



WEEKLY MENU

Monday

Tuesday

Wednesday

Thursday

Friday

1 December 2016

Non Vegetarian \$5.00)

French Roast Chicken
Vichy Baby Carrots
Potato Mash with Gravy
Fruit Salad

Vegetarian (\$5.00)

Pasta Napolenta
Tofu & Chickpeas Salsa
Buttered Baby Carrots
Fruit Salad

Sandwich (\$4.00)

Egg & Cheese Sub
With Fruits

Fruits (\$1.00)

Watermelon

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

2 December 2016

Non Vegetarian \$5.00)

Beef Pepperoni Pizza
Roasted Mixed Vegetables
Fresh Fruits

Vegetarian (\$5.00)

Magherita Pizza
Roasted Mixed Vegetables
Fresh Fruits

Sandwich (\$4.00)

Tuna Sub with Fruits

Fruits (\$1.00)

Honeydew

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

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Monday

5 December 2016

Non Vegetarian \$5.00)
 Wok-fried Fish with Lemon
 Coulis
 French Beans with Carrots
 Brown Rice
 Mixed Melons

Vegetarian (\$5.00)
 Mushroom & Cheese Frittata
 Broccoli & Cauliflower
 Penne Salad
 Mixed Melons

Sandwich (\$4.00)
 Chicken Ham & Cheese Sub
 with Fruits

Fruits (\$1.00)
 Red Apple

Beverages
 Bottled Water (350ml) \$1.00
 Milk (200ml) \$1.50

Tuesday

6 December 2016

Non Vegetarian \$5.00)
 Baked Dory Fillet 'Milanese'
 Green Beans with Carrots
 Brown Rice
 Fruits Salad

Vegetarian (\$5.00)
 * Chinese Mushroom Fried
 Rice
 Xiao Bai Cai
 Ma Po Tofu
 Fruits Salad

Sandwich (\$4.00)
 Garden Veggie Sub
 With Fruits

Fruits (\$1.00)
 Sunmelon

Beverages
 Bottled Water (350ml) \$1.00
 Milk (200ml) \$1.50

Wednesday

7 December 2016

Non Vegetarian \$5.00)
 Beef Bolognese
 Balsamic-glazed Vegetables
 Spaghetti in Olive Oil
 Fresh Fruits

Vegetarian (\$5.00)
 Lentils & Tomato Stew
 Balsamic-glazed Vegetables
 Spaghetti in Olive Oil
 Fresh Fruits

Sandwich (\$4.00)
 Chicken Teriyaki Sub
 With Fruits

Fruits (\$1.00)
 Orange

Beverages
 Bottled Water (350ml) \$1.00
 Milk (200ml) \$1.50

Thursday

8 December 2016

Non Vegetarian \$5.00)
 *Korean Grilled Chicken
 * Asian-style Salad
 Fragrant Rice
 Tropical Fresh Fruits

Vegetarian (\$5.00)
 Hongkong Fried Noodles
 Asian-style Salad
 Soy-Braised Egg
 Tropical Fresh Fruits

Sandwich (\$4.00)
 Egg & Cheese Sub
 With Fruits

Fruits (\$1.00)
 Watermelon

Beverages
 Bottled Water (350ml) \$1.00
 Milk (200ml) \$1.50

Friday

9 December 2016

Non Vegetarian \$5.00)
 *Classic Turkey Roast with
 Cranberry Sauce
 Creamy Potato Mash with
 Gravy
 Snowy Fruit Salsa

Vegetarian (\$5.00)
 Lentils & Mushroom
 'Meatloaf' with Tomato Coulis
 Creamy Potato Mash with
 Gravy Snowy Fruit
 Salsa)

Tuna Sub with Fruits

Fruits (\$1.00)
 Honeydew

Beverages
 Bottled Water (350ml) \$1.00
 Milk (200ml) \$1.50

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Monday

12 December 2016

Non Vegetarian \$5.00)

*Mediterranean Roasted
Chicken
Carrots & Peas
Brown Rice
Mixed Fruit Compote

Vegetarian (\$5.00)

Mini Waffles with Yoghurt
Broccoli Frittata
Mixed Fruit Compote

Sandwich (\$4.00)

Chicken Ham & Cheese Sub
with Fruits

Fruits (\$1.00)

Red Apple

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Tuesday

13 December 2016

Non Vegetarian \$5.00)

Stir-fried Beef Slices In
Oyster Sauce
Chinese Cabbage with
Mushroom
Brown Rice
Mixed Melons

Vegetarian (\$5.00)

Italian Bean Stew
Cauliflower Gratin
Tri-colour Fusilli In Olive Oil

Mixed Melons

Sandwich (\$4.00)
Garden Veggie Sub
With Fruits

Fruits (\$1.00)

Sunmelon

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Wednesday

14 December 2016

Non Vegetarian \$5.00)

Pan-fried Fish Fillet with
Gingery Scallion Sauce
Broccoli & Carrots
Brown Rice
Fresh Fruits

Vegetarian (\$5.00)

mediterranean Vegetables
Pita Egg & Cheese Salad
Fresh Fruits

Sandwich (\$4.00)

Chicken Teriyaki Sub
With Fruits

Fruits (\$1.00)

Orange

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Thursday

15 December 2016

Non Vegetarian \$5.00)

Baked Fish with Mushroom
Ragu
*Broccoli Mimosa
Potato Roasties
Fruits Salad

Vegetarian (\$5.00)

*Sin Chew Bee Hoon(Rice
Vermicilli)
Xiao Bai Cai

Braised Tofu & Mushroom
Fruits Salad

Sandwich (\$4.00)

Egg & Cheese Sub
With Fruits

Fruits (\$1.00)

Watermelon

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Friday

16 December 2016

Non Vegetarian \$5.00)

Grilled Beef Burger
Cheddar Cheese
Lettuce & Tomato Salad
Fresh Fruits

Vegetarian (\$5.00)

*Tofu & Egg Burger
Cheddar Cheese
Lettuce & Tomato Salad
Fresh Fruits

Sandwich (\$4.00)

Tuna Sub with Fruits

Fruits (\$1.00)

Honeydew

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

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