



	Monday	Tuesday	Wednesday	Thursday	Friday
	Green Monday 01 Nov	02 Nov	03 Nov	04 Nov	05 Nov
<u>Meal A</u>	Penne Pesto with Mushroom & Onion ✓	Beef Bourguignon with Pasta	Peri-peri Chicken Pizza	Shakshouka-style Baked Fish with Mash	Chicken Mayo Sandwich
<u>Meal B</u>	Japanese Vegetarian Udon ✓	Sweet & Sour Chicken with Rice	Stir-fried Pork with Ginger & Spring Onion with Brown Rice	Cantonese Fried Rice with Honey Glazed BBQ Pork (Less Oil)	Roasted Herb Chicken with Red Rice
<u>Meal C</u> ✓	Vegetarian Chili Con Carne with Rice ✓	Italian Vegetarian Meatball Pasta ✓	Mexican Corn & Zucchini Frittata with Herbed Potatoes ✓	Tomato Pasta Bake ✓	Vegetarian Egg Foo Yung Rice ✓
Salad	Pasta Salad	Tuna Nicoise Salad	Apple Waldorf Salad	Vegetable Sticks	Egg Salad
Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad
Drink	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice
	08 Nov	09 Nov	10 Nov	11 Nov	12 Nov
<u>Meal A</u>	Chicken Pad Thai	Pasta Carbonara	Hawaiian Pizza	Roasted Pork Loin in Onion Gravy with Herbed Potatoes	Tuna Sandwich
<u>Meal B</u>	Beef Stroganoff & Mushroom with Rice	Japanese Chicken Curry with Rice	Stir-fried Leek & Pork with Red Rice	Honey Soy Chicken with Brown Rice	Vietnamese Grilled Lemongrass Pork Chop with Rice
<u>Meal C</u> ✓	Vegetarian Lasagna ✓	Chickpea & Tomato Tagine with Brown Rice ✓	Japanese Vegetarian Udon ✓	Italian Lentils Stew with Pasta ✓	Pumpkin & Spinach in Spaghetti Aglio e olio ✓
Salad	Coleslaw	Broccoli Salad	Sweetcorn Salad	Cherry Tomato Salad	Cucumber Salad
Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad	Mixed Fruit Salad	Fresh Fruit
Drink	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice



	Monday	Tuesday	Wednesday	Thursday	Friday
	Green Monday 15 Nov	16 Nov	17 Nov	18 Nov	19 Nov
<u>Meal A</u>	Cheesy Cauliflower & Broccoli with Penne	Tuna & Sweetcorn Pasta Bake	Meat Lover's Pizza	Mushroom Chicken Bourguignon with Pasta	Ham & Cheese Sandwich
<u>Meal B</u>	Teriyaki Dried Tofu & Eggplant with Rice	Stir-fried Kimchi & Pork with Rice	Chicken Tikka Masala with Rice	Thai Style Steamed Fish with Rice	Japanese Stir-fried Udon with Shredded Pork (Less Oil)
<u>Meal C</u>	Singapore Style Stir-fried Rice Vermicelli	Mac & Cheese	Chinese Silky Steamed Eggs with Mushrooms & Squash	Tomato & Cheese Pasta Bake	Mushroom Stroganoff Pasta
Salad	Coleslaw	Garden Green Salad	Potato Salad	Vegetable Sticks	Caesar Salad
Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad
Drink	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice
	22 Nov	23 Nov	24 Nov	25 Nov	26 Nov
<u>Meal A</u>	Stir Fried Beef and Onion with Red Rice	Grilled Fish with Tomato Salsa and Steamed Potato	Pepperoni Pizza	Salisbury Meatballs with Mushroom Gravy & Garlic Mashed Potato	Chicken & Mayo Sandwich
<u>Meal B</u>	Braised Chicken & Potato in Oyster Sauce with Rice	Peking Pork Chop with Rice	Macau Style Portuguese Curry Chicken with Rice	Steamed Fungus, Mushroom & Chicken with Rice	Oyakodon (Japanese Veggie, Chicken & Egg Bowl)
<u>Meal C</u>	Vegetarian Frittata with Roasted Potatoes	Stir-fried Vegetarian Vermicelli (Less Oil)	Vegetarian Pad Thai	Italian Lentils Stew with Pasta	Pumpkin & Spinach in Spaghetti Aglio e olio
Salad	Egg Salad	Apple Waldorf Salad	Sweet Corn Salad	Cherry Tomato Salad	Garden Green Salad
Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad
Drink	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice



	Monday	Tuesday	Wednesday	Thursday	Friday
	Green Monday 29 Nov	30 Nov	01 Dec	02 Dec	03 Dec
<u>Meal A</u>	Penne Pesto with Mixed Veggie	Chicken Cacciatore Pasta	Chicken & Mushroom Pizza	Tuna & Sweetcorn Pasta Bake	Grilled Chicken Club Sandwich
<u>Meal B</u>	Vegetable Japchae	Japanese Pork Curry with Red Rice	Beef & Vegetable Stew with Rice	Teriyaki Pork & Broccoli with Red Rice	Nasi Goreng (Indonesian Fried Rice, Less Oil)
<u>Meal C</u>	Vegetarian Paella	Tomato & Basil Pasta	Mushroom & Onion Frittata with Sweet Corn	Stewed Pepper & Tomatoes with Eggs	Spinach Mushroom Pesto Spaghetti
Salad	Pasta Salad	Tuna Nicoise Salad	Apple Waldorf Salad	Vegetable Sticks	Egg Salad
Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad
Drink	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice
	06 Dec	07 Dec	08 Dec	09 Dec	10 Dec
<u>Meal A</u>	Creamy Pork & Mushroom Pasta	Peri-Peri Chicken with Mash	Supreme Pizza	Thai Fish Curry with Pandan Rice	Herbs Chicken with Mash and Gravy
<u>Meal B</u>	Kung Po Chicken with Rice (Nuts Free)	Ham & Cheese Sandwich	Diced Chicken in Sweet Corn & Egg Sauce	Stir-fried Pork with Ginger & Spring Onion with Red Rice	Taiwan Style minced Pork with Rice
<u>Meal C</u>	Vegetarian Napolitano Penne	Vegetarian Fried Rice	Japanese Steamed Egg with Shiitake Mushroom	Chickpea & Tomato Tagine with Brown Rice	Mixed Vegetable Lasagna
Salad	Coleslaw	Broccoli Salad	Sweetcorn Salad	Cherry Tomato Salad	Garden Salad
Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad	Mixed Fruit Salad	Mixed Fruit Salad
Drink	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice	Low Sugar Soya Milk	Low Sugar Soya Milk



These foods should form the basis of your diet. So fill up on them.



Best eaten in moderation. These food are still important for a balanced diet.



Don't have too much of these. Just treat ourselves every so often.



Vegetarian Choice



	Green Monday 13 Dec	14 Dec	15 Dec	16 Dec	17 Dec
Meal A	Singapore Style Stir-fried Rice Vermicelli 	Roasted Pork Loin in Onion Gravy	Honey Soy Chicken	Christmas Theme Slow Roasted Turkey with Mashed Potato 	
Meal B	Mushroom & Spinach Frittata with Diced Potato 	Egg & Bacon Sandwich 	Stir-fried Pork with Ginger & Spring Onion	Traditional Roasted Ham with Roasted Potato 	
Meal C	Vegetarian Napolitano Penne 	Steamed Eggplant with Garlic & Glass Noodle 	Margherita Pizza 	Roasted Pumpkin with Dried Cranberries 	
Salad	Pasta Salad	Broccoli Salad	Sweetcorn Salad	Cherry Tomato Salad	
Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad	Mixed Fruit Salad	
Drink	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice	Low Sugar Soya Milk	



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Vegetarian Choice



	Monday	Tuesday	Wednesday	Thursday	Friday
	Green Monday 3 Jan	4 Jan	5 Jan	6 Jan	7 Jan
<u>Meal A</u>	Japanese Stir-fried Udon with Vegetable (Less Oil)	Country Pork Fried with Lyonnais Potato	Americano Pizza	Japanese Chicken Ton Katsu with Rice	Italian Pan-Fried Sole Fillet with Salsa and Spaghetti
<u>Meal B</u>	Braised Tofu & Broccoli with Rice	Tuna Sandwich	Chicken & Apricot Curry Stew with Rice	BBQ Pork with Mash Potato	Braised Chicken with Smoky Paprika & Chickpeas Rice
<u>Meal C</u>	Chinese Silky Steamed Eggs with Mushrooms & Squash, served with Red Rice	Vegetarian Casserole in Mushroom sauce with Pasta	Spanish Omelets with Roasted Potato	Chickpea & Tomato Tagine with Rice	Wok-Fried Tomato & Scrambled Egg with Red Rice
Salad	Mixed Bean Salad	Potato Salad	Garden Green Salad	Celery & Apple Salad	Vegetable Sticks
Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad
Drink	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice
	Monday	Tuesday	Wednesday	Thursday	Friday
	10 Jan	11 Jan	12 Jan	13 Jan	14 Jan
<u>Meal A</u>	Taiwanese Style Minced Pork with Red Rice	Pork Stew with Potato Cubes	Ham & Sweet Corn Pizza	Texas Style Pork Pot Roast with Carrots & Rice	Beef Lasagna
<u>Meal B</u>	Stir-Fried Noodle with Shredded Chicken (less Oil)	Grilled Chicken Club Sandwich	Lemon Chicken with Rice	Malaysian Fish Curry with Rice	Pork Chop with Onion Sauce and Rice
<u>Meal C</u>	Ratatouille with Spaghetti	Vegetarian Tom Yum Fried Rice (Less Oil)	Zucchini Pasta with Sun-dried Tomato	Cheesy Vegetables Frittata with Potato Cubes	Pan Seared Spiced Tofu with Mango Sweet Chili Sauce Rice
Salad	Caesar Salad	Sweetcorn & Bean Salad	Egg Salad	Japan Cucumber Salad	Potato Salad
Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad
Drink	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice

EAT MORE

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EAT MODERATELY

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EAT LESS

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Vegetarian Choice



Junior Menu Nov 2021 - Jan 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
	Green Monday 17 Jan	18 Jan	19 Jan	20 Jan	21 Jan
<u>Meal</u> A	Vegetarian Korean Bibimbap Bowl	Chicken Tikka Masala with Steamed Rice	Hawaiian Pizza	Chicken Cacciatore Pasta	Japanese Sti-Fried Udon with Sliced Chicken
<u>Meal</u> B	Sweet Potato & Lentil with Mild Curry and Rice	Ham & Cheese Sandwich	Sweet & Sour Chicken Red Rice	Stir-fried Pork With Red Rice	Tandoori Fish with Rice
<u>Meal</u> C	Vegetable Enchiladas	Chickpea & Tomato Tagine with Red Rice	Steamed Eggplant with Garlic & Glass Noodle	Vegetarian Paella	Vegetarian Baked Pumpkin Penne
Salad	Coleslaw	Broccoli Salad	Sweetcorn Salad	Cherry Tomato Salad	Garden Salad
Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad
Drink	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice
	Monday	Tuesday	Wednesday	Thursday	Friday
	24 Jan	25 Jan	26 Jan	27 Jan	28 Jan
<u>Meal</u> A	Pasta Carbonara	Pork Stew with Potato Cubes	Meat Lover's Pizza	Creamy Chicken Spinach with Penne	Korean Beef with Rice
<u>Meal</u> B	Braised Pumpkin Pork with Rice	Thai Style Pineapple Chicken Fried Rice (Less Oil)	Marinated Beef with Turnip served with Rice	Steamed Pork Patty with Sweet Corn & Red Rice	Bulgogi Chicken with Rice
<u>Meal</u> C	Italian Lentils Stew with Pasta	Egg Mayo Sandwich	Singapore Style Stir-fried Vermicelli with Mixed Vegetable	Braised Enoki Mushroom & Egg Tofu with Rice	Gungjung Tteokbokki (Korean Rice Cake with Mixed Veggie)
Salad	Cherry Tomato Salad	Potato Salad	Vegetable Sticks	Garden Green Salad	Cucumber Salad
Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad
Drink	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice



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Vegetarian Choice

Highlighted in respective color on the menu