

WEEKLY MENU

		1, Wednesday	2, Thursday	3, Friday
		<p>CHEF'S RECOMMENDATION (\$ 5.00) Fish Fillet with Lentil Pesto Sauce Steamed Broccoli Mashed Potato Fresh Fruit</p> <p>TASTE OF ASIA (\$5.00) Thai Basil Chicken Cucumber Salad with Sesame Garlic Dressing 'Pad Thai' Noodles Fresh Fruit</p> <p>CLASSIC VEGETARIAN (\$5.00) Tau Hu 'Goreng' Chickpea with Curry Spice Biryani Rice Fresh Fruit</p> <p>SANDWICH (\$4.00) Chicken Teriyaki Sub with Fruit</p> <p>FRUIT (\$1.00) Watermelon</p> <p>BEVERAGES Bottled Water, 350ml (\$1.00) Milk, 200ml (\$1.50)</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) Honey Baked Chicken Sautéed Mushrooms Fragrant Rice Fresh Fruit</p> <p>TASTE OF ASIA (\$5.00) Beef Masala Mixed Vegetables, Pickled Basmati Rice Fresh Fruit</p> <p>CLASSIC VEGETARIAN (\$5.00) Eggplant with Sesame 'Ponzu' Sauce Chawamushi Fried Udon Noodles Fresh Fruit</p> <p>SANDWICH (\$4.00) Egg & Cheese Sub with Fruit</p> <p>FRUIT (\$1.00) Banana</p> <p>BEVERAGES Bottled Water, 350ml (\$1.00) Milk, 200ml (\$1.50)</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) Cajun Fish Fillet Creamed Spinach Herbed Roasted Potatoes Fresh Fruit</p> <p>TASTE OF ASIA (\$5.00) Chicken Cutlet with Lemon Sauce Tomato and Cucumber Brown Rice Fresh Fruit</p> <p>CLASSIC VEGETARIAN (\$5.00) Vegetarian Lasagna Steamed Broccoli Fresh Fruit</p> <p>SANDWICH (\$4.00) Tuna Sub with Fruit</p> <p>FRUIT (\$1.00) Sunmelon</p> <p>BEVERAGES Bottled Water, 350ml (\$1.00) Milk, 200ml (\$1.50)</p>

WEEKLY MENU

6, Monday	7, Tuesday	8, Wednesday	9, Thursday	10, Friday
<p>CHEF'S RECOMMENDATION (\$ 5.00) Chicken Chipolata Scrambled Eggs Grilled Tomatoes Butter Croissant Fresh Fruit</p> <p>TASTE OF ASIA (\$5.00) Stir-Fried Beef with Spring Onions Lotus Roots and Celery Fragrant Rice Fresh Fruit</p> <p>CLASSIC VEGETARIAN (\$5.00) Vegetarian 'Kurma' Roasted Sweet Potatoes Basmati Rice Fresh Fruit</p> <p>SANDWICH (\$4.00) Chicken Ham & Cheese Sub with Fruit</p> <p>FRUIT (\$1.00) Honeydew</p> <p>BEVERAGES Bottled Water, 350ml (\$1.00) Milk, 200ml (\$1.50)</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) Fish Creole Broccoli & Carrots Fragrant Rice Fresh Fruit</p> <p>TASTE OF ASIA (\$5.00) Tandoori Chicken Curry Vegetables Roti Prata Fresh Fruit</p> <p>CLASSIC VEGETARIAN (\$5.00) Black Bean Salsa Burrito Fresh Fruit</p> <p>SANDWICH (\$4.00) Garden Veggie Sub with Fruit</p> <p>FRUIT (\$1.00) Apple</p> <p>BEVERAGES Bottled Water, 350ml (\$1.00) Milk, 200ml (\$1.50)</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) Grilled Chicken with Cumin Orange Glaze Fusilli with Bell Peppers Fresh Fruit</p> <p>TASTE OF ASIA (\$5.00) Cereal Fish 'Kai Lan' with Straw Mushrooms Fragrant Rice Fresh Fruit</p> <p>CLASSIC VEGETARIAN (\$5.00) Sambal Green Beans Onion Omelet 'Mee Goreng' Fresh Fruit</p> <p>SANDWICH (\$4.00) Chicken Teriyaki Sub with Fruit</p> <p>FRUIT (\$1.00) Watermelon</p> <p>BEVERAGES Bottled Water, 350ml (\$1.00) Milk, 200ml (\$1.50)</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) Beef Pepperoni Pizza Roasted Vegetables with Italian Dressing Fresh Fruit</p> <p>TASTE OF ASIA (\$5.00) Sweet & Sour Chicken Mixed Asian Greens Fragrant Rice Fresh Fruit</p> <p>CLASSIC VEGETARIAN (\$5.00) Margarita Pizza Roasted Vegetables with Italian Dressing Fresh Fruit</p> <p>SANDWICH (\$4.00) Egg & Cheese Sub with Fruit</p> <p>FRUIT (\$1.00) Banana</p> <p>BEVERAGES Bottled Water, 350ml (\$1.00) Milk, 200ml (\$1.50)</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) Caramelized Baked Chicken Stuffed Bell Pepper Brown Rice Fresh Fruit</p> <p>TASTE OF ASIA (\$5.00) Salted Egg Yolk Fish Sliced 'Fu Yong' Eggs Fragrant Rice Fresh Fruit</p> <p>CLASSIC VEGETARIAN (\$5.00) Japanese Curry Fried Brinjal Fragrant Rice Fresh Fruit</p> <p>SANDWICH (\$4.00) Tuna Sub with Fruit</p> <p>FRUIT (\$1.00) Sunmelon</p> <p>BEVERAGES Bottled Water, 350ml (\$1.00) Milk, 200ml (\$1.50)</p>

WEEKLY MENU

13, Monday	14, Tuesday	15, Wednesday	16, Thursday	17, Friday
<p>CHEF'S RECOMMENDATION (\$ 5.00) Creamy Dory Fish Baked Rice Green Beans & Cauliflower Fresh Fruit</p> <p>TASTE OF ASIA (\$5.00) Roasted Chicken 'Xiao Bai Cai' with Oyster Sauce Brown Rice Fresh Fruit</p> <p>CLASSIC VEGETARIAN (\$5.00) Wild Mushroom Baked Rice Green Beans & Cauliflower Fresh Fruit</p> <p>SANDWICH (\$4.00) Chicken Ham & Cheese Sub with Fruit</p> <p>FRUIT (\$1.00) Honeydew</p> <p>BEVERAGES Bottled Water, 350ml (\$1.00) Milk, 200ml (\$1.50)</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) Grilled Chicken with Apple Sauce Broccoli & Carrots Fragrant Rice Fresh Fruit</p> <p>TASTE OF ASIA (\$5.00) 'Kung Pao' Fish Mixed Asian Greens Brown Rice Vermicelli Fresh Fruit</p> <p>CLASSIC VEGETARIAN (\$5.00) Spring Roll Sautéed Cabbage Brown Rice Vermicelli Fresh Fruit</p> <p>SANDWICH (\$4.00) Garden Veggie Sub with Fruit</p> <p>FRUIT (\$1.00) Apple</p> <p>BEVERAGES Bottled Water, 350ml (\$1.00) Milk, 200ml (\$1.50)</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) Fish with Balsamic Reduction Sweet Peas & Corn Garlic Mashed Potatoes Fresh Fruit</p> <p>TASTE OF ASIA (\$5.00) Teriyaki Chicken Tofu Salad Soba Noodles Fresh Fruit</p> <p>CLASSIC VEGETARIAN (\$5.00) 'Tempeh' with Green Beans Cauliflower & Potato Brown Rice Fresh Fruit</p> <p>SANDWICH (\$4.00) Chicken Teriyaki Sub with Fruit</p> <p>FRUIT (\$1.00) Watermelon</p> <p>BEVERAGES Bottled Water, 350ml (\$1.00) Milk, 200ml (\$1.50)</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) Chicken Bolognese Cheese Toast Whole Grain Pasta Fresh Fruit</p> <p>TASTE OF ASIA (\$5.00) Black Pepper Beef Stir-Fry 'Kang Kong' Fragrant Rice Fresh Fruit</p> <p>CLASSIC VEGETARIAN (\$5.00) Roasted Ratatouille Cheese Toast Whole Grain Pasta Fresh Fruit</p> <p>SANDWICH (\$4.00) Egg & Cheese Sub with Fruit</p> <p>FRUIT (\$1.00) Banana</p> <p>BEVERAGES Bottled Water, 350ml (\$1.00) Milk, 200ml (\$1.50)</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) Pan-Fried Fish with Mustard Sauce Zucchini & Carrots Fragrant Rice Fresh Fruit</p> <p>TASTE OF ASIA (\$5.00) Herbal Chicken 'Chye Sim' with Abalone Sauce Brown Rice Fresh Fruit</p> <p>CLASSIC VEGETARIAN (\$5.00) Buttermilk Pancake Vegetable Crudités with Yoghurt Dip Fresh Fruit</p> <p>SANDWICH (\$4.00) Tuna Sub with Fruit</p> <p>FRUIT (\$1.00) Sunmelon</p> <p>BEVERAGES Bottled Water, 350ml (\$1.00) Milk, 200ml (\$1.50)</p>

WEEKLY MENU

20, Monday	21, Tuesday	22, Wednesday	23, Thursday	24, Friday
<p>CHEF'S RECOMMENDATION (\$ 5.00) Hawaiian Chicken Gratin Potato with Onions & Corn Fresh Fruit</p> <p>TASTE OF ASIA (\$5.00) Indonesian Style Fish Fillet Cabbage & Carrots Fragrant Rice Fresh Fruit</p> <p>CLASSIC VEGETARIAN (\$5.00) Mushroom Masala Stir-Fried Okra Brown Rice Fresh Fruit</p> <p>SANDWICH (\$4.00) Chicken Ham & Cheese Sub with Fruit</p> <p>FRUIT (\$1.00) Honeydew</p> <p>BEVERAGES Bottled Water, 350ml (\$1.00) Milk, 200ml (\$1.50)</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) Meatball (Beef) Garlic Bread Whole Grain Spaghetti Fresh Fruit</p> <p>TASTE OF ASIA (\$5.00) Sesame Chicken Marinated Bean Sprout Kimchi Fried Rice Fresh Fruit</p> <p>CLASSIC VEGETARIAN (\$5.00) Spaghetti Napolitana Garlic Bread Mixed Beans Salad Fresh Fruit</p> <p>SANDWICH (\$4.00) Garden Veggie Sub with Fruit</p> <p>FRUIT (\$1.00) Apple</p> <p>BEVERAGES Bottled Water, 350ml (\$1.00) Milk, 200ml (\$1.50)</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) Rosemary Chicken Sautéed Vegetables Mashed Potato Fresh Fruit</p> <p>TASTE OF ASIA (\$5.00) Baked Teriyaki Fish Mixed Asian Greens Brown Rice Fresh Fruit</p> <p>CLASSIC VEGETARIAN (\$5.00) Carrots with Cumin Spice Egg Tofu with Mixed Vegetable Brown Rice Fresh Fruit</p> <p>SANDWICH (\$4.00) Chicken Teriyaki Sub with Fruit</p> <p>FRUIT (\$1.00) Watermelon</p> <p>BEVERAGES Bottled Water, 350ml (\$1.00) Milk, 200ml (\$1.50)</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) Chilli Con Carne Corn & Bell Pepper Brown Rice Fresh Fruit</p> <p>TASTE OF ASIA (\$5.00) 'Claypot' Chicken Rice Lettuce with Oyster Sauce Fresh Fruit</p> <p>CLASSIC VEGETARIAN (\$5.00) Cheese & Mushroom Quesadilla Corn Salsa Cilantro Rice Fresh Fruit</p> <p>SANDWICH (\$4.00) Egg & Cheese Sub with Fruit</p> <p>FRUIT (\$1.00) Banana</p> <p>BEVERAGES Bottled Water, 350ml (\$1.00) Milk, 200ml (\$1.50)</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) Chicken & Broccoli Alfredo Penne Pasta Fresh Fruit</p> <p>TASTE OF ASIA (\$5.00) Lemon Fish Fillet Braised Brinjal Brown Rice Fresh Fruit</p> <p>CLASSIC VEGETARIAN (\$5.00) Wild Mushroom Alfredo Penne Pasta Fresh Fruit</p> <p>SANDWICH (\$4.00) Tuna Sub with Fruit</p> <p>FRUIT (\$1.00) Sunmelon</p> <p>BEVERAGES Bottled Water, 350ml (\$1.00) Milk, 200ml (\$1.50)</p>

WEEKLY MENU

27, Monday	28, Tuesday	29, Wednesday	30, Thursday	31, Friday
<p>CHEF'S RECOMMENDATION (\$ 5.00) Chicken Bolognese Sauce Roasted Vegetables Spaghetti Fresh Fruit</p> <p>TASTE OF ASIA (\$5.00) Black Pepper Beef Shanghai Green Fragrant Rice Fresh Fruit</p> <p>CLASSIC VEGETARIAN (\$5.00) Vegetables Ball Roasted Vegetable Spaghetti with Marinara Sauce Fresh Fruit</p> <p>SANDWICH (\$4.00) Chicken Ham & Cheese Sub with Fruit</p> <p>FRUIT (\$1.00) Honeydew</p> <p>BEVERAGES Bottled Water, 350ml (\$1.00) Milk, 200ml (\$1.50)</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) Fish Burger with Homemade Tartar Sauce Caesar Salad Fresh Fruit</p> <p>TASTE OF ASIA (\$5.00) Marmite Chicken Mixed Asian Greens Brown Rice Fresh Fruit</p> <p>CLASSIC VEGETARIAN (\$5.00) Curry Vegetable Chickpea and Bean Brown Rice Fresh Fruit</p> <p>SANDWICH (\$4.00) Garden Veggie Sub with Fruit</p> <p>FRUIT (\$1.00) Apple</p> <p>BEVERAGES Bottled Water, 350ml (\$1.00) Milk, 200ml (\$1.50)</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) Mushroom Chicken Piccata Corn & Beans Salad Mashed Potato Fresh Fruit</p> <p>TASTE OF ASIA (\$5.00) Fried Fish Fillet with Plum Sauce Stir-Fry Long Bean Fragrant Rice Fresh Fruit</p> <p>CLASSIC VEGETARIAN (\$5.00) 'Ma Po' Tofu Mixed Asian Greens Fragrant Rice Fresh Fruit</p> <p>SANDWICH (\$4.00) Chicken Teriyaki Sub with Fruit</p> <p>FRUIT (\$1.00) Watermelon</p> <p>BEVERAGES Bottled Water, 350ml (\$1.00) Milk, 200ml (\$1.50)</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) Seafood Cioppino Brown Rice Fresh Fruit</p> <p>TASTE OF ASIA (\$5.00) Beef Bulgogi Radish Salad Glass Vermicelli Fresh Fruit</p> <p>CLASSIC VEGETARIAN (\$5.00) Fried 'Tempeh' Tomato & Mushrooms Omelette Fragrant Rice Fresh Fruit</p> <p>SANDWICH (\$4.00) Egg & Cheese Sub with Fruit</p> <p>FRUIT (\$1.00) Banana</p> <p>BEVERAGES Bottled Water, 350ml (\$1.00) Milk, 200ml (\$1.50)</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) BBQ Grilled Chicken Coleslaw Brown Rice Fresh Fruit</p> <p>TASTE OF ASIA (\$5.00) Fish Fillet with 'Chili Crab Sauce' Fried 'Man Tou' Fresh Fruit</p> <p>CLASSIC VEGETARIAN (\$5.00) Macaroni & Cheese Roasted Vegetables Fresh Fruit</p> <p>SANDWICH (\$4.00) Tuna Sub with Fruit</p> <p>FRUIT (\$1.00) Sunmelon</p> <p>BEVERAGES Bottled Water, 350ml (\$1.00) Milk, 200ml (\$1.50)</p>