

# Weekly Meal Menu

## Early Years (T&C - Excellence)

20 - 24 January 2025

	MON	TUE	WED	THU	FRI
MORNING SNACK	CARROT PANCAKE  MILK AND SEASONAL FRUITS	EGG FRITATA WITH TOMATOES  MILK AND SEASONAL FRUITS	APPLE MUFFINS  MILK AND SEASONAL FRUITS	MACARONI SOUP  MILK AND SEASONAL FRUITS	YOGURT WITH CEREAL  MILK AND SEASONAL FRUITS
MAIN COURSE	CHICKEN TONKATSU 	PORK PICCATA 	JAPANESE UDON SOUP WITH PORK 	FISH BURGER 	PAD THAI WITH CHICKEN 
RICE	STEAMED RICE 	STEAMED RICE 	STEAMED RICE 	STEAMED RICE 	STEAMED RICE 
SIDE	STEAMED EGG 	FRIED EGG 	BOILED EGG 	THAI OMELETTE 	STEAMED EGG 
SIDE/SOUP	CUCUMBER SOUP 	POTATO SOUP 	STIR FRIED CABBAGE 	SALSA SALAD 	ONION SOUP 
SALAD	VEGGIES 	VEGGIES 	VEGGIES 	VEGGIES 	VEGGIES 
FRUIT	SEASONAL FRUITS 	SEASONAL FRUITS 	SEASONAL FRUITS 	SEASONAL FRUITS 	SEASONAL FRUITS 

\*PLEASE NOTE: ITEMS ON THIS MENU ARE SUBJECT TO CHANGE BASED ON AVAILABILITY.





# Weekly Meal Menu

## Primary Years / Middle Years

20 - 24 January 2025



	MON	TUE	WED	THU	FRI
MORNING SNACK	CARROT PANCAKE  MILK AND SEASONAL FRUITS	EGG FRITATA WITH TOMATOES  MILK AND SEASONAL FRUITS	APPLE MUFFINS  MILK AND SEASONAL FRUITS	MACARONI SOUP  MILK AND SEASONAL FRUITS	YOGURT WITH CEREAL  MILK AND SEASONAL FRUITS
ASIAN	CHICKEN TONKATSU 	STIR FRIED CHICKEN WITH MUSHROOM 	THAI MINCED PORK SALAD (LARB MOO) 	STIR FRIED CABBAGE WITH PORK 	PAD THAI WITH CHICKEN 
EGG DISH	STEAMED EGG 	FRIED EGG 	BOILED EGG 	THAI OMELETTE 	STEAMED EGG 
RICE	STEAMED RICE 	STEAMED RICE 	STEAMED RICE 	STEAMED RICE 	STEAMED RICE 
WESTERN	PASTA AGLIO E OLIO WITH HAM 	PORK PICCATA 	PASTA BOLOGNESE WITH CHICKEN 	FISH BURGER 	PORK STEW 
VEGETARIAN / ALLERGY	FRIED TOFU 	STIR FRIED MUSHROOM 	VEGETARIAN PASTA BOLOGNESE 	STIR FRIED CABBAGE WITH PROTEIN 	PAD THAI WITH TOFU 
SOUP	CUCUMBER SOUP 	POTATO SOUP 	TOM YUM WITH MUSHROOM 	WINTER MELON SOUP 	ONION AND TOMATO SOUP 
NOODLE SOUP	THAI TOSSED NOODLE WITH PORK 	NOODLE WITH SHREDDED CHICKEN 	JAPANESE UDON SOUP WITH PORK 	KIAM-EE WITH MINCED PORK 	CHICKEN SUKI SOUP 
SIDE	SAUTÉED BABY CARROTS 	BUTTERED SUNFLOWER SPROUT 	STIR FRIED CABBAGE 	SALSA SALAD 	CUCUMBER AND TOMATO 
SALAD	SALAD BAR 	SALAD BAR 	SALAD BAR 	SALAD BAR 	SALAD BAR 
FRUIT	SEASONAL FRUITS 	SEASONAL FRUITS 	SEASONAL FRUITS 	SEASONAL FRUITS 	SEASONAL FRUITS 

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