

# Pre – Order Menu



Western Meal



Asian Meal



Snacks & Drinks





Vegetarian Meal

CYCLE=01



Egg / Gluten / Dairy



Cuisine	Monday –August-20	Tuesday-August-21	Wednesday –August-22	Thursday-August-23	Friday-August-24
<b>WESTERN</b> 	<b>Chicken Burritos with Baked Sweet Potato &amp; Sour Cream</b> Gluten, Egg & Dairy	<b>Grilled Chicken with Roasted Vegetable &amp; Couscous</b> Gluten & Dairy	<b>PH Hari Raya Haji</b>	<b>Fish and Chips with Coleslaw Tartar Sauce</b> Gluten, Egg & Dairy	<b>Honey Chicken with Gravy, Mashed Potato and Mixed Vegetables</b> Gluten & Dairy
	<b>Nutrition Facts:</b> Calories (kcal): 432 Carbs (g): 65.2 Protein (g): 11.3 Fat (g): 13.9	<b>Nutrition Facts:</b> Calories (kcal): 318 Carbs (g): 25.8 Protein (g): 24.5 Fat (g): 12.2		<b>Nutrition Facts:</b> Calories (kcal): 493 Carbs (g): 36.3 Protein (g): 20.6 Fat (g): 29.6	<b>Nutrition Facts:</b> Calories (kcal): 322 Carbs (g): 25.8 Protein (g): 23.7 Fat (g): 14
<b>ASIAN</b> 	<b>Egg Fried Rice with Stir Fried Tofu Mushroom and Spring Roll</b> Gluten, Egg & Dairy	<b>Chinese Fish Stew with Steamed Rice and Green Vegetables</b> Gluten, Egg & Dairy	<b>PH Hari Raya Haji</b>	<b>Braised Fish with Tomato Sauce, Mix Brown Rice and Asian Green</b> Gluten	<b>Teriyaki Chicken Breast with Steamed Rice and Green Vegetable</b> Gluten, Egg & Dairy
	<b>Nutrition Facts:</b> Calories (kcal): 397 Carbs (g): 35.6 Protein (g): 11 Fat (g): 22	<b>Nutrition Facts:</b> Calories (kcal): 313 Carbs (g): 34.3 Protein (g): 12.5 Fat (g): 12.4		<b>Nutrition Facts:</b> Calories (kcal): 311 Carbs (g): 41.1 Protein (g): 15.3 Fat (g): 9.6	<b>Nutrition Facts:</b> Energy (kcal): 405 Carbs (g): 49.3 Protein (g): 23.2 Fat (g): 12.2
<b>VEGETARIAN</b> 	<b>Vegetable Biryani, Dal and Cauliflower Tikka</b> Gluten, Egg & Dairy	<b>Vegetable Fried Noodle with Bok Choy</b> Gluten & Egg	<b>PH Hari Raya Haji</b>	<b>Green Peas Pulao, Mix Vegetable Curry and Samosa</b> Gluten, Egg & Dairy	<b>Tofu and Bell Pepper Kebab with Steamed Mixed Rice &amp; Butter Sauce</b> Dairy
	<b>Nutrition Facts:</b> Energy (kcal): 437 Carbs (g): 55.8 Protein (g): 23.6 Fat (g): 14	<b>Nutrition Facts:</b> Energy (kcal): 315 Carbs (g): 32.3 Protein (g): 6.4 Fat (g): 17.7		<b>Nutrition Facts:</b> Calories (kcal): 391 Carbs (g): 46.4 Protein (g): 8 Fat (g): 19.4	<b>Nutrition Facts:</b> Calories (kcal): 340 Carbs (g): 46.3 Protein (g): 14.3 Fat (g): 11.1
<b>ALLERGEN FRIENDLY MEAL</b>	<b>Steamed Fish with Ginger &amp; Steamed rice / Local greens</b>	<b>Roasted Fish with Sautéed Potatoes &amp; Green Peas</b>	<b>PH Hari Raya Haji</b>	<b>Steamed Fish with Rice and Sio Peh Chye Vegetables</b>	<b>Steamed Chicken Breast with Green Vegetables and Steamed Rice</b>
	<b>Nutrition Facts:</b> Energy (kcal): 326 Carbs (g): 37.5 Protein (g): 13.8 Fat (g): 13.1	<b>Nutrition Facts:</b> Calories (kcal): 332 Carbs (g): 28.8 Protein (g): 26.5 Fat (g): 13.3		<b>Nutrition Facts:</b> Calories (kcal): 379 Carbs (g): 37.2 Protein (g): 27.9 Fat (g): 13.3	<b>Nutrition Facts:</b> Calories (kcal): 352 Carbs (g): 46.2 Protein (g): 23.9 Fat (g): 10.6

Cuisine	Monday – August-27	Tuesday-August-28	Wednesday-August-29	Thursday-August-30	Friday-August-31
<b>WESTERN</b> 	<b>Chicken Lasagne with Garlic Toast</b> Gluten, Egg & Dairy	<b>Grilled Chicken Breast, Mashed Potato and Sautéed Green Peas</b> Gluten & Dairy	<b>BBQ Beef Strips with Roast Gravy, Steamed Rice and Root Vegetables</b> Gluten & Dairy	<b>Beef Burger, Tomato Cucumber Slice, Lettuce and Baked Fries</b> Gluten, Egg & Dairy	<b>Baked Fish with Vegetables Pilaf &amp; Grilled Deluxe Vegetables</b>
	<b>Nutrition Facts:</b> Energy (kcal): 338 Carbs (g): 35.5 Protein (g): 15.2 Fat (g): 14.9	<b>Nutrition Facts:</b> Calories (kcal): 446 Carbs (g): 30.6 Protein (g): 21.7 Fat (g): 26.7	<b>Nutrition Facts:</b> Calories (kcal): 385 Carbs (g): 57 Protein (g): 21.1 Fat (g): 8.2	<b>Nutrition Facts:</b> Energy (kcal): 454 Carbs (g): 50.4 Protein (g): 25.2 Fat (g): 17.2	<b>Nutrition Facts:</b> Calories (kcal): 330 Carbs (g): 23.2 Protein (g): 27 Fat (g): 14
<b>ASIAN</b> 	<b>Chicken Noodles with Garlic Sauté Green Vegetable</b> Gluten, Egg & Dairy	<b>Stir Fried Beef with Steamed Rice and Broccoli &amp; Tofu</b> Gluten	<b>Butter Chicken, Naan, Sautéed Spinach</b> Gluten, Egg & Dairy	<b>Char Siew Chicken with Steamed Rice &amp; Sio Peh Chye</b> Gluten	<b>Hainanese Chicken Rice, Sliced Tomatoes and Cucumber</b> Gluten
	<b>Nutrition Facts:</b> Calories (kcal): 336 Carbs (g): 39.3 Protein (g): 14.5 Fat (g): 13.2	<b>Nutrition Facts:</b> Calories (kcal): 357 Carbs (g): 36.4 Protein (g): 20.8 Fat (g): 14	<b>Nutrition Facts:</b> Calories (kcal): 508 Carbs (g): 53.5 Protein (g): 27.8 Fat (g): 19.4	<b>Nutrition Facts:</b> Energy (kcal): 376 Carbs (g): 46.7 Protein (g): 23 Fat (g): 10.4	<b>Nutrition Facts:</b> Calories (kcal): 368 Carbs (g): 38.3 Protein (g): 26.6 Fat (g): 12.1
	<b>Paneer Makhani with Naan and Asian Slaw</b> Gluten, Egg & Dairy	<b>Rost Vegetable Wrap</b> Gluten, & Dairy	<b>Pitta with Hummus Broken Wheat Salad</b> Gluten, Egg & Dairy	<b>Vegetable Biryani with Eggplant Masala, Cucumber Raita and Pappad</b> Gluten, Egg & Dairy	<b>Vegetable Noodles with Egg &amp; Green Vegetable</b> Gluten. Egg & Dairy
	<b>Nutrition Facts:</b> Calories (kcal): 333 Carbs (g): 37.9 Protein (g): 15.7 Fat (g): 13	<b>Nutrition Facts:</b> Calories (kcal): 313 Carbs (g): 44.5 Protein (g): 8.1 Fat (g): 11.7	<b>Nutrition Facts:</b> Calories (kcal): 462 Carbs (g): 52.9 Protein (g): 16.2 Fat (g): 13.2	<b>Nutrition Facts:</b> Calories (kcal): 202 Carbs (g): 11.8 Protein (g): 10.3 Fat (g): 13.1	<b>Nutrition Facts:</b> Calories (kcal): 347 Carbs (g): 41.8 Protein (g): 8.5 Fat (g): 15.2
<b>ALLERGEN FRIENDLY MEAL</b>	<b>Fish Lemak with Steamed Rice Local Vegetable</b>	<b>Grilled Chicken Breast, Potato Wedges and Sauted Green Peas</b>	<b>Roast Chicken Breast Mashed Potato and Root vegetable</b>	<b>Roast Fish with Steamed Rice &amp; Sio Peh Chye</b>	<b>Baked Fish with Vegetables Pilaf &amp; Grilled Deluxe Vegetables</b>
	<b>Nutrition Facts:</b> Energy (kcal): 454 Carbs (g): 38.6 Protein (g): 33 Fat (g): 17.4	<b>Nutrition Facts:</b> Calories (kcal): 446 Carbs (g): 30.6 Protein (g): 21.7 Fat (g): 26.7	<b>Nutrition Facts:</b> Calories (kcal): 325 Carbs (g): 30.2 Protein (g): 25.7 Fat (g): 11.5	<b>Nutrition Facts:</b> Calories (kcal): 359 Carbs (g): 38.2 Protein (g): 22.9 Fat (g): 12.5	<b>Nutrition Facts:</b> Calories (kcal): 330 Carbs (g): 23.2 Protein (g): 27 Fat (g): 14

Cuisine	Monday –September-03	Tuesday-September-04	Wednesday-September-05	Thursday –September-06	Friday –September-07
<b>WESTERN</b> 	<b>Chicken Pie with Roast potato Garden Salad Gluten, Egg &amp; Dairy</b>	<b>Mashed Potato / Beef Goulash with Salad Gluten, Egg &amp; Dairy</b>	<b>Veg- Shepherd's Pie Baby Corn Salsa Garden Salad Gluten &amp; Dairy</b>	<b>Fish Burger Home made chips/ Garden salad Gluten, Dairy</b>	<b>Beef Steak Gravy with Mashed Potatoes &amp; Salad Gluten, Egg &amp; Dairy</b>
	<b>Nutrition Facts:</b> Calories (kcal): 344 Carbs (g): 50.3 Protein (g): 17.5 Fat (g): 8.4	<b>Nutrition Facts:</b> Calories (kcal): 393 Carbs (g): 38 Protein (g): 16.7 Fat (g): 18.9	<b>Nutrition Facts:</b> Calories (kcal): 496 Carbs (g): 62 Protein (g): 29.7 Fat (g): 14.8	<b>Nutrition Facts:</b> Energy (kcal): 487 Carbs (g): 54.4 Protein (g): 23.1 Fat (g): 19.7	<b>Nutrition Facts:</b> Calories (kcal): 314 Carbs (g): 20.4 Protein (g): 30.3 Fat (g): 12.5
	<b>Tandoori Chicken Tikka served with Salad and Chapatti Gluten &amp; Dairy</b>	<b>Teriyaki Fish with Steamed Rice and Green Vegetables Gluten &amp; Egg</b>	<b>Veg Hakka Noodles Sliced Tomato and Cucumber Braised broccoli Gluten</b>	<b>Egg Noodles with Chicken and Chye Sim Gluten, Egg &amp; Dairy</b>	<b>Char Siew Chicken Loin with Steamed Rice and Green Vegetables Gluten &amp; Egg</b>
	<b>Nutrition Facts:</b> Calories (kcal): 364 Carbs (g): 29.6 Protein (g): 31.1 Fat (g): 13.7	<b>Nutrition Facts:</b> Calories (kcal): 367 Carbs (g): 41.6 Protein (g): 21.6 Fat (g): 11.4	<b>Nutrition Facts:</b> Calories (kcal): 360 Carbs (g): 33 Protein (g): 24.4 Fat (g): 12.6	<b>Nutrition Facts:</b> Calories (kcal): 388 Carbs (g): 38 Protein (g): 26.7 Fat (g): 12.4	<b>Nutrition Facts:</b> Energy (kcal): 366 Carbs (g): 45.6 Protein (g): 23.3 Fat (g): 9.5
	<b>Potato and Corn Quesadilla with &amp;Guacamole /Salad</b>	<b>Asian Jumbo Spring Roll with Garlic Sauce, Steamed Rice and Salad Gluten, Egg &amp; Dairy</b>	<b>Potato &amp; Spinach Rostis with Beetroot Mash Dairy &amp; Gluten</b>	<b>Paneer Butter Masala with Parata and Samosa Gluten, Egg &amp; Dairy</b>	<b>Basil Rice with Mushroom and Tofu with Garlic Sauce Gluten, Egg &amp; Dairy</b>
	<b>Nutrition Facts:</b> Calories (kcal): 333 Carbs (g): 37.9 Protein (g): 15.7 Fat (g): 13	<b>Nutrition Facts:</b> Calories (kcal): 462 Carbs (g): 52.9 Protein (g): 16.2 Fat (g): 13.2	<b>Nutrition Facts:</b> Calories (kcal): 313 Carbs (g): 44.5 Protein (g): 8.1 Fat (g): 11.7	<b>Nutrition Facts:</b> Calories (kcal): 202 Carbs (g): 11.8 Protein (g): 10.3 Fat (g): 13.1	<b>Nutrition Facts:</b> Calories (kcal): 347 Carbs (g): 41.8 Protein (g): 8.5 Fat (g): 15.2
<b>ALLERGEN FRIENDLY MEAL</b>	<b>Potato and Corn Quesadilla with &amp;Guacamole /Salad</b>	<b>Braised Chicken Steamed Rice and Broccoli</b>	<b>Dal Palak ,Biryani Rice Aloo Gobi</b>	<b>Wok Fried Chicken with Steamed Rice &amp; Chye Sim</b>	<b>Tandoori Chicken Tikka served with Salad and Sautéed Potatoes</b>
	<b>Nutrition Facts:</b> Energy (kcal): 351 Carbs (g): 52 Protein (g): 11.5 Fat (g): 10.5	<b>Nutrition Facts:</b> Calories (kcal): 353 Carbs (g): 37.8 Protein (g): 29.6 Fat (g): 8.6	<b>Nutrition Facts:</b> Calories (kcal): 449 Carbs (g): 37.9 Protein (g): 25.7 Fat (g): 22.3	<b>Nutrition Facts:</b> Calories (kcal): 444 Carbs (g): 51.5 Protein (g): 22.1 Fat (g): 14.4	<b>Nutrition Facts:</b> Calories (kcal): 305 Carbs (g): 24.7 Protein (g): 29.3 Fat (g): 9.8