

Weekly Meal Menu

Early Years (T&C - J&C)

19-23 January 2026

		MON	TUE	WED	THU	FRI
LUNCH	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
	MAIN COURSE	PORK UDON SOUP 	OVEN ROASTED CHICKEN WITH LEMON ROSEMARY 	CHICKEN TORTILLA WRAP 	FISH FINGERS 	CHEESY PASTA BAKE WITH CHICKEN
	RICE	STEAMED RICE 	STEAMED RICE 	STEAMED RICE 	STEAMED RICE 	STEAMED RICE
	SIDE	BOILED EGG 	STEAMED EGG 	SCRAMBLED EGG 	THAI OMELETTE 	BOILED EGG
	SIDE/SOUP	JAPANESE TOFU SOUP 	OVEN ROASTED POTATOES 	TOMATO SALSA 	SEAWEED SOUP 	WINTER MELON 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)

19-23 January 2026

		MON	TUE	WED	THU	FRI
LUNCH	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
	MAIN COURSE	PORK UDON SOUP 	OVEN ROASTED CHICKEN WITH LEMON ROSEMARY 	CHICKEN TORTILLA WRAP 	FISH FINGERS 	CHEESY PASTA BAKE WITH CHICKEN 
	RICE	STEAMED RICE 	STEAMED RICE 	STEAMED RICE 	STEAMED RICE 	STEAMED RICE 
	SIDE	BOILED EGG 	STEAMED EGG 	SCRAMBLED EGG 	THAI OMELETTE 	BOILED EGG 
	SIDE/SOUP	JAPANESE TOFU SOUP 	OVEN ROASTED POTATOES 	TOMATO SALSA 	SEAWEED SOUP 	WINTER MELON 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

19-23 January 2026

		MON	TUE	WED	THU	FRI
LUNCH	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
	THAI	CRISPY GARLIC CHICKEN	STIR-FRIED PORK WITH HOLY BASIL (PAD KRAPAO)	CHICKEN AND BELL PEPPER STIR FRY	FISH FINGERS	HAINANESE CHICKEN RICE
	EGG DISH	BOILED EGG 	FRIED EGG 	SCRAMBLED EGG 	THAI OMELETTE 	BOILED EGG 
	RICE	STEAMED RICE 	STEAMED RICE 	STEAMED RICE 	STEAMED RICE 	STEAMED RICE 
	INTERNATIONAL	CHICKEN BOLOGNESE PASTA	OVEN ROASTED CHICKEN WITH LEMON ROSEMARY	CHICKEN TORTILLA WRAP	CHICKEN STEW	CHEESY PASTA BAKE WITH CHICKEN
	VEGETARIAN	STIR-FRIED MUSHROOM	STIR-FRIED PROTEIN WITH HOLY BASIL (PAD KRAPAO)	TOFU AND BELL PEPPER STIR FRY	PAN FRIED TOFU	PASTA BAKE
	SOUP	JAPANESE TOFU SOUP	WHITE RADISH SOUP	THAI OMELETTE SOUP	SEAWEED SOUP	WINTER MELON SOUP
	NOODLE SOUP	PORK UDON SOUP	NOODLE SOUP WITH SHREDDED CHICKEN	THAI BRAISED CHICKEN NOODLE SOUP WITH BITTER MELON	THAI SUKI SOUP WITH PORK	NOODLE SOUP WITH MINCED PORK
	SIDE	STIR FRIED CABBAGE WITH FISH SAUCE	OVEN ROASTED POTATOES	TOMATO SALSA	MASHED POTATOES	SLICED CUCUMBER
	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 FRUITS 	SEASONAL FRUITS 	SEASONAL FRUITS 

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After School Club Snack

19-23 January 2026

MONDAY

SNACK

CROUTON STICKS

FRUIT

SEASONAL FRUIT

TUESDAY

SNACK

PIZZA TOAST

FRUIT

SEASONAL FRUIT

SNACK

WEDNESDAY

SNACK

CRACKERS WITH CREAM CHEESE

FRUIT

SEASONAL FRUIT

SNACK

THURSDAY

SNACK

CEREAL WITH YOGURT

FRUIT

SEASONAL FRUIT

FRIDAY

SNACK

BANANA OAT BARS

FRUIT

SEASONAL FRUIT

