



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

24-28 November 2025



WED

THU

FRI

MORNING SNACK

CEREAL WITH YOGURT



WHOLE MILK & SEASONAL FRUITS BANANA MUFFINS



WHOLE MILK & SEASONAL FRUITS BUTTERED NOODLES WITH CHERRY TOMATOES

WHOLE MILK & SEASONAL FRUITS CHEESE SANDWICH



WHOLE MILK & SEASONAL FRUITS CRACKERS WITH CREAM CHEESE

WHOLE MILK & SEASONAL FRUITS

PORK UDON SOUP



OVEN ROASTED CHICKEN WITH LEMON ROSEMARY



CHICKEN TORTILLA WRAP



FISH FINGERS



CHEESY PASTA **BAKE WITH** CHICKEN



STEAMED RICE



STEAMED RICE



STEAMED RICE



STEAMED RICE



STEAMED RICE



BOILED EGG



STEAMED EGG



SCRAMBLED EGG



THAI OMELETTE



BOILED EGG



IAPANESE TOFU SOUP



OVEN ROASTED **POTATOES**



TOMATO SALSA



SEAWEED SOUP



WINTER MELON SOUP



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.































CHEESE

















DARIY CELERY SOY/ MASTARD SESAME SEEDS









Weekly Meal Menu

Early Years (P&U - Excellence)

24-28 November 2025



WED

THU

FRI

MORNING SNACK

CEREAL WITH YOGURT



WHOLE MILK & SEASONAL FRUITS BANANA MUFFINS



WHOLE MILK & SEASONAL FRUITS BUTTERED NOODLES WITH CHERRY TOMATOES

WHOLE MILK & SEASONAL FRUITS CHEESE SANDWICH



WHOLE MILK & SEASONAL FRUITS CRACKERS WITH CREAM CHEESE

WHOLE MILK & SEASONAL FRUITS

PORK UDON SOUP



OVEN ROASTED CHICKEN WITH LEMON ROSEMARY



CHICKEN TORTILLA WRAP



FISH FINGERS



CHEESY PASTA **BAKE WITH** CHICKEN



STEAMED RICE



STEAMED RICE



STEAMED RICE



STEAMED RICE



STEAMED RICE



BOILED EGG



STEAMED EGG



SCRAMBLED EGG



THAI OMELETTE



BOILED EGG



IAPANESE TOFU SOUP



OVEN ROASTED **POTATOES**



TOMATO SALSA



SEAWEED SOUP



WINTER MELON SOUP



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.



















































DARIY CELERY SOY/ MASTARD SESAME SEEDS







Weekly Meal Menu



Elementary School / Middle Years

24-28 November 2025



TUE

WED

THU

FRI

MORNING SNACK

CEREAL WITH YOGURT

WHOLE MILK & **FRUITS**

BANANA MUFFINS

WHOLE MILK & **FRUITS**

BUTTERED NOODLES WITH CHERRY TOMATOES

WHOLE MILK & FRUITS

CHEESE SANDWICH

WHOLE MILK & **FRUITS**

CRACKERS WITH CREAM CHEESE

MILK AND SEASONAL FRUITS

CRISPY GARLIC CHICKEN

STIR-FRIED PORK WITH HOLY BASIL (PAD KRAPAO)

CHICKEN AND BELL PEPPER STIR FRY

FISH FINGERS

HAINANESE CHICKEN RICE

BOILED EGG



FRIED EGG



SCRAMBLED EGG



THAI OMELETTE



BOILED EGG



RICE

STEAMED RICE

STEAMED RICE



STEAMED RICE



STEAMED RICE



STEAMED RICE



CHICKEN **BOLOGNESE** PASTA

OVEN ROASTED CHICKEN WITH LEMON ROSEMARY

CHICKEN TORTILLA WRAP

CHICKEN STEW

CHEESY PASTA BAKE WITH CHICKEN

STIR-FRIED MUSHROOM STIR-FRIED PROTEIN WITH HOLY BASIL (PAD KRAPAO)

TOFU AND BELL PEPPER STIR FRY

PAN FRIED TOFU

PASTA BAKE

JAPANESE TOFU SOUP

WHITE RADISH SOUP

THAI OMELETTE SOUP

SEAWEED SOUP

WINTER MELON SOUP

PORK UDON SOUP

NOODLE SOUP WITH SHREDED CHICKEN

THAI BRAISED CHICKEN NOODLE SOUP WITH

THAI SUKI SOUP WITH PORK

NOODLE SOUP WITH MINCED PORK

STIR FRIED CABBAGE WITH OVEN ROASTED

TOMATO SALSA

BITTER MELON

MASHED

FISH SAUCE

POTATOES

POTATOES

SLICED CUCUMBER

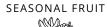
ASSORTED **VEGETABLES WITH** DRESSING

ASSORTED **VEGETABLES WITH** DRESSING

ASSORTED **VEGETABLES WITH DRESSING**

ASSORTED **VEGETABLES WITH** DRESSING

ASSORTED VEGETABLES WITH DRESSING



SEASONAL FRUIT



SEASONAL FRUITS

SEASONAL FRUITS



SEASONAL FRUITS



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















EGG



















After School Club Snack



MONDAY

CROUTON STICKS

SEASONAL FRUIT

TUESDAY

PIZZA TOAST

SEASONAL FRUIT

WEDNESDAY

CRACKERS WITH CREAM CHEESE

SEASONAL FRUIT

THURSDAY

CEREAL WITH YOGURT

SEASONAL FRUIT

FRIDAY

BANANA OAT BARS

SEASONAL FRUIT









