

Weekly Meal Menu

Early Years (T&C - J&C)

3 - 7 November 2025

		MON	TUE	WED	THU	FRI
LUNCH	MORNING SNACK	CRACKER WITH CREAM CHEESE  WHOLE MILK & FRUITS	CHICKEN SHUMAI DUMPLING  WHOLE MILK & FRUITS	THAI RICE SOUP  WHOLE MILK & FRUITS	EGG SALAD SANDWICH  WHOLE MILK & FRUITS	YOGURT MUFFINS  WHOLE MILK & FRUITS
	MAIN COURSE	THAI GARLIC CHICKEN 	EGG NOODLE WITH SHREDDED CHICKEN 	ROSEMARY BAKED CHICKEN WITH BROWN SAUCE 	CRISPY FISH 	PASTA BOLOGNESE WITH CHICKEN 
	RICE	STEAMED RICE 	STEAMED RICE 		STEAMED RICE 	STEAMED RICE 
	SIDE	THAI OMELETTE 	BOILED EGG 	THAI SCRAMBLED EGG 	STEAMED EGG 	FRIED EGG 
	SIDE/SOUP	MIXED VEGETABLES SOUP 	NOODLE SOUP 	CHINESE RADISH SOUP 	JAPANESE TOFU SOUP 	HOMEMADE POTATO WEDGES 
	SALAD	ASSORTED VEGETABLES 	ASSORTED VEGETABLES 	ASSORTED VEGETABLES 	ASSORTED VEGETABLES 	ASSORTED VEGETABLES 
	FRUIT	SEASONAL FRUITS 	SEASONAL FRUITS 	SEASONAL FRUITS 	SEASONAL FRUITS 	SEASONAL FRUITS 

*PLEASE NOTE THAT ITEMS ON THIS MENU MAY CHANGE DUE TO AVAILABILITY



Weekly Meal Menu

Early Years (P&U- Excellence)

3 - 7 November 2025

		MON	TUE	WED	THU	FRI
LUNCH	MORNING SNACK	CRACKER WITH CREAM CHEESE  WHOLE MILK & FRUITS	CHICKEN SHUMAI DUMPLING  WHOLE MILK & FRUITS	THAI RICE SOUP  WHOLE MILK & FRUITS	EGG SALAD SANDWICH  WHOLE MILK & FRUITS	YOGURT MUFFINS  WHOLE MILK & FRUITS
	MAIN COURSE	HOMEMADE POPCORN CHICKEN 	EGG NOODLE WITH GRILLED RED PORK 	ROSEMARY BAKED CHICKEN WITH BROWN SAUCE 	CRISPY FISH 	PASTA BOLOGNESE WITH CHICKEN 
	RICE	STEAMED RICE 		STEAMED RICE 	STEAMED RICE 	STEAMED RICE 
	SIDE	THAI OMELETTE 	BOILED EGG 	THAI SCRAMBLED EGG 	STEAMED EGG 	FRIED EGG 
	SIDE/SOUP	MIXED VEGETABLES SOUP 	NOODLE SOUP 	CHINESE RADISH SOUP 	JAPANESE TOFU SOUP 	HOMEMADE POTATO WEDGES 
	SALAD	ASSORTED VEGETABLES 	ASSORTED VEGETABLES 	ASSORTED VEGETABLES 	ASSORTED VEGETABLES 	ASSORTED VEGETABLES 
	FRUIT	SEASONAL FRUITS 	SEASONAL FRUITS 	SEASONAL FRUITS 	SEASONAL FRUITS 	SEASONAL FRUITS 

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Weekly Meal Menu

Elementary School / Middle Years

3 - 7 November 2025

		MON	TUE	WED	THU	FRI
LUNCH	MORNING SNACK	CRACKER WITH CREAM CHEESE    WHOLE MILK & FRUITS	CHICKEN SHUMAI DUMPLING    WHOLE MILK & FRUITS	THAI RICE SOUP    WHOLE MILK & FRUITS	EGG SALAD SANDWICH    WHOLE MILK & FRUITS	YOGURT MUFFINS    WHOLE MILK & FRUITS
	THAI	THAI GARLIC CHICKEN	GRILLED BBQ RED PORK	CHICKEN WITH BASIL (PHAD KRAPOW GAI)	CRISPY FISH	KHAO SOI CHICKEN
	EGG DISH	THAI OMELETTE 	BOILED EGG 	THAI SCRAMBLED EGG 	STEAMED EGG 	FRIED EGG 
	RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
	INTERNATIONAL	HOMEMADE POPCORN CHICKEN	HOMEMADE CHICKEN HOTDOG	ROSEMARY BAKED CHICKEN WITH BROWN SAUCE	PASTA ALFREDO WITH CHICKEN	PASTA BOLOGNESE WITH CHICKEN
	VEGETARIAN / ALLERGY	FRIED MUSHROOM	GRILLED TOFU	PROTEIN WITH BASIL	CRISPY TOFU	KHAO SOI / PASTA BOLOGNESE
	SOUP	MIXED VEGETABLES SOUP	CLEAR SOUP	CHINESE RADISH SOUP	SEAWEED SOUP	CLEAR SOUP
	NOODLE SOUP	NOODLE WITH MINCED PORK	NOODLE WITH SHREDDED CHICKEN	THAI BRAISED PORK NOODLE SOUP	JAPANESE UDON WITH PORK	NOODLE SOUP WITH PORK
	SIDE	STIR FRIED CABBAGE WITH FISH SAUCE	CUCUMBER STICK	MASHED POTATO	SAUTÉED BROCCOLI	HOMEMADE POTATO WEDGES
	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 

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



After School Club Snack

3 - 7 November 2025

MONDAY

SNACK

YOGURT WITH CEREAL

FRUIT

SEASONAL FRUIT

TUESDAY

SNACK

CROUTON STICKS

FRUIT

SEASONAL FRUIT

WEDNESDAY

SNACK

BANANA OAT BARS

FRUIT

SEASONAL FRUIT

THURSDAY

SNACK

CHEESE SANDWICH

FRUIT

SEASONAL FRUIT

FRIDAY

SNACK

**CRACKER WITH
CREAM CHEESE**

FRUIT

SEASONAL FRUIT

