



MENU 1 - WEEK COMMENCING
17/08, 12/09, 10/10, 14/11, 12/12

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BLUE OPTION	Beef Casserole with Potato, Pumpkin & Carrots with Bread	Chicken Burger with Potato Wedges	Pasta with Pork Balls	Vegetable Croquet	Chicken & Vegetables Stew with bread
RED OPTION	Ipoh Chicken Noodle	Fish Teriyaki with Rice	Chicken & Vegetable Curry with Rice	Vegetarian Rice Noodle Soup	Yangchow Fried Rice (Pork)
YELLOW OPTION (VEG. ONLY)	Ipoh Vegetarian Rice Noodle	Lentil Shepherd Pie	Tofu & Vegetable Curry with Rice	Vegetable Croquet	Sautéed Vegetarian Rice Vermicelli
SOUP	SOUP OF THE DAY				
VEGETABLES	VEGETABLE OF THE DAY				
DESSERT	MIXED FRUITS				



**MENU 2 - WEEK COMMENCING
22/08, 19/09, 24/10, 21/11**

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BLUE OPTION	Pasta Bolognese	Battered Fish with Baked Potato	Chicken Carbonara	Pizza Margherita	Grilled Chicken BBQ Sauce With Boiled Potato
RED OPTION	Roast Pork With Rice	Chicken Noodle Soup	Beef Rendang With Rice	Oriental Fried Rice	Braised Pork & Tofu in Spicy Sauce With Rice
YELLOW OPTION (VEG. ONLY)	Braised Tofu & Egg With Rice	Vegetarian Tomato Noodle Soup	Creamy Pasta With Broccoli, Carrot & Cauliflower	Pizza Margherita	Braised Tofu & Eggplant In Spicy Sauce With Rice
SOUP	SOUP OF THE DAY				
VEGETABLES	VEGETABLE OF THE DAY				
DESSERT	MIXED FRUITS				



**MENU 3 - WEEK COMMENCING
29/08, 26/09, 31/10, 28/11**

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BLUE OPTION	Roast Chicken With Pasta Sautéed With Garlic	Pork Ragu With Bread	Ham & Cheese Croque Monsieur With Potato Wedges	Roasted Veggies Lasagne	Fish Goujons With Baked Potato
RED OPTION	Fish Curry With Rice	Chicken Rice	Beef & Vegetables Fried Rice	Vegetarian Noodle Soup (pho)	Pork In Dark Soya Sauce With Rice
YELLOW OPTION (VEG. ONLY)	Chickpeas & Vegetable Curry With Rice	Pumpkin & Pineapple Fried Rice	Cheese Croque Monsieur With Potato Wedges	Roasted Veggies Lasagne	Vegetarian Fried Rice
SOUP	SOUP OF THE DAY				
VEGETABLES	VEGETABLE OF THE DAY				
DESSERT	MIXED FRUITS				



**MENU 4 - WEEK COMMENCING
05/09, 03/10, 07/11, 05/12,**

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BLUE OPTION	Beef Lasagne	Ham & Cheese Baguette Pizza	Pasta Aglio Olio with Bacon	Macaroni & Cheese	Roast Chicken With Boiled Potato
RED OPTION	Chicken Noodle Soup	Korean Braised Chicken With Rice	Seafood Fried Rice	Tofu Vegetable Miso & Omelet With Rice	Sweet & Sour Fish With rice
YELLOW OPTION (VEG. ONLY)	Vegetarian Noodle Soup	Margherita Baguette Pizza	Vegetable Dhal With Rice	Macaroni & Cheese	Sweet & Sour Tofu With Rice
SOUP	SOUP OF THE DAY				
VEGETABLES	VEGETABLE OF THE DAY				
DESSERT	MIXED FRUITS				