

Week 1 Menu	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Milk Oats	Milo Omelette	Milk Egg Mayo Sandwich	Milo Cereal	Milk Oats	Milk French toast
Lunch	Rice with boiled chicken and soup Papaya	Chicken Macaroni Soup served with shredded chicken Kids Banana	Fish Been hoon soup with spinach Honey Dew	Fragrant Chicken Curry with Boiled Rice. Apple	Chicken Burger with lettuce, sliced tomatoes and cucumber Pear	Baked macaroni cooked with milk, cheese and mixed vegetables Watermelon
Afternoon Snack	Banana muffin Milo	Plain Yogurt	Red bean bun Barley Drink	Creamy carrot soup served with small bread sticks	Wheat crackers Soymilk	

Week 2 Menu	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Milk Oats	Milk Scrambled Eggs	Milo Cheese Sandwich	Milk Oats	Milk Pancakes with maple syrup	Milk Cereal
Lunch	Margarita Pizza with tomatoes, mushroom and cheese Watermelon	Chicken bee hoon soup cooked with bean curd and leafy vegetables in chicken broth Apple	Fried rice with mixed vegetables and tofu Pear	Idli Sambar Papaya	Tofu Burger with lettuce, sliced tomatoes and cucumber Banana	Tiny Shell Soup with carrots, green peas, and chinese mushroom. Honey dew
Afternoon Snack	Oatmeal cookies Milo	Plain yogurt with banana	Banana cake Barley Drink	Cream of mushroom soup with garlic bread	Cheese crackers Milo	

Week 3 Menu	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Milk Oats	Milk Banana Pancakes	Milk Whole grain butter sandwich	Milk Cereal	Milk French Toast	Milk Oats
Lunch	Spiral Pasta with tossed in olive oil and mixed herbs with fish croquettes and steamed broccoli Papaya	Rainbow congee with green peas, sweet potato and shredded chicken Kids banana	Egg fried rice with mixed vegetables Honey dew	Soya chicken and vegetables with steamed rice Apple	Fish Burger lettuce, sliced tomatoes and cucumber Pear	Chicken Congee Watermelon
Afternoon Snack	Carrot bran muffins with grated carrots and bran cereals Milo	Plain Yogurt with Banana	Hard boiled eggs Barley Drink	Pumpkin soup served with small bread sticks	Wheat crackers Milo	

Week 4 Menu	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Milk Cereal	Milo Scrambled Egg	Milk Hard boiled eggs	Milk Cereal	Milo Pancakes with Honey	Milk Cereal
Lunch	Chicken spaghetti with carrots, button mushroom, celery and minced chicken Watermelon	Macaroni, chicken and vegetables in chicken broth Apple	Fish Porridge cooked with silver fish, brown rice, tofu and green leafy vegetables Pear	Hainanese Chicken Rice with Japanese Cucumber and Tomato Banana	Vegetable burger cooked with carrots, green beans, peas, and potatoes Honeydew	Pumpkin congee Papaya
Afternoon Snack	Banana bread Milo	Plain Yogurt with Apple cubes	Sponge cake Barley Drink	Chicken corn soup with toast	Cheese crackers Milo	