




































Weekly Meal Menu

Early Years (T&C - J&C)

13-16 January 2025

		MON	TUE	WED	THU	FRI OLYMPICS DAY
LUNCH	MORNING SNACK	KIMBAB  WHOLE MILK & SEASONAL FRUITS	CEREAL WITH YOGURT  WHOLE MILK & SEASONAL FRUITS	THAI RICE SOUP WITH MINCED CHICKEN  WHOLE MILK & SEASONAL FRUITS	CRACKER WITH CREAM CHEESE  WHOLE MILK & SEASONAL FRUITS	CHEESE SANDWICH  WHOLE MILK & SEASONAL FRUITS
	MAIN COURSE	ROASTED CHICKEN AND POTATOES 	STIR-FRIED CHICKEN WITH CRISPY HOLY BASIL 	PASTA BOLOGNESE WITH CHICKEN 	FISH FINGERS 	NOODLE SOUP WITH MINCED PORK 
	RICE	STEAMED RICE 	STEAMED RICE 	STEAMED RICE 	STEAMED RICE 	STEAMED RICE 
	SIDE	SCRAMBLED EGG 	THAI OMELETTE 	BOILED EGG 	STEAMED EGG 	BOILED EGG 
	SIDE/SOUP	MIXED VEGETABLES SOUP 	EGG TOFU SOUP WITH SEAWEED 	ROASTED POTATO 	MASHED POTATO 	NOODLE SOUP 
	SALAD	VEGGIES 	VEGGIES 	VEGGIES 	VEGGIES 	VEGGIES 
	FRUIT	SEASONAL FRUITS 	SEASONAL FRUITS 	SEASONAL FRUITS 	SEASONAL FRUITS 	SEASONAL FRUITS 




































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Weekly Meal Menu

Early Years (P&U - Excellence)

13-16 January 2025

		MON	TUE	WED	THU	FRI OLYMPICS DAY
LUNCH	MORNING SNACK	KIMBAB  WHOLE MILK & SEASONAL FRUITS	CEREAL WITH YOGURT  WHOLE MILK & SEASONAL FRUITS	THAI RICE SOUP WITH MINCED CHICKEN  WHOLE MILK & SEASONAL FRUITS	CRACKER WITH CREAM CHEESE  WHOLE MILK & SEASONAL FRUITS	CHEESE SANDWICH  WHOLE MILK & SEASONAL FRUITS
	MAIN COURSE	ROASTED CHICKEN AND POTATOES 	STIR-FRIED CHICKEN WITH CRISPY HOLY BASIL 	PASTA BOLOGNESE WITH CHICKEN 	FISH FINGERS 	NOODLE SOUP WITH MINCED PORK 
	RICE	STEAMED RICE 	STEAMED RICE 	STEAMED RICE 	STEAMED RICE 	STEAMED RICE 
	SIDE	SCRAMBLED EGG 	THAI OMELETTE 	BOILED EGG 	STEAMED EGG 	BOILED EGG 
	SIDE/SOUP	MIXED VEGETABLES SOUP 	EGG TOFU SOUP WITH SEAWEED 	ROASTED POTATO 	MASHED POTATO 	NOODLE SOUP 
	SALAD	VEGGIES 	VEGGIES 	VEGGIES 	VEGGIES 	VEGGIES 
	FRUIT	SEASONAL FRUITS 	SEASONAL FRUITS 	SEASONAL FRUITS 	SEASONAL FRUITS 	SEASONAL FRUITS 
















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Weekly Meal Menu

Elementary School / Middle Years

13-16 January 2025

		MON	TUE	WED	THU	FRI OLYMPICS DAY
LUNCH	MORNING SNACK	KIMBAB  WHOLE MILK & FRUITS	CEREAL WITH YOGURT  WHOLE MILK & FRUITS	THAI RICE SOUP WITH MINCED CHICKEN  WHOLE MILK & FRUITS	CRACKER WITH CREAM CHEESE  WHOLE MILK & FRUITS	CHEESE SANDWICH  WHOLE MILK & FRUITS
	THAI	CHINESE SPICE STEW PORK	STIR-FRIED CHICKEN WITH HOLY BASIL (PAD KRAPAO)	GREEN CURRY WITH PORK	FISH FINGER	STIR FRIED MIXED VEGETABLES WITH CHICKEN
	EGG DISH	CHINESE SPICE STEW EGG 	FRIED EGG 	BOILED EGG 	STEAMED EGG 	THAI OMELETTE 
	RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE	STEAMED RICE
	INTERNATIONAL	ROASTED CHICKEN AND POTATOES	MARINATED CHICKEN WINGS	PASTA BOLOGNESE WITH CHICKEN	CHICKEN BIRYANI	PIZZA DAY
	VEGETARIAN / ALLERGY	CHINESE SPICE STEW TOFU	STIR-FRIED PROTEIN WITH HOLY BASIL (PAD KRAPAO)	GREEN CURRY WITH TOFU SKIN	TOFU BIRYANI	STIR FRIED MIXED VEGETABLES
	SOUP	MIXED VEGETABLES SOUP	EGG TOFU SOUP WITH SEAWEED	GREEN CURRY SOUP	POTATO SOUP	CLEAR SOUP
	NOODLE SOUP	NOODLE SOUP WITH SHREDDED CHICKEN	JAPANESE UDON SOUP WITH PORK	THAI SUKIYAKI WITH CHICKEN	NOODLE WITH BRAISED PORK	NOODLE WITH MINCED PORK
	SIDE	STIR-FRIED KALES	ONION RING	ROASTED POTATO	MASHED POTATO	CORN SALSA
	SALAD	ASSORTED VEGETABLES WITH DRESSING	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 	SEASONAL FRUITS 

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After School Club Snack

13-16 January 2025

MONDAY

SNACK

CHEESE SANDWICH

FRUIT

SEASONAL FRUIT

TUESDAY

SNACK

**CRACKER WITH
CREAM CHEESE**

FRUIT

SEASONAL FRUIT

WEDNESDAY

SNACK

CROUTON STICKS

FRUIT

SEASONAL FRUIT

THURSDAY

SNACK

BANANA OAT BARS

FRUIT

SEASONAL FRUIT

FRIDAY

SNACK

CEREAL WITH YOGURT

FRUIT

SEASONAL FRUIT

