



Weekly Meal Menu Early Years (T&C - J&C)

November 2025



WED

THU

FRI

MORNING SNACK



WHOLE MILK & **FRUITS**



WHOLE MILK & **FRUITS**

THAI RICE SOUP



WHOLE MILK & **FRUITS**

EGG SALAD SANDWICH



WHOLE MILK & **FRUITS**

YOGURT MUFFINS

(6) (6) WHOLE MILK & **FRUITS**





EGG NOODLE WITH SHREDDED CHICKEN



ROSEMARY BAKED CHICKEN WITH **BROWN SAUCE**



CRISPY FISH



PASTA BOLOGNESE WITH CHICKEN

(A)(G)

STEAMED RICE



STEAMED RICE









STEAMED RICE



STEAMED RICE



THAI OMELETTE



BOILED EGG



THAI SCRAMBLED EGG



STEAMED EGG



FRIED EGG



MIXED **VEGETABLES** SOUP



NOODLE SOUP



CHINESE RADISH SOUP



IAPANESE TOFU SOUP



HOMEMADE **POTATO** WEDGES



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













































DARIY CELERY SOY/ MASTARD SESAME SEEDS





Weekly Meal Menu Early Years (P&U-Excellence)

3 - 7 November 2025



WED

THU

FRI

YOGURT MUFFINS

MORNING SNACK



WHOLE MILK & **FRUITS**



WHOLE MILK & **FRUITS**

THAI RICE SOUP



WHOLE MILK & **FRUITS**

EGG SALAD SANDWICH



(6) (6) WHOLE MILK & **FRUITS**

HOMEMADE POPCORN CHICKEN



EGG NOODLE WITH GRILLED RED PORK



ROSEMARY BAKED CHICKEN WITH **BROWN SAUCE**



CRISPY FISH



PASTA BOLOGNESE WITH CHICKEN



STEAMED RICE





STEAMED RICE



STEAMED RICE



STEAMED RICE



THAI OMELETTE



BOILED EGG



THAI SCRAMBLED EGG



STEAMED EGG



FRIED EGG



MIXED **VEGETABLES** SOUP



NOODLE SOUP



CHINESE RADISH SOUP



IAPANESE TOFU SOUP



HOMEMADE **POTATO** WEDGES



ASSORTED VEGETABLES



ASSORTED **VEGETABLES**



ASSORTED VEGETABLES



ASSORTED VEGETABLES



ASSORTED VEGETABLES





SEASONAL FRUITS



SEASONAL **FRUITS**



SEASONAL FRUITS



SEASONAL FRUITS



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DARIY CELERY SOY/ MASTARD SESAME SEEDS









Weekly Meal Menu

Elementary School / Middle Years

3 - 7 November 2025



TUE

WED

THU

FRI

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 GARLIC CHICKEN

GRILLED BBQ RED PORK

CHICKEN WITH BASIL (PHAD **KRAPOW GAI)**

CRISPY FISH

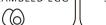
KHAO SOI CHICKEN

THAI OMELETTE (6)

BOILED EGG

(6)

THAI SCRAMBLED EGG



STEAMED EGG (6)



RICE

STEAMED RICE

STEAMED RICE

STEAMED RICE

STEAMED RICE

STEAMED RICE

(6)

HOMEMADE POPCORN CHICKEN

HOMEMADE CHICKEN HOTDOG ROSEMARY BAKED CHICKEN WITH **BROWN SAUCE**

PASTA ALFREDO WITH CHICKEN

PASTA BOLOGNESE WITH CHICKEN

FRIED MUSHROOM

GRILLED TOFU

PROTEIN WITH **BASIL**

CRISPY TOFU

KHAO SOI / PASTA **BOLOGNESE**

MIXED **VEGETABLES** SOUP

CLEAR SOUP

CHINESE RADISH SOUP

SEAWEED SOUP

CLEAR SOUP

NOODLE WITH MINCED PORK

NOODLE WITH SHREDDED CHICKEN THAI BRAISED PORK **NOODLE SOUP**

JAPANESE UDON WITH PORK

NOODLE SOUP WITH PORK

STIR FRIED CABBAGE WITH FISH SAUCE

CUCUMBER STICK

MASHED POTATO

SAUTÉED BROCCOLI

HOMEMADE POTATO WEDGES

ASSORTED **VEGETABLES WITH** DRESSING

ASSORTED VEGETABLES WITH DRESSING

ASSORTED VEGETABLES WITH DRESSING

ASSORTED VEGETABLES WITH DRESSING

ASSORTED VEGETABLES WITH DRESSING



SEASONAL FRUIT



SEASONAL FRUIT



SEASONAL FRUIT



SEASONAL FRUIT



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EGG



















After School Club Snack



3 - 7 November 2025



YOGURT WITH CEREAL

SEASONAL FRUIT





CROUTON STICKS



SEASONAL FRUIT



CHEESE SANDWICH

SEASONAL FRUIT



CRACKER WITH CREAM CHEESE

SEASONAL FRUIT





