



MENU 1 - WEEK COMMENCING 19/08, 14/09, 19/10, 16/11, 14/12/2020

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY (HEALTHY DAY)	FRIDAY
BLUE OPTION	Beef Casserole with Potato, Pumpkin & Carrots with Bread	Chicken Burger with Potato Wedges	Pasta with Pork Balls	Chicken Meat Loaf with mashed potato	Pizza Margherita
RED OPTION	Chicken Rice	Fish Teriyaki with Rice	Chicken & Vegetable Curry with Rice	Sautéed Egg Noodle with Pork & Vegetable	Oriental Fried Rice
YELLOW OPTION (VEG. ONLY)	Pumpkin & Pineapple Fred Rice	Lentil Shepherd Pie	Tofu & Vegetable Curry with Rice	Sautéed Vegetarian Rice Vermicelli	Pizza Margherita
GREEN OPTION	Wrap filled with Vegetable Omelet & Mixed Salad	Baguette filled with Sautéed Chicken & Mixed Salad	Sandwich filled with Ham, tomato & Salad	Whole Wheat Bun filled with Egg mayo and cucumber	Roasted Sweet Potato topped with Hummus and Cheese
SOUP	SOUP OF THE DAY				
VEGETABLES	VEGETABLE OF THE DAY				
DESSERT	MIXED FRUITS				



**MENU 2 - WEEK COMMENCING
24/08, 21/09, 26/10, 23/11/2020**

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BLUE OPTION	Pasta Bolognese (Beef)	Battered Fish with Baked Potato	Chicken & Vegetables Stew with bread	Chicken Carbonara	Grilled Chicken BBQ Sauce with Boiled Potato
RED OPTION	Chicken & Vegetable Fried Rice	Chicken Noodle Soup	Sweet & Sour Fish with rice	Beef Rendang with Rice	Braised Pork & Tofu in Spicy Sauce with Rice
YELLOW OPTION (VEG. ONLY)	Pasta Napolitana	Vegetarian Noodle Soup	Sweet & Sour Tofu with Rice	Creamy Pasta with Broccoli, Carrot & Cauliflower	Braised Tofu & Eggplant in Spicy Sauce with Rice
GREEN OPTION	Whole Wheat Bun filled with Tuna, Onion, Tomato & Mayonnaise	Sandwich filled with Roast Pork, Tomato & Salad	Wrap filled with Chicken, cucumber, tomato & Salad	Jacket Potato filled with Baked Beans and Cheese	Baguette filled with Egg Mayonnaise & cucumber
SOUP	SOUP OF THE DAY				
VEGETABLES	VEGETABLE OF THE DAY				
DESSERT	MIXED FRUITS				



MENU 3 - WEEK COMMENCING 31/08, 28/09, 02/11, 30/11/2020

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY (HEALTHY DAY)	FRIDAY
BLUE OPTION	Roast Chicken with Pasta sautéed with Garlic	Pork Ragu with Bread	Ham & Cheese Croque Monsieur with Potato Wedges	Beef & Vegetables Stew with Rice	Macaroni & Cheese
RED OPTION	Fish Curry with Rice	Ipoh Chicken Noodle	Chicken Macaroni Soup	Yangchow Fried Rice (Pork)	Tofu, Vegetable Miso & Omelet with Rice
YELLOW OPTION (VEG. ONLY)	Chickpeas & Vegetable Curry with Rice	Ipoh Vegetarian Rice Noodle	Cheese Croque Monsieur with Potato Wedges	Vegetarian Fried Rice	Macaroni & Cheese
GREEN OPTION	Whole Wheat Bun filled with Chicken & Cucumber	Sandwich filled with Egg Mayo and mixed salad	Wrap filled with vegetable Omelet & Mixed Salad	Baguette OR filled with Sautéed Chicken & Cucumber	Roasted Sweet Potato topped with Baked Beans and cheese
SOUP	SOUP OF THE DAY				
VEGETABLES	VEGETABLE OF THE DAY				
DESSERT	MIXED FRUITS				



MENU 4 - WEEK COMMENCING
07/09, 05/10, 19/10, 09/11, 07/12/2020

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BLUE OPTION	Beef Lasagne	Ham & Cheese Baguette Pizza	Fish Goujons with Baked Potato	Aglio Olio with Bacon	Roast Chicken with Boiled Potato
RED OPTION	Chicken Noodle Soup	Korean Braised Chicken with Rice	Pork in Dark Soya Sauce with Rice	Seafood Fried Rice	Sautéed Vermicelli with Beef & Vegetables
YELLOW OPTION (VEG. ONLY)	Roasted Vegetable Lasagne	Margherita Baguette Pizza	Vegetarian Noodle Soup	Vegetable Dhal With Rice	Braised Tofu and Egg with Rice
GREEN OPTION	Whole Wheat Bun filled with Egg Mayo & Cucumber	Wrap filled with Sautéed Pork & Cucumber, tomato & Salad	Sandwich filled with Chicken & Mixed Salad	Jacket Potato filled with Meat Bolognese	Baguette filled with Vegetable Omelet and Salad
SOUP	SOUP OF THE DAY				
VEGETABLES	VEGETABLE OF THE DAY				
DESSERT	MIXED FRUITS				