

PRIMARY & SECONDARY


CHILD'S FULL NAME: _____ CLASS: _____


	Wednesday 3 Jan 2018	Thursday 4 Jan 2018	Friday 5 Jan 2018
BREAKFAST	Yong Chow Fried Rice	Chicken Sandwich	Mixed Cut Fruits
	Cereal With Milk	Fried Noodle Hokkien Style	Baked Beans with Toast Bread & Egg
Served with: Soy Milk / Fresh Milk / Water			
ASIAN	Thai Style Fish(D) Sweet Sour -Fried Noodles -Vegetables -Soup of the Day	Fish Curry(T) -Steamed Rice -Vegetables -Soup of the Day	Noodle's Counter with 2 Type of soup(Curry/Soup) With condiment
WESTERN	Breaded Chicken with Tomato Sauce - Steamed Rice -Sautéed Vegetables -Soup of the Day	Grilled Chicken with Honey Lemon Sauce -Mashed Potato -Steamed Vegetables -Soup of the day	Roasted Chicken with Lemon Buttered Sauce -Steamed Rice -Vegetables - Soup of the day
VEGETARIAN	1. Braised Bean curd with Mushroom 2.Vegetable Tempura - Fried Noodles - Soup of the Day	1.Aubergine with Chickpeas Curry 2.Stir Fry Cauliflower and Carrot with Potato -Steamed Rice - Soup of the Day	1. Chickpeas Masala with Potato 2.Aloo Ghobi - Steamed Rice - 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


PRIMARY & SECONDARY


CHILD'S FULL NAME: _____ CLASS: _____

	Monday	Tuesday	Wednesday	Thursday	Friday
	8 Jan 2018	9 Jan 2018	10 Jan 2018	11 Jan 2018	12 Jan 2018
BREAKFAST	Fried Kuey Teow	Chicken Porridge	Pita bread with Grilled Chicken	Mee Soup with Chicken and Condiment	Pineapple Fried Rice
	Mushroom Omelette with wholemeal bread	Wholemeal Bread with Strawberry Spread	Oatmeal Porridge	Egg Sandwich	French Toast with Honey
Served with: Soy Milk / Fresh Milk / Water					
MAIN 1 (ASIAN)	Grilled Fish(T) with Oriental Sauce - Steamed Rice - Vegetables - Soup of the Day	Ayam Masak Merah -Tomato Rice -Cucumber and Pineapple Salad - Soup of the Day	Green Curry Fish - Steamed Rice -Vegetables - Soup of the Day	Chicken Kurma -Buttered Rice -Vegetables - Soup of the Day	Braised Fish(T) with Mushroom and Spring Onion -Steamed Rice -Vegetables -Soup of the Day
MAIN 2 (WESTERN)	Rosemary Grilled Chicken -Pasta Pomodoro - Vegetables - Soup of the Day	Baked Moroccan Style Fish(D) -Baked Potato -Vegetables - Soup of the Day	Baked Chicken Parmigiana - Corn Pilaf Rice - Vegetables - Soup of the Day	Fish Pie -Potato Wedges - Vegetables - Soup of the Day	Panini's Counter Served with 3 types of protein(Tuna/Eggs/Chicken) & Assorted Salad
MAIN 3 (VEGETARIAN)	1.Vegetable & Beans Ratatouille 2.Roasted Potato with Onion -Pita Bread -Vegetables - Soup of the Day	1. Pumpkin & Chickpea Masala 2.Okra Sambal -Tomato Rice - Vegetables - Soup of the Day	1.Teriyaki Tempeh 2.Stir Fried Beansprout -Vegetables Fried Rice - Vegetables - Soup of the Day	1. Egg Curry 2. Fried Okra - Steamed Rice - Vegetables - Soup of the Day	1. Vegetarian Panini 2. Grilled Vegetables -Vegetables -Soup of the day
Served with: Warm Water / Cold Water					

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#: Alternative vegetarian option

PRIMARY & SECONDARY


CHILD'S FULL NAME: _____ CLASS: _____


	Monday	Tuesday	Wednesday	Thursday	Friday
	15 Jan 2018	16 Jan 2018	17 Jan 2018	18 Jan 2018	19 Jan 2018
BREAKFAST	Fried Yellow Noodle with Eggs	Japanese Fried Rice	Egg Fritata	Cereals with Milk	Chinese Fried Rice
	Cereals & Milk	Tuna sandwich	French Toast with Jam	Bee Hoon Soup with Condiment	Raisin Oatmeal
Served with: Soy Milk / Fresh Milk / Water					
MAIN 1 (ASIAN)	Chicken Tandoori -Biryani Rice -Vegetables Soup of the Day	Fish(T) Terriyaki - Steamed Rice -Vegetables - Soup of the Day	Fried Lemon Chicken - Steamed Rice -Vegetables - Soup of the Day	Sweet Sour Fish(D) with Pineapple -Chinese Fried Rice - Vegetables - Soup of the Day	Breaded Chicken Finger -Fried Noodles -Vegetables - Soup of the day
MAIN 2 (WESTERN)	Pan Seared Fish with Dill Sauce - Steamed Rice -Vegetables - Soup of the Day	Chicken Tetrazini -Mashed Potato - Vegetables - Soup of the Day	Fish Casserole(M) -Pasta Aglio Olio - Vegetables - Soup of the Day	Roasted Chicken with Mushroom Sauce -Baked Potato Wedges - Vegetables - Soup of the Day	Quesadilla Counter Served with 2 types of protein(Tuna/Eggs/Chicken) & Assorted Salad
MAIN 3 (VEGETARIAN)	1.Brinjal Sweet & Sour 2.Vegetables Dhal -Biryani Rice -Vegetables -Soup of the day	1.Beans & Vegetable Gratin 2.Mix Bean Salad with Capsicum - Pita Bread - Vegetables - Soup of the Day	1. Egg Sambal 2. Stir Fried Vegetables -Steamed Rice - Vegetables - Soup of the Day	1.Tomato and Chickpeas Quesadilla 2.Sweet Potato Gratin -Pasta Primavera - Vegetables -Soup of the Day	1.Potato & Green peas Masala 2.Sauteed French Beans -Steamed Rice - Vegetables - Soup of the Day
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	Kuey Teow Soup with Condiment	Muffin	Wantan Mee Soup	Garlic Ciabatta Bread	Chicken Wrap
	Toasted Bread with Blueberry Jam	Nasi Goreng TomYam	Scramble Egg & Wholemeal Bread	Nasi Lemak with Condiments	French Toast with Strawberry Jam Spread
Served with: Soy Milk / Fresh Milk / Water					
MAIN 1 (ASIAN)	Chicken Curry - Steamed Rice - Vegetables - Soup of the Day	Steamed Fish(D) with Ginger Soy Sauce - Steamed Rice - Vegetables - Soup of the Day	Chicken 65 - Naan Bread - Vegetable Dhal - Soup of the Day	Ginger Scallion Fish - Steamed Rice - Vegetables - Soup of the Day	Chicken Varuval - Steamed Rice - Vegetables - Asian Soup of the Day
MAIN 2 (WESTERN)	Grill Fish(T) with Lemon Sauce - Garlic Buttered Rice - Vegetables - Soup of the Day	BBQ Chicken - Pasta - Vegetables - Soup of the Day	Fish & Chips - Potato Fries - Coleslaw - Soup of the Day	Honey Lemon Chicken - Pasta - Vegetables - Soup of the Day	Chicken Rice Counter Served with Flavoured Rice, Roasted Chicken & Beans Sprout
MAIN 3 (VEGETARIAN)	1.Grilled Tofu 2.Potato Masala - Garlic Buttered Rice - Vegetables - Soup of the day	1. Egg Rendang 2.Braised Tofu with Mushroom - Vegetarian Fried Rice - Vegetables - Soup of the Day	1.Foo Yong Egg 2.Braised Cabbage with Mushroom - Steamed Rice - Vegetables - Soup of the Day	1.Eggplant & Beans Moussaka 2.Okra Curry with Potato - Steamed Rice - Vegetables - Soup of the day	1. Stir Fried Tempeh 2. Teriyaki Vegetables - Steamed Rice - Vegetables - Soup of the day
Served with: Warm Water / Cold Water					


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WEEKLY MENU

CHILD'S FULL NAME: _____ CLASS: _____

	Monday	Tuesday
	29 Jan 2018	30 Jan 2018
BREAKFAST SNACK	Omelette with Baked Bean	Fried Yee Mee with Chicken
	Fried Bee Hoon with Chicken	Chicken Sandwich
Served with: Soy Milk / Fresh Milk / Water		
MAIN 1 (ASIAN)	Fish(T) Percik - Steamed Rice -Vegetables - Soup of the Day	Ayam Goreng Berempah -Briyani Rice -Vegetable Dhal - Soup of the Day
MAIN 2 (WESTERN)	Roasted Honey Chicken with Mediterranean Sauce -Steamed Rice - Vegetables - Soup of the Day	Oven Baked Fish(M) -Pasta Aglio Olio -Vegetables - Soup of the Day
MAIN 3 (VEGETARIAN)	1.Braised Tofu with Eggs 2.Vegetable Kurma -Steamed Rice -Vegetables -Soup of the day	1.Beans and Potato Gratin 2.Vegetables Ratatouille -Pita Bread -Vegetables -Soup of the day
Served with: Warm Water / Cold Water		

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WEEKLY MENU




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