

Lunch

Morning Snack

Afternoon Snack

MONDAY

Yogurt with tropical fruits

- ❖ Chicken teriyaki with jasmin rice
- ❖ Pork teriyaki with jasmin rice
- ❖ Chicken massaman curry with potatoes carrot & peanuts
- ❖ Clear soup with seaweed & chicken
- ❖ Vegetables and salad

Grilled whole wheat bread with cheese

TUESDAY

Cornflakes with milk and tropical fruits

- ❖ Stir-fried beans sprouts, cabbage and mixed vegetables with oyster sauce
- ❖ Stir-fried pork marinated with oyster sauce and sesame oil
- ❖ Yellow curry chicken with jasmin rice
- ❖ Clear soup with seaweed & chicken

Waffle with honey syrup

WEDNESDAY

Toast with strawberry jam

- ❖ Spaghetti
- ❖ Bolognese sauce
- ❖ Garlic bread
- ❖ Vegetables and salad

Fruit juice and whole wheat cracker

THURSDAY

Milk, crackers and tropical fruits

- ❖ Salmon teriyaki sauce with jasmin rice
- ❖ Potato salad with cream and mustard
- ❖ Clear soup with seaweed & chicken
- ❖ Boiled vegetables

Homemade oatmeal cookie and fruit juice

FRIDAY

Yogurt with tropical fruits

- ❖ Thai style fried chicken with sticky rice
- ❖ Papaya salad
- ❖ Vegetables and salad

Sweet bread with butter

MONDAY

Pancake and milk

- ❖ BBQ chicken
- ❖ BBQ pork
- ❖ Mashed potato with gravy sauce
- ❖ Thai egg omelette
- ❖ Boiled vegetables

Fruit juice and whole wheat cracker

TUESDAY

Cornflakes with milk and tropical fruits

- ❖ Singaporean chicken rice
- ❖ Wok-fried fresh ribbon noodles with vegetable
- ❖ Clear soup with green vegetables
- ❖ Vegetables and salad

Waffle with honey syrup

WEDNESDAY

Yogurt with tropical fruits

- ❖ Homemade margarita pizza
- ❖ Homemade hawaiian pizza
- ❖ Homemade vegetable pizza
- ❖ Boiled vegetable

Fruit juice and whole wheat cracker

THURSDAY

Toast with strawberry jam

- ❖ Stir-fried basil minced pork
- ❖ Stir-fried basil minced chicken
- ❖ Fried egg
- ❖ Jasmine rice
- ❖ Macaroni with tomato sauce and carrot

Homemade oatmeal cookie and fruit juice

FRIDAY

Milk, crackers and tropical fruit

- ❖ Homemade beef burger
- ❖ Homemade chicken burger
- ❖ Fried rice with vegetables
- ❖ Vegetables and salad

Banoffee yogurt caramel crumble