

# WEEKLY MENU



5, Monday	6, Tuesday	7, Wednesday	8, Thursday	9, Friday
<p><b>CHEF'S RECOMMENDATION (\$ 5.00)</b>                      Baked Fish w Tomato Concasse                      French Beans                      Butter Rice</p> <p><b>TASTE OF ASIA (\$5.00)</b>                      Tandoori Chicken                      Vegetable Kurma                      Roti Pratha</p> <p><b>CLASSIC VEGETARIAN (\$5.00)</b>                      Chickpea Curry                      Vegetable Kurma                      Roti Pratha</p> <p><b>SANDWICH (\$5.00)</b>                      Chicken Ham &amp; Cheese Sub with Fruit</p> <p><b>FRESH FRUIT (\$1.00)</b></p>	<p><b>CHEF'S RECOMMENDATION (\$ 5.00)</b>                      Beef Bolognese Spaghetti                      Steamed Broccoli</p> <p><b>TASTE OF ASIA (\$5.00)</b>                      Sweet &amp; Sour Fish                      Steamed Broccoli                      Brown Rice</p> <p><b>CLASSIC VEGETARIAN (\$5.00)</b>                      Pasta Puttanesca                      Steamed Broccoli</p> <p><b>SANDWICH (\$5.00)</b>                      Garden Veggie Sub with Fruit</p> <p><b>FRESH FRUIT (\$1.00)</b></p>	<p><b>CHEF'S RECOMMENDATION (\$ 5.00)</b>                      Baked Fish Parmigiana                      Creamed Spinach                      Butter Rice</p> <p><b>TASTE OF ASIA (\$5.00)</b>                      Hainanese Chicken Rice                      Stir Fried Spinach</p> <p><b>CLASSIC VEGETARIAN (\$5.00)</b>                      Kidney Bean Waldorf Salad                      Warm Tortilla</p> <p><b>SANDWICH (\$5.00)</b>                      Chicken Teriyaki Sub with Fruit</p> <p><b>FRESH FRUIT (\$1.00)</b></p>	<p><b>CHEF'S RECOMMENDATION (\$ 5.00)</b>                      Grilled Chicken w Orange Glaze                      Stir Fried Cauliflower                      Brown Rice</p> <p><b>TASTE OF ASIA (\$5.00)</b>                      Chicken Katsu                      Japanese Curry Vegetables                      Fragrant Rice</p> <p><b>CLASSIC VEGETARIAN (\$5.00)</b>                      Vegetables Tempura                      Japanese Curry Potatoes                      Fragrant Rice</p> <p><b>SANDWICH (\$5.00)</b>                      Beef Pastrami Sub with Fruit</p> <p><b>FRESH FRUIT (\$1.00)</b></p>	<p><b>CHEF'S RECOMMENDATION (\$ 5.00)</b>                      Pan Fried Fish w Balsamic Reduction                      French Beans                      Roasted Potatoes</p> <p><b>TASTE OF ASIA (\$5.00)</b>                      Thai Basil Chicken                      French Beans                      Fragrant Rice</p> <p><b>CLASSIC VEGETARIAN (\$5.00)</b>                      Raisin Oatmeal                      French Beans                      Buttermilk Waffle</p> <p><b>SANDWICH (\$5.00)</b>                      Tuna Sub with Fruit</p> <p><b>FRESH FRUIT (\$1.00)</b></p>



# WEEKLY MENU



12, Monday	13, Tuesday	14, Wednesday	15, Thursday	16, Friday
<p><b>CHEF'S RECOMMENDATION (\$ 5.00)</b>                      Baked Chicken w Mushroom Sauce                      Corn on Cob                      Pilaf Rice</p> <p><b>TASTE OF ASIA (\$5.00)</b>                      Black Pepper Fish                      Stir Fried Cabbage                      Fragrant Rice</p> <p><b>CLASSIC VEGETARIAN (\$5.00)</b>                      Spring Rolls                      Stir Fried Cabbage                      Fried Bee Hoon</p> <p><b>SANDWICH (\$5.00)</b>                      Chicken Ham &amp; Cheese Sub with Fruit</p> <p><b>FRESH FRUIT (\$1.00)</b></p>	<p><b>CHEF'S RECOMMENDATION (\$ 5.00)</b>                      Baked Fillet w Lemon Butter Sauce                      French Beans                      Brown Rice</p> <p><b>TASTE OF ASIA (\$5.00)</b>                      Char Siew Chicken Rice                      French Beans</p> <p><b>CLASSIC VEGETARIAN (\$5.00)</b>                      Buttermilk Waffle                      Fruit Yoghurt                      Steamed Vegetables</p> <p><b>SANDWICH (\$5.00)</b>                      Garden Veggie Sub with Fruit</p> <p><b>FRESH FRUIT (\$1.00)</b></p>	<p><b>CHEF'S RECOMMENDATION (\$ 5.00)</b>                      Chicken Alfredo Pasta                      Garlic Broccoli                      Pasta</p> <p><b>TASTE OF ASIA (\$5.00)</b>                      Stir Fried Bell Pepper Beef                      Garlic Broccoli                      Fragrant Rice</p> <p><b>CLASSIC VEGETARIAN (\$5.00)</b>                      Black Bean Salad                      Garlic Broccoli                      Warm Tortilla</p> <p><b>SANDWICH (\$5.00)</b>                      Chicken Teriyaki Sub with Fruit</p> <p><b>FRESH FRUIT (\$1.00)</b></p>	<p><b>CHEF'S RECOMMENDATION (\$ 5.00)</b>                      Chicken Provencal                      Roasted Potatoes                      Corn on Cob</p> <p><b>TASTE OF ASIA (\$5.00)</b>                      Fried Fish w Lemon Sauce                      Xiao Bai Chye                      Egg Fried Rice</p> <p><b>CLASSIC VEGETARIAN (\$5.00)</b>                      Steamed Egg                      Xiao Bai Chye                      Fried Tang Hoon</p> <p><b>SANDWICH (\$5.00)</b>                      Beef Pastrami Sub with Fruit</p> <p><b>FRESH FRUIT (\$1.00)</b></p>	<p><b>CHEF'S RECOMMENDATION (\$ 5.00)</b>                      Beef Pepperoni Pizza                      Garlic Roasted Carrots</p> <p><b>TASTE OF ASIA (\$5.00)</b>                      Garlic Onion Chicken                      Stir Fried Cabbage                      Fragrant Rice</p> <p><b>CLASSIC VEGETARIAN (\$5.00)</b>                      Braised Potatoes w Baked Beans                      Stir Fried Cabbage                      Fragrant Rice</p> <p><b>SANDWICH (\$5.00)</b>                      Tuna Sub with Fruit</p> <p><b>FRESH FRUIT (\$1.00)</b></p>



# WEEKLY MENU



19, Monday	20, Tuesday	21, Wednesday	22, Thursday	23, Friday
<p><b>CHEF'S RECOMMENDATION (\$ 5.00)</b>                      Pan Fried Dory Milanese                      Baked Cauliflower                      Tri Colour Pasta</p> <p><b>TASTE OF ASIA (\$5.00)</b>                      Sweet &amp; Sour Chicken                      Stir Fried Cabbage                      Fragrant Rice</p> <p><b>CLASSIC VEGETARIAN (\$5.00)</b>                      Tri-Colour Fusilli                      Baked Cauliflower                      Chick Pea Salad</p> <p><b>SANDWICH (\$5.00)</b>                      Chicken Ham &amp; Cheese Sub with Fruit</p> <p><b>FRESH FRUIT (\$1.00)</b></p>	<p><b>CHEF'S RECOMMENDATION (\$ 5.00)</b>                      Hawaiian Chicken                      French Beans                      Butter Rice</p> <p><b>TASTE OF ASIA (\$5.00)</b>                      Ginger &amp; Onion Beef                      French Bean                      Brown Rice</p> <p><b>CLASSIC VEGETARIAN (\$5.00)</b>                      Bean Stew                      Brown Rice</p> <p><b>SANDWICH (\$5.00)</b>                      Garden Veggie Sub with Fruit</p> <p><b>FRESH FRUIT (\$1.00)</b></p>	<p><b>CHEF'S RECOMMENDATION (\$ 5.00)</b>                      Chicken Bolognese                      Roasted Vegetables                      Pasta in Olive Oil</p> <p><b>TASTE OF ASIA (\$5.00)</b>                      Beef Fried Rice                      Stir Fried Vege                      Sweet &amp; Sour Egg</p> <p><b>CLASSIC VEGETARIAN (\$5.00)</b>                      Pasta Napolitana                      Roasted Vegetables</p> <p><b>SANDWICH (\$5.00)</b>                      Chicken Teriyaki Sub with Fruit</p> <p><b>FRESH FRUIT (\$1.00)</b></p>	<p><b>CHEF'S RECOMMENDATION (\$ 5.00)</b>                      Fish Burger w Tartar Sauce                      Garden Salad</p> <p><b>TASTE OF ASIA (\$5.00)</b>                      Thai Fish Cake                      Fried Brinjal                      Tang Hoon</p> <p><b>CLASSIC VEGETARIAN (\$5.00)</b>                      Onion Omelette                      Fried Brinjal                      Tang Hoon</p> <p><b>SANDWICH (\$5.00)</b>                      Beef Pastrami Sub with Fruit</p> <p><b>FRESH FRUIT (\$1.00)</b></p>	<p><b>CHEF'S RECOMMENDATION (\$ 5.00)</b>                      Chicken Salisbury Mushroom Sauce                      Mixed Vegetables                      Mashed Potato</p> <p><b>TASTE OF ASIA (\$5.00)</b>                      Grilled Teriyaki Fish                      Mixed Vegetables                      Fried Udon</p> <p><b>CLASSIC VEGETARIAN (\$5.00)</b>                      Roasted Eggplant                      Chawamushi                      Fried Udon</p> <p><b>SANDWICH (\$5.00)</b>                      Tuna Sub with Fruit</p> <p><b>FRESH FRUIT (\$1.00)</b></p>



# WEEKLY MENU



26, Monday	27, Tuesday	28, Wednesday	29, Thursday	30, Friday
<p><b>HARI RAYA PUASA</b></p>	<p><b>CHEF'S RECOMMENDATION (\$ 5.00)</b>                      French Roast Chicken                      Carrots &amp; Peas                      Butter Rice</p> <p><b>TASTE OF ASIA (\$5.00)</b>                      Sweet &amp; Sour Fish                      Carrots &amp; Peas                      Fragrant Rice</p> <p><b>CLASSIC VEGETARIAN (\$5.00)</b>                      Olive Fried Rice                      Fried Egg w Sweet &amp; Sour Sauce                      Carrots &amp; Peas</p> <p><b>SANDWICH (\$5.00)</b>                      Garden Veggie Sub with Fruit</p> <p><b>FRESH FRUIT (\$1.00)</b></p>	<p><b>CHEF'S RECOMMENDATION (\$ 5.00)</b>                      Grilled Fish w Mushroom Ragu                      French Beans                      Fragrant Rice</p> <p><b>TASTE OF ASIA (\$5.00)</b>                      Mushroom Steamed Chicken                      French Beans                      Fried Tang Hoon</p> <p><b>CLASSIC VEGETARIAN (\$5.00)</b>                      Tomato Omelette                      French Beans                      Fried Tang Hoon</p> <p><b>SANDWICH (\$5.00)</b>                      Chicken Teriyaki Sub with Fruit</p> <p><b>FRESH FRUIT (\$1.00)</b></p>	<p><b>CHEF'S RECOMMENDATION (\$ 5.00)</b>                      Garlic Grilled Chicken                      Steamed Vegetables                      Pasta in Olive Oil</p> <p><b>TASTE OF ASIA (\$5.00)</b>                      Stir Fried Beef w Ginger &amp; Onion                      Stir Fried Cabbage                      Fragrant Rice</p> <p><b>CLASSIC VEGETARIAN (\$5.00)</b>                      Chickpea &amp; Mushroom Alfredo                      Steamed Vegetables                      Pasta in Olive Oil</p> <p><b>SANDWICH (\$5.00)</b>                      Beef Pastrami Sub with Fruit</p> <p><b>FRESH FRUIT (\$1.00)</b></p>	<p><b>CHEF'S RECOMMENDATION (\$ 5.00)</b>                      Fish Cutlet w Tartar Sauce                      Roasted Vegetables                      Brown Rice</p> <p><b>TASTE OF ASIA (\$5.00)</b>                      Hainanese Chicken Rice                      Kai Lan</p> <p><b>CLASSIC VEGETARIAN (\$5.00)</b>                      Fried Samosa                      Kai Lan                      Tang Hoon</p> <p><b>SANDWICH (\$5.00)</b>                      Tuna Sub with Fruit</p> <p><b>FRESH FRUIT (\$1.00)</b></p>



# WEEKLY MENU

3, Monday	4, Tuesday	5, Wednesday	6, Thursday	7, Friday
<p><b>CHEF'S RECOMMENDATION (\$ 5.00)</b>                      Baked Chicken Parmigiana                      Steamed Broccoli                      Brown Rice</p> <p><b>TASTE OF ASIA (\$5.00)</b>                      Fried Fish in Oyster Sauce                      Steamed Broccoli                      Fragrant Rice</p> <p><b>CLASSIC VEGETARIAN (\$5.00)</b>                      Mexican Bean Stew                      Steamed Broccoli                      Fragrant Rice</p> <p><b>SANDWICH (\$5.00)</b>                      Chicken Ham &amp; Cheese Sub with Fruit</p> <p><b>FRESH FRUIT (\$1.00)</b></p>	<p><b>CHEF'S RECOMMENDATION (\$ 5.00)</b>                      Pan Fried Fish w Balsamic Reduction                      Corn on Cob                      Roasted Potatoes</p> <p><b>TASTE OF ASIA (\$5.00)</b>                      Char Siew Chicken Rice                      Long Cabbage w Oyster Sauce</p> <p><b>CLASSIC VEGETARIAN (\$5.00)</b>                      Japanese Potato Curry                      Steamed Vegetables                      Fragrant Rice</p> <p><b>SANDWICH (\$5.00)</b>                      Garden Veggie Sub with Fruit</p> <p><b>FRESH FRUIT (\$1.00)</b></p>	<p><b>CHEF'S RECOMMENDATION (\$ 5.00)</b>                      Hungarian Beef Goulash                      Carrots &amp; Peas                      Fragrant Rice</p> <p><b>TASTE OF ASIA (\$5.00)</b>                      Fried Fish in Plum Sauce                      Xiao Bai Chye                      Fragrant Rice</p> <p><b>CLASSIC VEGETARIAN (\$5.00)</b>                      Vegetarian Lasagne                      Scrambled Eggs</p> <p><b>SANDWICH (\$5.00)</b>                      Chicken Teriyaki Sub with Fruit</p> <p><b>FRESH FRUIT (\$1.00)</b></p>	<p><b>CHEF'S RECOMMENDATION (\$ 5.00)</b>                      Baked Fish w Mustard Sauce                      Cauliflower Mimosa                      Mashed Potatoes</p> <p><b>TASTE OF ASIA (\$5.00)</b>                      Chicken Tikka                      Steamed Vegetables                      Roti Pratha</p> <p><b>CLASSIC VEGETARIAN (\$5.00)</b>                      Yellow Dhal                      Baked Cauliflower                      Roti Pratha</p> <p><b>SANDWICH (\$5.00)</b>                      Beef Pastrami Sub with Fruit</p> <p><b>FRESH FRUIT (\$1.00)</b></p>	<p><b>School                      Holidays</b></p>