

# Weekly Meal Menu

## Early Years (T&C - J&C)

29 September- 3 October 2025

		MON	TUE	WED	THU	FRI	
LUNCH	MORNING SNACK	CEREAL WITH YOGURT  MILK AND SEASONAL FRUITS	BANANA BREAD  MILK AND SEASONAL FRUITS	EGG SANDWICH  MILK AND SEASONAL FRUITS	FAMILY CONFERENCES		CRACKER WITH CREAM CHEESE  MILK AND SEASONAL FRUITS
	MAIN COURSE	SWEET AND SOUR CHICKEN 	HOMEMADE PORK / CHICKEN BURGER 	JAPANESE UDON SOUP WITH CHICKEN 			CHICKEN PIZZA 
	RICE	STEAMED RICE 	STEAMED RICE 	STEAMED RICE 			STEAMED RICE 
	SIDE	SAUTÉED BABY CARROTS 	MASHED POTATO 	BOILED EGG 			SCRAMBLED EGG 
	SIDE/SOUP	THAI OMELETTE 	CLEAR SOUP 	NOODLE SOUP 			ONION AND TOMATO SOUP 
	SALAD	VEGGIES 	VEGGIES 	VEGGIES 			VEGGIES 
	FRUIT	SEASONAL FRUITS 	SEASONAL FRUITS 	SEASONAL FRUITS 			SEASONAL FRUITS 

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



# Weekly Meal Menu

## Early Years (P&U - Excellence)

29 September- 3 October 2025

		MON	TUE	WED	THU	FRI	
LUNCH	MORNING SNACK	CEREAL WITH YOGURT  MILK AND SEASONAL FRUITS	BANANA BREAD  MILK AND SEASONAL FRUITS	EGG SANDWICH  MILK AND SEASONAL FRUITS	FAMILY CONFERENCES		CRACKER WITH CREAM CHEESE  MILK AND SEASONAL FRUITS
	MAIN COURSE	SWEET AND SOUR CHICKEN 	HOMEMADE PORK / CHICKEN BURGER 	JAPANESE UDON SOUP WITH CHICKEN 			CHICKEN PIZZA 
	RICE	STEAMED RICE 	STEAMED RICE 	STEAMED RICE 			STEAMED RICE 
	SIDE	SAUTÉED BABY CARROTS 	MASHED POTATO 	BOILED EGG 			SCRAMBLED EGG 
	SIDE/SOUP	THAI OMELETTE 	CLEAR SOUP 	NOODLE SOUP 			ONION AND TOMATO SOUP 
	SALAD	ASSORTED VEGETABLES 	ASSORTED VEGETABLES 	ASSORTED VEGETABLES 			ASSORTED VEGETABLES 
	FRUIT	SEASONAL FRUITS 	SEASONAL FRUITS 	SEASONAL FRUITS 			SEASONAL FRUITS 

















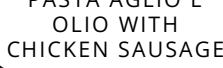















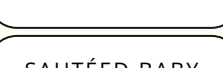
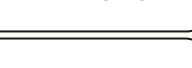
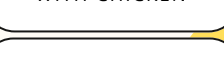
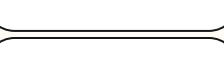

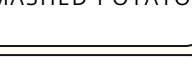
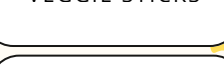
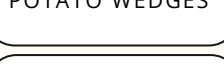




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# Weekly Meal Menu

## Elementary School / Middle Years

29 September- 3 October 2025

		MON	TUE	WED	THU	FRI
LUNCH	MORNING SNACK	CEREAL WITH YOGURT  MILK AND SEASONAL FRUITS	BANANA BREAD  MILK AND SEASONAL FRUITS	EGG SANDWICH  MILK AND SEASONAL FRUITS	FAMILY CONFERENCES	CRACKER WITH CREAM CHEESE  MILK AND SEASONAL FRUITS
	ASIAN	SWEET AND SOUR CHICKEN 	CHICKEN SNAP PEA STIR-FRY 	THAI MINCED PORK SALAD (LARB MOO) 		PAD THAI WITH CHICKEN 
	EGG DISH	THAI OMELETTE 	FRIED EGG 	BOILED EGG 		SCRAMBLED EGG 
	RICE	STEAMED RICE 	STEAMED RICE 	STEAMED RICE 		STEAMED RICE 
	WESTERN	PASTA AGLIO E OLIO WITH CHICKEN SAUSAGE 	HOMEMADE PORK BURGER 	CRISPY CHICKEN STRIPS 		PIZZA DAY 
	VEGETARIAN / ALLERGY	SWEET AND SOUR TOFU 	SNAP PEA STIR-FRY 	THAI LARB 		PAD THAI WITH TOFU 
	SOUP	CUCUMBER SOUP 	CLEAR SOUP 	SEAWEED SOUP 		ONION AND TOMATO SOUP 
	NOODLE SOUP	NOODLE WITH BRAISED PORK 	NOODLE WITH SHREDDED CHICKEN 	JAPANESE UDON SOUP WITH CHICKEN 		CHICKEN SUKI SOUP 
	SIDE	SAUTÉED BABY CARROTS 	MASHED POTATO 	VEGGIE STICKS 		POTATO WEDGES 
	SALAD	ASSORTED VEGETABLES WITH DRESSING 	ASSORTED VEGETABLES WITH DRESSING 	ASSORTED VEGETABLES WITH DRESSING 		ASSORTED VEGETABLES WITH DRESSING 
	FRUIT	SEASONAL FRUITS 	SEASONAL FRUITS 	SEASONAL FRUITS 		SEASONAL FRUITS 

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# After School Club Snack

**29 September- 3 October 2025**

## MONDAY

SNACK

**BANANA OAT BARS**

FRUIT

**SEASONAL FRUIT**

## TUESDAY

SNACK

**CRACKER WITH CREAM CHEESE**

FRUIT

**SEASONAL FRUIT**

## WEDNESDAY

SNACK

**PIZZA TOAST**

FRUIT

**SEASONAL FRUIT**

## THURSDAY

SNACK

**FAMILY  
CONFERENCES**

FRUIT

## FRIDAY

SNACK

**BUTTERED CORN**

FRUIT

**SEASONAL FRUIT**