


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	Singapore Fried Mee Hoon	Baked Beans With Wholemeal Bread	Braised Egg Noodle	Carrot Fried Rice with Egg	Egg Sandwich
	Tuna Sandwich	Chicken Porridge	Bread Pizza	Fruits & Yogurt	Cereal with Milk
Served with: Soy Milk / Fresh Milk / Water					
ASIAN	Roasted Chicken -Chicken Rice -Vegetables Soup of the Day	Fish Curry with Okra - Steam Rice - Vegetables Soup of the Day	Kung Pau Chicken - Steamed rice - Vegetables -Soup of the Day	Baked Fish Fillet with Asam Pedas Sauce - 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 Lemon -Steamed 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 - Mashed Potato - Vegetables - Soup of the Day	Sandwich Bar Served with Choices of Breads, Protein and 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 Noodles	Omelette with Bread	Keow Teow Soup	Chicken BBQ Pau
	Fruit Cocktail	Egg Sandwich	Oatmeal Porridge	Carrot & Cucumber Sticks with hummus dip	Pancake with Honey
Served with: Soy Milk / Fresh Milk / Water					
MAIN 1 (ASIAN)	Braised Chicken with Leeks - Steamed Rice - Vegetables - Soup of the Day	Fish Sambal - Steamed Rice - Vegetables - Soup of the Day	Stir Fried Chicken - Fried Rice - Vegetables - Soup of the Day	Fish Molee - Steamed Rice - Vegetables - Soup of the Day	Deepavali Lunch
MAIN 2 (WESTERN)	Marinated Pan Seared Fish - <i>Pasta Aglio Olio</i> - Vegetables - Soup of the Day	Baked Chicken Loaf with steamed corn and potato - Vegetables - Soup of the Day	Breaded Oatmeal Fish - Pasta Pomodoro - Vegetables - Soup of the Day	Baked Sesame Chicken Finger - Sautéed Butter 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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	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

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WEEKLY MENU

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	Chicken Slice & Cheese Sandwich	Omelette with wholemeal toast	Keow Teow Soup
	Egg Sandwich	Pancake	Steam Sweet Potato and Corn	Muffins	French Toast
Served with: Soy Milk / Fresh Milk / Water					
MAIN 1 (ASIAN)	Chicken Butter Masala - Steamed Rice - Vegetables - Soup of the Day	Sweet & Sour Fish - Steamed Rice - Vegetables - Soup of the Day	Braised Chicken with Capsicum - Steamed Rice - Vegetables - Soup of the Day	Fish Stew - Steamed Rice - Vegetables - Soup of the Day	Braised Fish with Scallions - Steamed Rice - Vegetables - Soup of the Day
MAIN 2 (WESTERN)	Grill Fish with 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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WEEKLY MENU


	Monday	Tuesday
	30 Oct 2017	31 Oct 2017
BREAKFAST SNACK	Fried Noodles	Egg Sandwich
	Chicken Sandwich	Stir-Fried Macaroni
Served with: Soy Milk / Fresh Milk / Water		
MAIN 1 (ASIAN)	Ayam Percik - Steamed Rice - Vegetables - Soup of the Day	Fish Tikka -Steamed Rice - Vegetables - Soup of the Day
MAIN 2 (WESTERN)	Deep Fried Fish Fingers - Pasta - Vegetables - Soup of the Day	Roasted Chicken with Brown sauce - Corn & Potato - 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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