


CHILD'S FULL NAME: _____ CLASS: _____


	Monday 2 Oct 2017	Tuesday 3 Oct 2017	Wednesday 4 Oct 2017	Thursday 5 Oct 2017	Friday 6 Oct 2017
BREAKFAST	Char Mee Hoon	Baked Potato Casserole	Braised Egg Noodle	Carrot Fried Rice with Egg	Egg Sandwich
	Steamed BBQ Chicken Pau	Fruits and Yogurt	Cereal with Milk	Steamed Corn	Bread Lasagnes
Served with: Soy Milk / Fresh Milk / Water					
ASIAN	Roasted Chicken with Rice Balls -Vegetables Soup of the Day	Non Spicy Fish Curry - Steam Rice - Vegetables Soup of the Day	Kung Pau Chicken - Steamed rice - Vegetables -Soup of the Day	Fish Sweet & Sour - Steamed Rice - Vegetables Soup of the Day	Stir Fried Chicken Cube with Celery and carrot -Steamed Rice - Vegetables Soup of the Day
WESTERN	Grill Fish with BBQ Sauce Served with Steam Parsley Potato & Vegetables Soup of the Day	Chicken Stroganoff - Pasta - Vegetables - Soup of the Day	Braised Fish with Honey Soya Sauce - Steamed Rice - Vegetables - Soup of the Day	Oven Baked Chicken with Mushroom Sauce - Sautéed Potato - Vegetables - Soup of the Day	Sandwich Bar Served with Choices of Egg or Chicken , Breads & Vegetables
VEGETARIAN	1. Braised Taufoo with Broccoli 2.Egg Bhurji -Steamed Rice -Stir Fried Vegetables Soup of the Day	1. Egg Fried Rice 2.Cauliflower Kurma - Vegetables - Soup of the Day	1.Bean Curd & Mushroom 2.Curried Tofu & Potato - Fried Vegetarian Noodles - Vegetables - Soup of the Day	1.Kung Pau Eggplant with Green Beans Peas 2.Mushrooms in Egg Sauce - Steamed Rice - Vegetables - Soup of the Day	1.Dal Curry with Pumpkin 2.Chickpea & Vegetable Tajine - Steamed Tomato Rice - Vegetables - Soup of the Day
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.

Food Traffic Light Indicators:

 Healthier Choice (Everyday)


 OK Choice (4 times / week)


 NICE to have it once in a while


CHILD'S FULL NAME: _____ CLASS: _____

	Monday	Tuesday	Wednesday	Thursday	Friday
	9 Oct 2017	10 Oct 2017	11 Oct 2017	12 Oct 2017	13 Oct 2017
BREAKFAST	Sweet Potato Porridge with Condiments	Fried Glass Noodle	Omelette with Bread	Keow Teow Soup	Mini Chicken Pau
	Fruit Cocktail	Muffins	Oatmeal Porridge	Egg & Cheese Sandwich	Oatmeal Porridge
Served with: Soy Milk / Fresh Milk / Water					
MAIN 1 (ASIAN)	Braised Chicken with Leek - Steamed Rice - Vegetables - Soup of the Day	Fish Tempura - Steamed Rice - Vegetables - Soup of the Day	Chicken Curry - Steamed Rice - Vegetables - Soup of the Day	Fish Mouley - Steamed Rice - Vegetables - Soup of the Day	Deepavali Lunch
MAIN 2 (WESTERN)	Baked Fish with Lemon Sauce - Pasta Aglio Olio - Vegetables - Soup of the Day	Baked Chicken Loaf with steam corn and potato - Vegetables - Soup of the Day	Breaded Oatmeal Fish - Pasta Pomodoro - Vegetables - Soup of the Day	Baked Sesame Chicken Finger - Sautee Buttered Potato - Vegetables - Soup of the Day	
MAIN 3 (VEGETARIAN)	1.Mixed Beans Burrito 2.Japanese Tofu with Flower Sauce -Pita Bread - Vegetables -Soup of the Day	1.Pumpkin & Chickpea Masala 2.Aloo Gobi - Steamed Rice - Vegetables - Soup of the Day	1.Taufoo with Mushroom 2.Bistik Egg - Fried Rice - Vegetables - Soup of the Day	1.Teriyaki Tempeh 2.Grilled Mixed Vegetables -Steamed Rice - Vegetables - Soup of the Day	

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#: Alternative vegetarian option


CHILD'S FULL NAME: _____ CLASS: _____


	Monday	Tuesday	Wednesday Deepavali Day Public Holiday	Thursday	Friday
	16 Oct 2017	17 Oct 2017	18 Oct 2017	19 Oct 2017	20 Oct 2017
			SCHOOL HALF TERM HOLIDAY FROM 16 TH OCT – 20 TH OCT 2017		
			SCHOOL HALF TERM HOLIDAY FROM 16 TH OCT – 20 TH OCT 2017		

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#: Alternative vegetarian option


CHILD'S FULL NAME: _____ CLASS: _____


	Monday	Tuesday	Wednesday	Thursday	Friday
	23 Oct 2017	24 Oct 2017	25 Oct 2017	26 Oct 2017	27 Oct 2017
BREAKFAST	Chinese Fried Rice	Pita Bread With BBQ Chicken	Braised Noodle	Omelette with wholemeal toast	Wholemeal Bread Loaf With Butter & Jam
	Banana Cakes	Fruit & Yogurt	Steam Sweet Potato and Corn	Muffins	French Toast
Served with: Soy Milk / Fresh Milk / Water					
MAIN 1 (ASIAN)	Non Spicy Chicken Masala - Steamed Rice - Vegetables - Soup of the Day	Finger Fried Fish - Fried Rice - Vegetables - Soup of the Day	Braised Chicken with Carrots - Steamed Rice - Vegetables - Soup of the Day	Fish Stew - Steamed Rice - Vegetables - Soup of the Day	Ginger Fish In Soya Sauce- Steamed Rice - Vegetables - Soup of the Day
MAIN 2 (WESTERN)	Grill Fish with Sweet & Sour Sauce - Steamed Rice - Vegetables - Soup of the Day	Chicken Stew - Steamed Rice - Vegetables - Soup of the Day	Fish & Chips - Potato - Vegetables - Soup of the Day	Chicken Cordon Bleu - Pasta - Vegetables - Soup of the Day	Burger Stall Served with Chicken Patty & Assorted Vegetables - French Fries
MAIN 3 (VEGETARIAN)	1.Chickpeas & Potato 2.Steamed Tofu with Garlic Soy Sauce - Steamed Rice -Vegetables - Soup of the Day	1.Egg Sambal 2. Fried Eggplant - Fried Rice - Vegetables - Soup of the Day	1.Potato & Bean Masala 2.Foo Yong Egg - Pita Bread - Vegetables - Soup of the Day	1.Eggplant Moussaka with Beans 2.Grilled Tofu with BBQ Sauce - Pasta - Vegetables - Soup of the Day	1.Egg Masala 2.Fried Lady's Finger - Steamed Rice - Vegetables - Soup of the Day
Served with: Warm Water / Cold Water					


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CHILD'S FULL NAME: _____ CLASS: _____


	Monday	Tuesday
	30 Oct 2017	31 Oct 2017
BREAKFAST SNACK	Fried Bee Hoon	Egg Sandwich
	Chicken Cream Soup with Soft Bun	Macaroni Casserole
Served with: Soy Milk / Fresh Milk / Water		
MAIN 1 (ASIAN)	Chicken Sweet & Sour - Steamed Rice - Vegetables - Soup of the Day	Braised Fish Plum sauce - Steamed Rice - Vegetables - Soup of the Day
MAIN 2 (WESTERN)	Breaded Fish Fingers - Pasta - Vegetables - Soup of the Day	Roast Chicken with Brown sauce - Butter Rice - Vegetables - Soup of the Day
MAIN 3 (VEGETARIAN)	1.Egg Fritata 2.Gobi Manchurian - Steamed Rice -Vegetables - Soup of the Day	1.Grean Peas & Potato Curry 2.Sambal Tempeh - Steamed Rice - Vegetables - Soup of the Day
Served with: Warm Water / Cold Water		


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