

# WEEKLY MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
	1 Jan 2018	2 Jan 2018	3 Jan 2018	4 Jan 2018	5 Jan 2018
BREAKFAST SNACK			Breakfast Cereal	Vegetable Stick With Spinach Cream Dipping	Rice Porridge with Condiments
			Chicken Sandwich	Baked Beans With wholemeal Bread	Spanish Omelette With Toast Bread
Served with: Fresh Milk / Soy Milk / Water					
MAIN 1 (ASIAN)	PUBLIC HOLIDAY NEW YEAR CELEBRATION 2018	NO OPERATION SCHOOL SCHOOL HOLIDAY	Chicken Percik Served with Steamed Rice & Vegetables	Goan Fish Curry Served with Jeera Rice & Vegetables	Tandoori Chicken Served with Steamed Rice & Vegetables
MAIN 2 (WESTERN)			Baked Fish with Lemon Cream Sauce Served With Pasta & Vegetables	Chicken Parmigiana Served With Pasta & Roasted Vegetables	Cereal Breaded Fish Served With Baked Potato & Coleslaw
MAIN 3 (VEGETARIAN)			Saute' Mushroom & Snow Peas Served With Steamed Rice & Vegetables	Stir Fry French Bean With Egg Served with Steamed Rice & Vegetables	Pumpkin & Chickpea Masala Served With Naan Bread & Vegetables
Served with: Warm Water / Cold Water					

\*Note: The menu has been modified to offer a healthier choice for the kids\*

\*Breakfast Snacks for Little GEMS, please see school menu board.

\*For Lunch on daily basis salad of the day, assorted fruits and soup of the day will be provided.

**Food Traffic Light Indicators:**



Healthier Choice (Everyday)



OK Choice (4 times / week)



NICE to have it once in a while

# WEEKLY MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
	8 Jan 2018	9 Jan 2018	10 Jan 2018	11 Jan 2018	12 Jan 2018
<b>BREAKFAST SNACK</b>	<b>Bee Hoon Soup With Condiments</b>	<b>The Green Glow Smoothie</b>	<b>Fruit Salad With Yogurt</b>	<b>Breakfast Cereal</b>	<b>Cheese Sandwich</b>
	<b>French Toast With Honey Drizzle</b>	<b>Chicken Ham Sandwich</b>	<b>Banana Muesli</b>	<b>Baked Beans With Wholemeal Bread</b>	<b>Egg Muffin</b>
<b>Served with: Fresh Milk / Soy Milk / Water</b>					
<b>MAIN 1 (ASIAN)</b>	<b>Chicken Chettinad</b> Served With Briyani Rice & Vegetables	<b>Breaded Fish With Lemon Sauce</b> Served With Butter Rice & Vegetables	<b>Chicken Teppanyaki</b> Served With Steamed Rice & Vegetables	<b>Ginger Scallion Fish</b> Served With Steamed Rice & Vegetables	<b>Kung Pao Chicken (Non-Spicy)</b> Served with Steamed Rice & Vegetables
<b>MAIN 2 (WESTERN)</b>	<b>Baked Fish With Citrus Salsa</b> Served Pasta Pomodoro & Vegetables	<b>Double Chicken Hawaian Pizza</b> Served With Fries & Vegetables	<b>Fish Cake</b> Served with Mashed Sweet Potato & Vegetables	<b>Chicken Fajitas</b> Served With Potato Wedges & Vegetables	<b>Baked Fish With Zucchini Sauce</b> Served With Pasta & Vegetables
<b>MAIN 3 (VEGETARIAN)</b>	<b>Chickpea Masala (Chana Masala)</b> Served with Paratha & Vegetables	<b>Potato &amp; Beans Gratin</b> Served with Steamed Rice & Salad	<b>Vegetable &amp; Beans Ratatouille</b> Served with Pasta & Salad	<b>Egg Curry</b> Served with Steamed Rice & Vegetables	<b>Braised Tofu With Mushroom</b> Served With Steamed Rice & Vegetables
<b>Served with: Warm Water / Cold Water</b>					

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	Monday	Tuesday	Wednesday	Thursday	Friday
	15 Jan 2018	16 Jan 2018	17 Jan 2018	18 Jan 2018	19 Jan 2018
BREAKFAST SNACK	Kuey Teow Soup With Condiments	Breakfast Cereal	Fruits & Yogurt	Strawberry Shaper Smoothie	Tuna Sandwich
	Baked Beans With Wholemeal Bread	Cheese Sandwich	Oatmeal Porridge	Breakfast Cereal	Vegetable Frittata
Served with: Fresh Milk / Soy Milk / Water					
MAIN 1 (ASIAN)	Green Curry Fish Served With Steamed Rice & Vegetables	Ayam Masak Merah Served With Flavoured Rice & Vegetables	Sweet Sour Fish Served With Chinese Fried Rice & Vegetables	Honey Lemon Chicken Served With Butter Rice & Vegetables	Fish Varuval Served with Dum Briyani & Vegetables
MAIN 2 (WESTERN)	Chicken Mushroom & Leek Stew Served With Butter Rice & Vegetables	Baked Seabass With Cream Sauce Served With Pasta Aglio Olio & Vegetables	Chicken Burger Served With Fries & Vegetables	Baked Fish With Spinach Dill Sauce Served With Pasta & Vegetables	Butter Oatmeal Chicken Served With Roasted Potato & Vegetables
MAIN 3 (VEGETARIAN)	Vegetable Dhal Served With Steamed Rice & Vegetables	Egg Rendang Served With Steamed Rice & Vegetables	(General Tsos's) Grill Tofu Served With Steamed Rice & Vegetables	Fu Yong Egg Served With Steamed Rice & Vegetables	Chickpea Masala Served With Steamed Rice & Vegetables
Served with: Warm Water / Cold Water					

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	Monday	Tuesday	Wednesday	Thursday	Friday
	22 Jan 2018	23 Jan 2018	24 Jan 2018	25 Jan 2018	26 Jan 2018
BREAKFAST SNACK	Bitcher Muesli	Fruit Salad With Yogurt	Braised Yee Mee	Breakfast Cereal	The Mango Melter Smoothie
	Breakfast Cereal	Baked Beans With Bread	Tomato & Cheese Sandwich	Scrambled Egg With Bread	Spanish Omelette
Served with: Fresh Milk / Soy Milk / Water					
MAIN 1 (ASIAN)	Fish Manchurian Served With Steamed Rice & Vegetables	Chicken Rendang Served With Steamed Rice & Vegetables	Coriander Steamed Fish & Herbs Light Sauce Served With Pineapple Fried Rice & Vegetables	Chicken Varuval Served With Jeera Rice & Vegetables	Fried Fish With Spices Served With Fish Briyani & Raita
MAIN 2 (WESTERN)	Chicken Lasagna Served With Baked Potato & Vegetables	Tempura Fish Served With Sweet Potato & Vegetables	Chicken Stroganoff Served With Pasta & Vegetables	Butter Oatmeal Fish Served With Pasta & Vegetables	Chicken Roulade With Brown Sauce Served With Mashed Potato & Vegetables
MAIN 3 (VEGETARIAN)	Okra & Egg Masala Served With Steamed Rice & Vegetables	Potato, Beans & Spinach Curry (Aloo Palak) Served With Steamed Rice & Vegetables	Vegetarian Chicken With Sweet Sour Sauce Served With Pineapple Fried Rice & Vegetables	Braised Tofu & Vegetables Served With Steamed Rice & Vegetables	Potato & Beans Masala (Dum Aloo) Served With Steamed Rice & Vegetables
Served with: Warm Water / Cold Water					

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	Monday	Tuesday	Wednesday	Thursday	Friday
	29 Jan 2018	30 Jan 2018	31 Jan 2018	1 Feb 2018	2 Feb 2018
BREAKFAST SNACK	Vegetable Stick With Hummus	Breakfast Cereal		Tuna Cheese Sandwich	Spanish Omelette
	Fruit Salad With Yogurt	Egg Muffin		Scrambled Egg & Bread	Chicken Sandwich
Served with: Fresh Milk / Soy Milk / Water					
MAIN 1 (ASIAN)	Sichuan Fish Served With Steamed Rice & Vegetables	Butter Chicken Served With Briyani Rice & Vegetables	PUBLIC HOLIDAY THAIPUSAM	Teriyaki Fish Served With Fried Rice & Vegetables	Chicken Tandoori Served With Flavoured Rice & Vegetables
MAIN 2 (WESTERN)	Grill Chicken With Mushroom Sauce Served With Sweet Potato & Vegetables	Fish Fajitas Served With Tortilla Bread & Vegetables		Chicken Cordon Bleu Served With Pasta & Vegetables	Grilled Chicken Served With Pasta & Corn On Cob
MAIN 3 (VEGETARIAN)	Asparagus Quiche Served With Sweet Potato & Vegetables	Vegetable Pakora Served With Briyani Rice & Vegetables		Roasted Pumpkin & Beans Served With Pasta & Vegetables	Dhal Tadka Served With Flavoured Rice & Vegetables
Served with: Warm Water / Cold Water					

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