

Weekly Food Menu

Early Years: T&C and J&C

| Mon 23/02 | Tue 24/02 | Wed 25/02 | Thu 26/02 | Fri 27/02 |
|--|---|--|--|---|
| <i>Morning Snacks</i> | | | | |
| 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 Whole Milk & Fruits  |
| <i>Lunch</i> | | | | |
| Pork Udon Soup Steamed Rice Boiled Egg Japanese Tofu Soup  | Stir-Fried Chicken with Crispy Holy Basil Steamed Rice Thai Omelette Egg Tofu Soup with Seaweed   | Pizza Steamed Rice Scrambled Egg Tomato Salsa | Fish Fingers Steamed Rice Thai Omelette Seaweed Soup  | Cheesy Pasta Bake with Chicken Steamed Rice Boiled Egg Winter Melon Soup |
| <i>Salad & Fruit</i> | | | | |
| Assorted Vegetables Seasonal fruit | Assorted Vegetables Seasonal fruit | Assorted Vegetables Seasonal fruit | Assorted Vegetables Seasonal fruit | Assorted Vegetables Seasonal fruit |

Early Years: P&U - Excellence

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|--|---|---|--|---|
| <i>Morning Snacks</i> | | | | |
| Cereal with Yogurt Whole Milk & Fruits  | Egg on Toast Whole Milk & Fruits | Thai Rice Soup with Minced Chicken Whole Milk & Fruits  | Cheese Sandwich Whole Milk & Fruits | Cracker with Cream Cheese Whole Milk & Fruits |
| <i>Lunch</i> | | | | |
| Pork Udon Soup Steamed Rice Boiled Egg Japanese Tofu Soup  | Stir-Fried Chicken with Crispy Holy Basil Steamed Rice Thai Omelette Egg Tofu Soup with Seaweed   | Pizza Steamed Rice Scrambled Egg Tomato Salsa   | Fish Fingers Steamed Rice Thai Omelette Seaweed Soup   | Cheesy Pasta Bake with Chicken Steamed Rice Boiled Egg Winter Melon Soup   |
| <i>Salad & Fruit</i> | | | | |
| Assorted Vegetables Seasonal fruit | Assorted Vegetables Seasonal fruit | Assorted Vegetables Seasonal fruit | Assorted Vegetables Seasonal fruit | Assorted Vegetables Seasonal fruit |



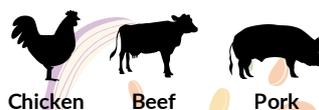
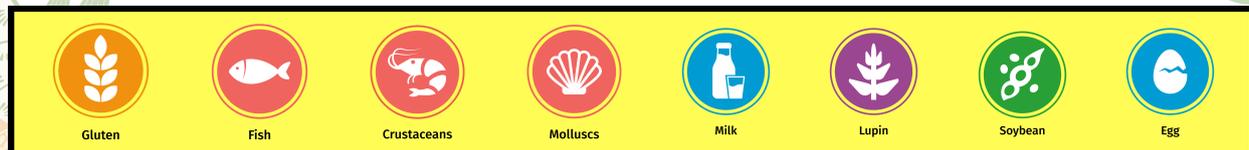
Weekly Food Menu

Grades 1 - 10

| Mon 23/02 | Tue 24/02 | Wed 25/02 | Thu 26/02 | Fri 27/02 |
|--|---|--|--|---|
| <i>Morning Snacks</i> | | | | |
| 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 Whole Milk & Fruits  |
| <i>Lunch</i> | | | | |
| Crispy Garlic Chicken Boiled Egg Steamed Rice Chicken Bolognese Pasta Stir-fried Mushroom Japanese Tofu Soup Pork Udon Soup Stir Fried Cabbage with Fish Sauce | Stir-Fried Pork with Holy Basil (Pad Krapao) Fried Egg Steamed Rice Oven Roasted Chicken with Lemon Rosemary Stir-Fried Protein with Holy Basil (Pad Krapao) White Radish Soup Noodle Soup with Shreded Chicken Oven Roasted Potatoes | Chicken and Bell Pepper Stir Fry Scrambled Egg Steamed Rice Pizza Tofu and Bell Pepper Stir Fry Thai Omelette Soup Thai Braised Chicken Noodle Soup With Bitter Melon Tomato Salsa | Fish Fingers Thai Omelette Steamed Rice Chicken Stew Pan Fried Tofu Seaweed Soup Thai Suki Soup with Pork Mashed Potatoes | Hainanese Chicken Rice Boiled Egg Steamed Rice/Hainanese Rice Cheesy Pasta Bake with Chicken Pasta Bake Winter Melon Soup Noodle Soup with Minced Pork Sliced Cucumber |
| <i>Salad & Fruit</i> | | | | |
| Assorted Vegetables with Dressing Seasonal Fruit | Assorted Vegetables with Dressing Seasonal Fruit | Assorted Vegetables with Dressing Seasonal Fruit | Assorted Vegetables with Dressing Seasonal Fruit | Assorted Vegetables with Dressing Seasonal Fruit |
| <i>After School Club Snacks</i> | | | | |
| Crouton Sticks Seasonal Fruit | Pizza Toast Seasonal Fruit | Crackers with Cream Cheese Seasonal Fruit | Cereal with Yogurt Seasonal Fruit | Banana Oat Bars Seasonal Fruit |

Food Allergen Information

Please note that we are a nut-free campus; therefore, no dishes contain nuts. For other allergies, food will be notated with the relevant symbol if it contains that ingredient.



Available each day for lunch:

Eggs & steamed rice.

Noodle Station: a variety of noodle dishes cooked daily.

Salad bar selection: lettuce, tomato, cucumber, egg, carrot, onion, corn, and other fruit and vegetables served daily.