



**MENU 1 - WEEK COMMENCING**  
**17/08, 12/09, 10/10, 14/11, 12/12**

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BLUE OPTION</b>	Roast Chicken With Boiled Potato	Beef Casserole With Potato, Pumpkin & Carrots with Bread	Chicken Burger With Potato Wedges	Pasta with Pork Balls	Vegetable Croquet
<b>RED OPTION</b>	Yangchow Fried Rice (Pork)	Ipoh Chicken Noodle	Fish Teriyaki With Rice	Chicken & Vegetable Curry With Rice	Vegetarian Rice Noodle Soup (pho)
<b>YELLOW OPTION (VEGETARIAN ONLY)</b>	Sautéed Vegetarian Rice Vermicelli	Ipoh Vegetarian Rice Noodle	Lentil Shepherd Pie	Tofu & Vegetable Curry with Rice	Vegetable Croquet
<b>GREEN OPTION</b>	Wrap Filled With Vegetable Omelet & Mixed Salad	Baguette Filled With Tuna Mayonnaise, Onion & Tomato	Sandwich Filled With Ham & Mixed Salad	Bun Filled With Egg Mayonnaise & Mixed Salad	Vegetarian Baguette With Sautéed Turnip Carrot, Vegetarian Ham
<b>SOUP</b>	<b>SOUP OF THE DAY</b>				
<b>VEGETABLES AND SALAD</b>	<b>VEGETABLE OF THE DAY</b>				
	<b>SALAD BAR</b>				
<b>DESSERT</b>	<b>MIXED FRUITS</b>				



**MENU 2 - WEEK COMMENCING  
22/08, 19/09, 24/10, 21/11**

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BLUE OPTION</b>	<b>Chicken &amp; Vegetables Stew with bread</b>	<b>Pasta Bolognese</b>	<b>Battered Fish with Baked Potato</b>	<b>Chicken Carbonara</b>	<b>Pizza Margherita</b>
<b>RED OPTION</b>	<b>Sweet &amp; Sour Fish With rice</b>	<b>Roast Pork With Rice</b>	<b>Chicken Noodle Soup</b>	<b>Beef Rendang With Rice</b>	<b>Oriental Fried Rice</b>
<b>YELLOW OPTION (VEGETARIAN ONLY)</b>	<b>Sweet &amp; Sour Tofu With Rice</b>	<b>Braised Tofu &amp; Egg With Rice</b>	<b>Vegetarian Tomato Noodle Soup</b>	<b>Creamy Pasta With Broccoli, Carrot &amp; Cauliflower</b>	<b>Pizza Margherita</b>
<b>GREEN OPTION</b>	<b>Wrap Filled With Chicken &amp; Mixed Salad</b>	<b>Sandwich Filled With Egg, Carrot, Potato in Maonynaise &amp; Salad</b>	<b>Baguette Filled With Sauteed Pork, Tomato &amp; Salad</b>	<b>Whole Wheat Bun Filled with Tuna Mayonnaise &amp; Mixed Salad</b>	<b>Roasted Sweet Potato Topped With Hummus &amp; cheese</b>
<b>SOUP</b>	<b>SOUP OF THE DAY</b>				
<b>VEGETABLES AND SALAD</b>	<b>VEGETABLE OF THE DAY</b>				
	<b>SALAD BAR</b>				
<b>DESSERT</b>	<b>MIXED FRUITS</b>				



**MENU 3 - WEEK COMMENCING**

**29/08, 26/09, 31/10, 28/11**

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BLUE OPTION	Grilled Chicken BBQ Sauce With Boiled Potato	Roast Chicken With Pasta Sautéed With Garlic	Pork Ragu With Bread	Ham & Cheese Croque Monsieur With Potato Wedges	Vegetarian Lasagne
RED OPTION	Braised Pork & Tofu in Spicy Sauce With Rice	Fish Curry With Rice	Chicken Rice	Beef & Vegetables Fried Rice	Vegetarian Noodle Soup (pho)
YELLOW OPTION (VEGETARIAN ONLY)	Braised Tofu & Eggplant In Spicy Sauce With Rice	Chickpeas & Vegetable Curry With Rice	Pumpkin & Pineapple Fried Rice	Cheese Croque Monsieur With Potato Wedges	Vegetarian Lasagne
GREEN OPTION	Whole Wheat Bun Filled With Vegetable Omelet & Salad	Baguette Filled With Sautéed Pork, Onion & Mixed Salad	Sandwich Filled With Tuna, Onion, Tomato Mayonnaise & Salad	Baguette Filled With Sautéed Chicken & Mixed Salad	Wrap Filled With Vegetarian Ham & Mixed Salad
SOUP	SOUP OF THE DAY				
VEGETABLES AND SALAD	VEGETABLE OF THE DAY				
	SALAD BAR				
DESSERT	MIXED FRUITS				



**MENU 4 - WEEK COMMENCING**  
05/09, 03/10, 07/11 05/12

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BLUE OPTION</b>	Fish Goujons With Baked Potato	Beef Lasagne	Ham & Cheese Baguette Pizza	Pasta Aglio Olio with Bacon	Macaroni & Cheese
<b>RED OPTION</b>	Pork In Dark Soya Sauce With Rice	Chicken Noodle Soup	Korean Braised Chicken With Rice	Seafood Fried Rice	Tofu Vegetable Miso & Omelet With Rice
<b>YELLOW OPTION (VEGETARIAN ONLY)</b>	Vegetarian Noodle Soup	Vegetarian Fried Rice	Margherita Baguette Pizza	Vegetable Dhal With Rice	Macaroni & Cheese
<b>GREEN OPTION</b>	Wrap Filled With Omelet & Mixed Salad	Whole Wheat Bun Filled With Tuna Mayonnaise & Salad	Sandwich Filled With Egg, Carrot, Potato in Maoyonnaise & Salad	Baguette Filled with Sautéed Onion Chicken & Mixed Salad	Roasted Sweet Potato Topped with Baked Beans & Cheese
<b>SOUP</b>	<b>SOUP OF THE DAY</b>				
<b>VEGETABLES AND SALAD</b>	<b>VEGETABLE OF THE DAY</b>				
	<b>SALAD BAR</b>				
<b>DESSERT</b>	<b>MIXED FRUITS</b>				