



# WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Blueberry pancakes with honey	Rolled oats with dried apricots and milk	Hard Boiled Egg with Wholemeal Toast Milk	Wholemeal Banana Pancakes Milk	Idiyappam with veg kurma
Lunch	Sliced fish soup with young ginger broth	Mixed vegetable pilaf	Baked pumpkin chicken rice	Scrambled egg brown rice biryani	Chicken hakka noodles
Fruits	Seasonal Cut Fruits				
Tea	Strawberry cereal	Cocoa and chickpea hummus with pita bread	Banana pani puri	Vegetable Fritatta	Sweet potato fries



# WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Multigrain Cheerios Cereal with Milk	Chicken Sandwich with Milo	Wholemeal Toast with Strawberry Jam Milk	Steamed Red Bean Pau Barley	Chappati with Potato peratal
Lunch	Fried Mee Tai Mak with dice carrots, cabbage and eggs	Cabbage Sambar with Pumpkin peratal	Fish ball soup with rice, spinach and tofu	Baked Chicken chop with mushroom sauce with stir fried vegetables	Fish Stew with carrots, cauliflower and Rice
Fruits	Seasonal Cut Fruits				
Tea	Ham and cheese sandwich with milk	Tau Suan	Fruit Kebab	Wholemeal Tuna Sandwich with milk	Garlic Bread with Chrysanthemum tea



# WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole Rolled Plain Oat Porridge with milk and raisins	Butter Rolls Milk	Cherrios Cereal with Milk	Steamed Red Bean Pau Barley	Thosai with Sambar
Lunch	Minced Chicken Porridge with carrots and spinach	Lentil Rasam with rice and pan fried fish	Macaroni Soup with chicken and mixed vegetables	Baked Fish with steam potatoes and broccoli	Chicken Meatballs Spagetti with Broccoli
Fruits	Seasonal Cut Fruits				
Tea	Tuna Sandwich Milo	Mushroom Soup	Cheesy Pizza Toast Milk	Wholemeal Toast with scramble egg Milk	Steamed Corn Kernels Milk



# WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Banana Cornflakes with Milk	Wholemeal Tuna Sandwiches Milk	Wholemeal Blueberry Pancakes Milk	California Raisin Loaf Milk	Mini Idly with Sambar
Lunch	Fish Curry with Mixed Brown Rice and steamed vegetables	Mee Hong Kong with vegetables and fishball	Hor Fun with fishcake, chye xin and chicken	Vegetable Sambar with Stir fried minced chicken	Baked Fish and Sweet Potato Chips
Fruits	Seasonal Cut Fruits				
Tea	Wholemeal Bread with low fat Cheese Slice Milo	Banana Fritters Barley	Red Bean Soup	Pandan Pau Milk	Vegetable Sticks with Cheese Dip



# WEEK 5

	Monday	Tuesday	Wednesday	Thursday	
Breakfast	Chicken Pau Milk	Cereal with Milk	Cheese Sandwich Milk	Reindeer Sandwich Milk	
Lunch	Tofu Sothi with Stir fried chicken, vegetables & rice	Minced Chicken Porridge with carrots and spinach	Sweet and sour fish with Stir fried vegetables and rice	Chicken Lasagna	
Fruits	Seasonal Cut Fruits				
Tea	Kesari Milk	California Raisin Bread Milo	Fruits Kebab	-	

*\*Christmas Special*