

WEEKLY MEAL PLAN

EARLY YEARS (T&C - EXCELLENCE)

9-13 SEPTEMBER 2024

	MON	TUE	WED	THU	FRI
MORNING SNACK	BANANA MUFFIN WHOLE MILK & SEASONAL FRUITS	THAI RICE SOUP WHOLE MILK & SEASONAL FRUITS	PANDAN PANCAKE WHOLE MILK & SEASONAL FRUITS	SOFT BUNS WITH SCRAMBLED EGGS WHOLE MILK & SEASONAL FRUITS	EGG FRITATA WITH CHERRY TOMATOES WHOLE MILK & SEASONAL FRUITS
MAIN COURSE	CHINESE SPICE STEW PORK BELLY & EGG	BAKED CHICKEN WITH LEMON AND THYME	CHICKEN COQ AU VIN (NON RED WINE)	FISH FINGERS	PORK BURGER
RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
SIDE	THAI OMELET	PUMPKIN SAUTÉ	BOILED EGGS	STEAMED EGG	CAULIFLOWER SAUTÉ
SIDE/SOUP	POTATO WEDGE	TOFU AND SEAWEED SOUP	BAKED POTATO WITH SKIN	BAKED BUTTERED VEGGIES	THAI OMELETTE SOUP
SALAD	VEGGIES	VEGGIES	VEGGIES	VEGGIES	VEGGIES
FRUIT	SEASONAL FRUITS	SEASONAL FRUITS	SEASONAL FRUITS	SEASONAL FRUITS	SEASONAL FRUITS

*PLEASE BE AWARE THAT ITEMS ON THIS MENU MAY CHANGE OR BE UNAVAILABLE THAT CONTAINS ITEMS.



WEEKLY MEAL PLAN

PRIMARY YEARS / MIDDLE YEARS 9-13 SEPTEMBER 2024

	MON	TUE	WED	THU	FRI
MORNING SNACK	BANANA MUFFIN WHOLE MILK & SEASONAL FRUITS	THAI RICE SOUP WHOLE MILK & SEASONAL FRUITS	PANDAN PANCAKE WHOLE MILK & SEASONAL FRUITS	SOFT BUNS WITH SCRAMBLED EGGS WHOLE MILK & SEASONAL FRUITS	EGG FRITATA WITH CHERRY TOMATOES WHOLE MILK & SEASONAL FRUITS
ASIA	CHINESE SPICE STEW PORK BELLY 	STIR-FRIED PORK WITH HOLY BASIL 	PANANG RED CURRY WITH PORK 	CHICKEN BULGOGI 	CRISPY GARLIC CHICKEN
EGG DISH	CHINESE SPICE STEW EGG 	THAI FRIED EGG 	BOILED EGGS 	STEAMED EGG 	THAI OMELETTE
RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
WESTERN	FUSILLI AGLIO OLIO WITH PORK SAUSAGE 	BAKED CHICKEN WITH LEMON AND THYME 	CHICKEN COQ AU VIN (NON RED WINE) 	FISH FINGER 	PORK BURGER
VEGETARIAN / ALLERGY	THAI STEW TOFU	STIR-FRIED TOFU WITH HOLY BASIL	PANANG RED CURRY TOFU SKIN	TOFU BULGOGI	GARLIC MUSHROOM
SOUP	CLEAR SOUP WITH SPRING ONION	TOFU AND SEAWEED SOUP	POTATO SOUP	KIM CHI AND TOFU SOUP	THAI OMELETTE SOUP
NOODLE SOUP	JAPANESE UDON	NOODLE WITH BRAISED PORK 	NOODLE SOUP WITH SHREDDED	RAMEN WITH CHICKEN AND SEAWEED 	NOODLE RICE IN GRAVY WITH MARINATED PORK
SIDE	POTATO WEDGE	PUMPKIN SAUTÉ	BAKED POTATO WITH SKIN	BAKED BUTTERED VEGGIES	CAULIFLOWER SAUTÉ
SALAD	ASSORTED VEGETABLES WITH DRESSING	ASSORTED VEGETABLES WITH DRESSING	ASSORTED VEGETABLES WITH DRESSING	ASSORTED VEGETABLES WITH DRESSING	ASSORTED VEGETABLES WITH DRESSING
FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT

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