Cauliflower  
Steamed Mixed Brown Rice



House Salad

THU



## Snack

Boiled Egg with Fresh Milk & Honeydew

## Lunch

Roasted Paprika  
Chicken Quesadilla



House Salad

FRI

# MENU C



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## Snack

Cornflakes with Fresh  
& Apple

## Lunch

Fried Bee Hoon with  
Egg, Carrot & Cabbage

Minced Chicken

House Salad

MON



## Snack

Raisin Bread with  
Fresh Milk &  
Watermelon

## Lunch

Bibimbap chicken  
carrot, nori, spinach,  
gochujang sauce,  
hard boiled egg,  
japanese rice  
House Salad

TUE



## Snack

Oat Cookies with  
Fresh Milk & Banana

## Lunch

Margherita Pizza



House Salad

WED



## Snack

Wholemeal Pumpkin  
Bun with Fresh Milk &  
Orange

## Lunch

Roasted Fish with  
Spinach Cream Sauce



Roasted Cauliflower  
Steamed Mixed Brown  
Rice  
House Salad

THU



## Snack

Pancake with Fresh  
Milk & Honeydew

## Lunch

Soba Noodle with  
Shoyu Broth, Bak  
Choy & Chicken



House Salad

FRI

# MENU D



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## Snack

Honey Stars with  
Fresh Milk &  
Watermelon

## Lunch

Japanese Curry Rice  
with Chicken, Carrot &  
Potato  

House Salad



MON



## Snack

Wholemeal Bread with  
Jam, Fresh Milk &  
Orange

## Lunch

Roasted Mesquite  
Chicken  
Steamed Broccoli &  
Carrot  
Mashed Potato  

House Salad




TUE



## Snack

Wholemeal Steamed  
Bun with Fresh Milk,  
Banana

## Lunch

Fish Chowder    
Focaccia Bread 

House Salad

WED



## Snack

Banana Cake, Fresh  
Milk & Orange

## Lunch

Chicken Paella

House Salad

THU



## Snack

Butter Roll, Fresh Milk  
& Honeydew

## Lunch

Spaghetti & Meatballs



House Salad

FRI