



MENU 1 - WEEK COMMENCING

04/05, 01/06/2020

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BLUE OPTION	Macaroni & Cheese	Beef Casserole with Potato, Pumpkin & Carrots with Rice	Chicken Meat Loaf with mashed potato	Pasta with Pork Balls	Roast Chicken with Boiled Potato
RED OPTION	Sautéed Tomatoes & Eggs with Rice	Ipoh Chicken Noodle	Seafood Fried Rice	Chicken & Vegetable Curry with Rice	Pork in Dark Soya Sauce with Rice
YELLOW OPTION (VEGETARIAN ONLY)	Macaroni Cheese	Ipoh Vegetarian Noodle	Pumpkin & Pineapple Fried Rice	Tofu & Vegetable Curry with Rice	Lentil Shepherd Pie
GREEN OPTION	Baked Sweet Potato with Beans Bolognese – topped with cheese	Baguette or Whole Wheat Bun filled with Chicken & Mixed Salad	Jacket Potato OR Whole Wheat Bun filled with Bacon & Egg	Sandwich OR Whole Wheat Bun filled with Egg Mayo & Salad	Baguette OR Whole Wheat Bun filled with Tuna Mayo & tomato
VEGETABLES AND SALAD	Broccoli & Carrot	Spinach & Carrot	French Beans & Carrot	Morning Glory & Carrot	Cabbage & Carrot
	SALAD BAR				
DESSERT	MIXED FRUITS				



MENU 2 - WEEK COMMENCING 11/05, 08/06/2020

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BLUE OPTION	Beef Lasagne	Ham & Cheese Baguette Pizza	Battered Fish with Baked Potato	Chicken & Vegetables Stew with Rice	Chicken Carbonara
RED OPTION	Chicken Rice	Fish Curry with rice	Yangchow (pork) Fried Rice	Sautéed Pork Noodle	Beef Rendang with Rice
YELLOW OPTION (VEGETARIAN ONLY)	Roasted Veggie Lasagne	Margherita Baguette Pizza	Oriental Fried Rice	Sautéed Vegetarian Noodle	Creamy Pasta with Broccoli, Carrot & Cauliflower
GREEN OPTION	Baguette OR Whole Wheat Bun filled with Egg Mayo & Salad	Wrap OR Whole Wheat Bun filled with Chicken & Mixed Salad	Jacket Potato OR Whole Wheat Bun filled with Meat Sauce Bolognese	Sandwich OR Whole Wheat Bun filled with Bacon, Omelet & Mixed Salad	Baguette OR Whole Wheat Bun filled with Tuna Mayonnaise, Onion & Tomato
VEGETABLES AND SALAD	Bok Choi & Carrot	Chinese Cabbage & Carrot	Long Beans & Carrot	Choy Sum & Carrot	Cauliflower & Carrot
	SALAD BAR				
DESSERT	MIXED FRUITS				



MENU 3 - WEEK COMMENCING 18/05, 15/06/2020

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BLUE OPTION	Pork Ragu with Rice	Beef & Vegetables Stew with Rice	Ham & Cheese Croque Monsieur with Potato Wedges	Pasta Bolognese (Beef)	Grilled Chicken BBQ Sauce with Boiled Potato
RED OPTION	Sweet & Sour Fish with Rice	Sautéed Vermicelli with Pork & Vegetables	Chicken & Pineapple Fried Rice	Roast Pork with Rice	Braised Pork & Tofu in Spicy Bean Sauce with Rice
YELLOW OPTION VEGETARIAN ONLY)	Sweet & Sour Tofu with Rice	Sautéed Vegetarian Rice Vermicelli (e)	Cheese Croque Monsieur with Potato Wedges	Pasta Napolitana	Braised Tofu & Eggplant in spicy Bean Sauce with Rice
GREEN OPTION	Baguette OR Whole Wheat Bun filled with Tuna Mayonnaise, Onion & Tomato	Wrap OR Whole Wheat Bun filled with Veggie Omelet & Mixed Salad	Jacket Potato OR Whole Wheat Bun filled with Bacon & Omelet	Sandwich OR Whole Wheat Bun filled with Ham & Mixed Salad	Baguette OR Whole Wheat Bun filled with Chicken & Salad
VEGETABLES AND SALAD	Broccoli & Carrot	Spinach & Carrot	French Beans & Carrot	Morning Glory & Carrot	Cabbage & Carrot
	SALAD BAR				
DESSERT	MIXED FRUITS				



**MENU 4 - WEEK COMMENCING
25/05, 22/06/2020**

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BLUE OPTION	Garlic pasta with Roast Chicken	Fish Goujons with Baked Potato	Beef Burger with Potato Wedges	Pizza Margherita	Roast Pork with Mashed Potato
RED OPTION	Braised Pork & Egg with Rice	Sautéed Glass Noodle with Chicken, Vegetable and Egg	Fish Teriyaki with Rice	Pork Bulgogi with Rice	Sautéed Chicken & Vegetable Macaroni
YELLOW OPTION (VEGETARIAN ONLY)	Braised Tofu & Egg with Rice	Sautéed Vegetarian Glass Noodle	Chickpeas & Vegetable Curry with Rice	Pizza Margherita	Vegetable Dhal With Rice
GREEN OPTION	Baguette OR Whole Wheat Bun filled with Ham & Cheese & Mixed Salad	Wrap OR Whole Wheat Bun filled with Egg Mayo & Salad	Jacket Potato OR Whole Wheat Bun filled with Meat Sauce Bolognese & Mixed Salad	Sandwich Whole Wheat Bun filled with Chicken & Mixed Salad	Baguette OR Whole Wheat Bun filled with Tuna Mayo & Mixed Salad
VEGETABLES AND SALAD	Bok Choi & Carrot	Chinese Cabbage & Carrot	Long Beans & Carrot	Choy Sum & Carrot	Cauliflower & Carrot
	SALAD BAR				
DESSERT	FRESH FRUIT OF THE DAY				