

Weekly Meal Menu

Early Years (T&C - J&C)

19-23 January 2026

	MON	TUE	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
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 

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





Weekly Meal Menu



Early Years (P&U - Excellence)

19-23 January 2026



MON

TUE

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

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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FRUITS



CHEESE



SHRIMP



BEEF



PORK



CHICKEN



FISH



CRUSTACEAN SHELLFISH



WHEAT



EGG



DAIRY MILK



CELERY



SOY/BEAN



MASTARD



SESAME SEEDS



NO WHEAT



Salad

Weekly Meal Menu

Elementary School / Middle Years

19-23 January 2026

	MON	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
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

WEDNESDAY

SNACK

CRACKERS WITH CREAM CHEESE

FRUIT

SEASONAL FRUIT

THURSDAY

SNACK

CEREAL WITH YOGURT

FRUIT

SEASONAL FRUIT

FRIDAY

SNACK

BANANA OAT BARS

FRUIT

SEASONAL FRUIT