

Student Menu A

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Multigrain Cheerios  Full Cream Milk 	Wholemeal Bread with Black Cherry Jam   Full Cream Milk 	Cookies & Cream Wholemeal Cream Bun    Full Cream Milk 	Wholemeal Bread with Pineapple & Mango Jam   Full Cream Milk 	Cornflake  Full Cream Milk 
Lunch	Fried Rice with Eggs, Chicken, Carrot, Long Bean and Corn     	Homemade Chicken Bolognese    Mixed Diced Vegetable   Wholemeal Pasta 	Soy Braised Chicken    Stir-fried Round Spinach    Steamed Mixed Brown Rice   	Fish Soup with Tofu & Long Cabbage    Steamed Mixed Brown Rice   	Chicken Sausage, Onion Marmalade, with Potato Wedges (served with Ketchup and mustard)  
Vegetarian Lunch	Fried Rice with Beancurd, Carrot, Long Bean and Corn   	Homemade Beans Bolognese   Mixed Diced Vegetable  Wholemeal Pasta 	Soy Braised Tofu   Stir-fried Round Spinach    Steamed Mixed Brown Rice   	Vegetable Soup with Tofu & Long Cabbage   Steamed Mixed Brown Rice  	Plantbased Sausage, Onion Marmalade, with Potato Wedges (served with Ketchup and mustard) 
Fruit	Watermelon	Sun Melon	Orange Wedges	Honeydew	Red Apple



Egg



Dairy



Soy



Gluten



Legume



Sesame



Tree Nut



Mushroom



Coconut



Chicken



Fish

Student Menu B

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Honeystars Cereal  Full Cream Milk 	Wholemeal Bread with Blueberry Jam   Full Cream Milk 	Vanilla Wholemeal Cream Bun    Full Cream Milk 	Wholemeal Bread with Apricot Jam   Full Cream Milk 	Multigrain Cheerios  Full Cream Milk 
Lunch	Baked Barbecue Marinated Chicken    Steamed Broccoli  Steamed Mixed Brown Rice	Stir-fried Minced Chicken with Long Bean     Stir Fried Bean Sprout with Carrot   Steamed Mixed Brown Rice	ABC Chicken Soup  Poached Spinach   Steamed Mixed Brown Rice	Teriyaki Baked Fish    Stir-fried Long Cabbage with Mushroom    Steamed Mixed Brown Rice	Chicken Salami Pizza with Side Salad   
Vegetarian Lunch	Barbecue White Bean with Vegetables   Steamed Broccoli  Steamed Mixed Brown Rice	Stir-fried Tempeh with Long Bean    Stir Fried Bean Sprout with Carrot   Steamed Mixed Brown Rice	ABC Tofu Soup  Poached Spinach   Steamed Mixed Brown Rice	Teriyaki Baked Beancurd   Stir-fried Long Cabbage with Mushroom    Steamed Mixed Brown Rice	Margherita Pizza with Side Salad  
Fruit	Watermelon	Sun Melon	Orange Wedges	Honeydew	Red Apple



Egg



Dairy



Soy



Gluten



Legume



Sesame



Tree Nut



Mushroom



Coconut



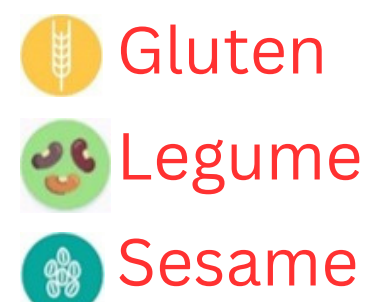
Chicken



Fish

Student Menu C

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Multigrain Cheerios  Full Cream Milk 	Wholemeal Bread with Black Cherry Jam   Full Cream Milk 	Cookies & Cream Wholemeal Cream Bun    Full Cream Milk 	Wholemeal Bread with Pineapple & Mango Jam   Full Cream Milk 	Cornflake  Full Cream Milk 
Lunch	Fried Wholemeal Bee Hoon with Minced Chicken, Egg, Carrot & Cabbage     	Apple and Dry Figs Chicken Soup    Braised Carrot & Cabbage    Steamed Mixed Brown Rice	Braised Minced Chicken with Sweet Onion Soya Sauce    Stir-fried Chye Sim with Carrot    Steamed Mixed Brown Rice	Tomato Chicken with Scrambled Egg     Stir-fried Cabbage    Steamed Mixed Brown Rice	Chicken Katsu Burger, Tomato, Onion, Cucumber, Cheese, Pink Mayonnaise with Baked Potato Salad   
Vegetarian Lunch	Fried Wholemeal Bee Hoon with Bean curd Cube, Carrot & Cabbage   	Apple and Dry Figs Mushroom Soup    Braised Carrot & Cabbage    Steamed Mixed Brown Rice	Braised Beancurd, Mushroom with sweet onion Soya Sauce    Stir-fried Chye Sim with Carrot    Steamed Mixed Brown Rice	Tomato Bake Beans    Stir-fried Cabbage    Steamed Mixed Brown Rice	Plant Based Chicken Katsu Burger, Tomato, Onion, Cucumber, Cheese, Pink Mayonnaise with Baked Potato Salad   
Fruit	Watermelon	Sun Melon	Orange Wedges	Honeydew	Red Apple



Student Menu D

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Honeystars Cereal  Full Cream Milk 	Wholemeal Bread with Blueberry Jam   Full Cream Milk 	Vanilla Wholemeal Cream Bun    Full Cream Milk 	Wholemeal Bread with Apricot Jam   Full Cream Milk 	Multigrain Cheerios  Full Cream Milk 
Lunch	Honey Roasted Spiced Chicken    Poached Spinach with Wolfberry    Steamed Mixed Brown Rice	Wholegrain Bee Hoon Soup with Chicken,Egg, Tau Kwa & Long Cabbage    	Steamed Fish with Ginger & Soy Sauce    Stir-fried Chinese Lettuce with Mushroom    Steamed Mixed Brown Rice	Sweet and Sour Chicken     Stir-fried Bok Choy    Steamed Mixed Brown Rice	Chicken Mac and Cheese with Chop Broccoli and Carrot    
Vegetarian Lunch	Honey Roasted Spiced Beancurd   Poached Spinach with Wolfberry    Steamed Mixed Brown Rice	Wholegrain Bee Hoon Soup with Beancurd, Mushroom, Tau Kwa & Long Cabbage   	Steamed Tofu with Ginger & Soy Sauce   Stir-fried Lettuce with Mushroom    Steamed Mixed Brown Rice	Sweet and Sour Beancurd   Stir-fried Bok Choy    Steamed Mixed Brown Rice	Macaroni with Tomato Sauce with Chop Broccoli and Carrot  
Fruit	Watermelon	Sun Melon	Orange Wedges	Honeydew	Red Apple

 Egg
  Gluten
  Tree Nut
  Chicken

 Dairy
  Legume
  Mushroom
  Fish

 Soy
  Sesame
  Coconut