

Weekly Meal Menu

Early Years (T&C - J&C)

14 - 17 October 2025

MON

TUE

WED

THU

FRI

MORNING
SNACK

MAIN
COURSE

RICE

SIDE

SIDE/SOUP

SALAD

FRUIT

SCHOOL HOLIDAY

BANANA MUFFINS



WHOLE MILK &
SEASONAL FRUITS

BUTTERED NOODLES
WITH CHERRY
TOMATOES



WHOLE MILK &
SEASONAL FRUITS

EGG SALAD
SANDWICH



WHOLE MILK &
SEASONAL FRUITS

CRACKERS WITH
CREAM CHEESE



WHOLE MILK &
SEASONAL FRUITS

OVEN ROASTED
CHICKEN WITH
LEMON ROSEMARY



CHICKEN
TORTILLA WRAP



JAPANESE
TERIYAKI FISH



HAINANESE
CHICKEN RICE



STEAMED RICE



STEAMED RICE



STEAMED RICE



STEAMED RICE
HAINANESE RICE



FRIED EGG



SCRAMBLED
EGG



THAI OMELETTE



BOILED EGG



OVEN ROASTED
POTATOES



TOMATO SALSA



SEAWEED SOUP



WINTER MELON
SOUP



VEGGIES



VEGGIES



VEGGIES



VEGGIES



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)

14 - 17 October 2025

		MON	TUE	WED	THU	FRI			
LUNCH	MORNING SNACK	BANANA MUFFINS  WHOLE MILK & SEASONAL FRUITS		BUTTERED NOODLES WITH CHERRY TOMATOES  WHOLE MILK & SEASONAL FRUITS		EGG SALAD SANDWICH  WHOLE MILK & SEASONAL FRUITS		CRACKERS WITH CREAM CHEESE  WHOLE MILK & SEASONAL FRUITS	
	MAIN COURSE	OVEN ROASTED CHICKEN WITH LEMON ROSEMARY 		CHICKEN TORTILLA WRAP 		JAPANESE TERIYAKI FISH 		HAINANESE CHICKEN RICE 	
	RICE	STEAMED RICE 		STEAMED RICE 		STEAMED RICE 		STEAMED RICE HAINANESE RICE 	
	SIDE	FRIED EGG 		SCRAMBLED EGG 		THAI OMELETTE 		BOILED EGG 	
	SIDE/SOUP	OVEN ROASTED POTATOES 		TOMATO SALSA 		SEAWEED SOUP 		WINTER MELON SOUP 	
	SALAD	VEGGIES 		VEGGIES 		VEGGIES 		VEGGIES 	
	FRUIT	SEASONAL FRUITS 		SEASONAL FRUITS 		SEASONAL FRUITS 		SEASONAL FRUITS 	

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Weekly Meal Menu

Elementary School / Middle Years

14 - 17 October 2025

		MON	TUE	WED	THU	FRI
MORNING SNACK LUNCH FRUIT	ASIAN	SCHOOL HOLIDAY				
	EGG DISH					
	RICE					
	WESTERN					
	VEGETARIAN / ALLERGY					
	SOUP					
	NOODLE SOUP					
	SIDE					
	SALAD					
	FRUIT					
	BANANA MUFFINS WHOLE MILK & FRUITS	BUTTERED NOODLES WITH CHERRY TOMATOES WHOLE MILK & FRUITS	EGG SALAD SANDWICH WHOLE MILK & FRUITS	CRACKERS WITH CREAM CHEESE MILK AND SEASONAL FRUITS		
	PAD MEE KORAT WITH PORK (STIR-FRIED NOODLE THAI KORAT STYLE)	PORK AND BELL PEPPER STIR FRY	JAPANESE TERIYAKI FISH	HAINANESE CHICKEN RICE		
	FRIED EGG 	SCRAMBLED EGG 	THAI OMELETTE 	BOILED EGG 		
	STEAMED RICE 	STEAMED RICE 	STEAMED RICE 	STEAMED RICE HAINANESE RICE 		
	OVEN ROASTED CHICKEN WITH LEMON ROSEMARY	BBQ CHICKEN TORTILLA WRAP	CHICKEN STEW	CHEESY PASTA BAKE WITH CHICKEN		
	PAD MEE KORAT (STIR-FRIED NOODLE THAI KORAT STYLE)	CHINESE VEGETABLE STEW	PAN FRIED TOFU	PASTA BAKE		
	WHITE RADISH SOUP	CHINESE VEGETABLE STEW	SEAWEED SOUP	WINTER MELON SOUP		
	THAI BRAISED CHICKEN NOODLE SOUP WITH BITTER MELON	THAI SUKI SOUP WITH CHICKEN	NOODLE WITH BRAISED PORK	NOODLE SOUP WITH MINCED PORK		
	OVEN ROASTED POTATOES	TOMATO SALSA	OVEN ROASTED VEGETABLES	SLICED CUCUMBER		
	ASSORTED VEGETABLES WITH DRESSING	ASSORTED VEGETABLES WITH DRESSING	ASSORTED VEGETABLES WITH DRESSING	ASSORTED VEGETABLES WITH DRESSING		
	SEASONAL FRUIT 	SEASONAL FRUITS 	SEASONAL FRUITS 	SEASONAL FRUITS 		

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After School Club Snack

14 - 17 October 2025

MONDAY

SNACK

SCHOOL HOLIDAY

FRUIT

TUESDAY

SNACK

CHEESE SANDWICH

FRUIT

SEASONAL FRUIT

SNACK

WEDNESDAY

SNACK

CEREAL WITH YOGURT

FRUIT

SEASONAL FRUIT

SNACK

THURSDAY

SNACK

CHEESE PUFF

FRUIT

SEASONAL FRUIT

FRIDAY

SNACK

GARLIC BREAD

FRUIT

SEASONAL FRUIT

