

# Weekly Meal Menu

## Early Years (T&C - Excellence)

25 - 29 August 2025

		MON	TUE	WED	THU	FRI
LUNCH	MORNING SNACK	CEREAL WITH YOGURT  MILK AND SEASONAL FRUITS	GARLIC BUTTER PASTA  MILK AND SEASONAL FRUITS	EGG SANDWICH  MILK AND SEASONAL FRUITS	BANANA BREAD  MILK AND SEASONAL FRUITS	CRACKER WITH CREAM CHEESE  MILK AND SEASONAL FRUITS
	MAIN COURSE	SWEET AND SOUR CHICKEN 	HOMEMADE PORK BURGER 	JAPANESE UDON SOUP WITH CHICKEN 	FISH FINGER 	PAD THAI WITH CHICKEN 
	RICE	STEAMED RICE 	STEAMED RICE 		STEAMED RICE 	
	SIDE	THAI OMELETTE 	CLEAR SOUP 	BOILED EGG 	THAI OMELETTE 	SCRAMBLED EGG 
	SIDE/SOUP	CUCUMBER SOUP 	MASHED POTATO 	NOODLE SOUP 	BUTTERED CORN 	MIXED VEGETABLES 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

25 - 29 August 2025

		MON	TUE	WED	THU	FRI
LUNCH	MORNING SNACK	CEREAL WITH YOGURT  MILK AND SEASONAL FRUITS	GARLIC BUTTER PASTA  MILK AND SEASONAL FRUITS	EGG SANDWICH  MILK AND SEASONAL FRUITS	BANANA BREAD  MILK AND SEASONAL FRUITS	CRACKER WITH CREAM CHEESE  MILK AND SEASONAL FRUITS
	ASIAN	SWEET AND SOUR CHICKEN 	CHICKEN SNAP PEA STIR-FRY 	THAI MINCED PORK SALAD (LARB MOO) 	STIR FRIED CABBAGE WITH CHICKEN 	PAD THAI WITH CHICKEN 
	EGG DISH	THAI OMELETTE 	FRIED EGG 	BOILED EGG 	THAI OMELETTE 	SCRAMBLED EGG 
	RICE	STEAMED RICE 	STEAMED RICE 	STEAMED RICE 	STEAMED RICE 	STEAMED RICE 
	WESTERN	PASTA AGLIO E OLIO WITH CHICKEN SAUSAGE 	HOMEMADE PORK BURGER 	PASTA BOLOGNESE WITH CHICKEN 	FISH FINGER 	PORK STEW 
	VEGETARIAN / ALLERGY	SWEET AND SOUR TOFU 	SNAP PEA STIR-FRY 	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 CHICKEN 	KIAM-EE WITH MINCED PORK 	CHICKEN SUKI SOUP 
	SIDE	SAUTÉED BABY CARROTS 	MASHED POTATO 	BUTTERED CHINESE CABBAGE 	BUTTERED CORN 	POTATO WEDGES 
	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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# After School Club Snack

**25 - 29 August 2025**

## MONDAY

SNACK

**BANANA OAT BARS**

FRUIT

**SEASONAL FRUIT**

## TUESDAY

SNACK

**CHEESE SANDWICH**

FRUIT

**SEASONAL FRUIT**

## WEDNESDAY

SNACK

**YOGURT PANCAKE**

FRUIT

**SEASONAL FRUIT**

## THURSDAY

SNACK

**PIZZA TOAST**

FRUIT

**SEASONAL FRUIT**

## FRIDAY

SNACK

**EGG ROLL SUSHI**

FRUIT

**SEASONAL FRUIT**

