



**MENU 1 - WEEK COMMENCING**

**04/05, 01/06/2020**

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BLUE OPTION</b>	Beef Casserole with Potato, Pumpkin & Carrots with Rice	Chicken Meat Loaf with mashed potato	Pasta with Pork Balls	Roast Chicken with Boiled Potato	Beef Lasagne
<b>RED OPTION</b>	Ipoh Chicken Rice Noodle	Seafood Fried Rice	Chicken & Vegetable Curry with Rice	Pork in Dark Soya Sauce with Rice	Chicken Rice
<b>YELLOW OPTION (VEG. ONLY)</b>	Ipoh Vegetarian Rice Noodle	Pumpkin & Pineapple Fried Rice	Tofu & Vegetable Curry with Rice	Lentil Shepherd Pie	Roasted Veggie Lasagne
<b>GREEN OPTION</b>	Wrap filled with Vegetable Omelet & Mixed Salad	Jacket Potato filled with Meat Bolognese Sauce	Sandwich filled with Ham & Salad	Baguette filled with Chicken & Cucumber	Whole Wheat Bun filled with Egg Mayo & Tomato
<b>VEGETABLES</b>	Spinach & Carrot	French Beans & Carrot	Cauliflower & Carrot	Cabbage & Carrot	Bok Choi & Carrot
<b>DESSERT</b>	<b>MIXED FRUITS</b>				



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

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BLUE OPTION</b>	Ham & Cheese Baguette Pizza	Battered Fish with Baked Potato	Chicken & Vegetables Stew with Rice	Chicken Carbonara	Pork Ragu with Rice
<b>RED OPTION</b>	Fish Curry with rice	Yangchow (pork) Fried Rice	Sautéed Pork Noodle	Braised Pork & Egg with Rice	Beef Rendang with Rice
<b>YELLOW OPTION (VEG. ONLY)</b>	Margherita Baguette Pizza	Oriental Fried Rice	Sautéed Vegetarian Noodle	Creamy Pasta with Broccoli, Carrot & Cauliflower	Vegetable Dhal With Rice
<b>GREEN OPTION</b>	Wrap filled with Chicken & Mixed Salad	Jacket Potato filled with Baked Beans & Cheese	Sandwich filled with Bacon, Omelet & Mixed Salad	Baguette filled with Tuna Mayo & Cucumber	Whole Wheat Bun filled with Scrambled Egg & Tomato
<b>VEGETABLES</b>	Chinese Cabbage & Carrot	Long Beans & Carrot	Choy Sum & Carrot	Morning Glory & Carrot	Broccoli & Carrot
<b>DESSERT</b>	<b>MIXED FRUITS</b>				



**MENU 3 -WEEK COMMENCING**

**18/05, 15/06/2020**

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BLUE OPTION</b>	Beef & Vegetables Stew with Rice	Ham & Cheese Croque Monsieur with Potato Wedges	Pasta Bolognese (Beef)	Grilled Chicken BBQ Sauce with Boiled Potato	Garlic pasta with Roast Chicken
<b>RED OPTION</b>	Sautéed Glass Noodle with Chicken, Vegetable and Egg	Chicken & Pineapple Fried Rice	Roast Pork with Rice	Sweet & Sour Fish with Rice	Braised Pork & Tofu in Spicy Bean Sauce with Rice
<b>YELLOW OPTION (VEG. ONLY)</b>	Sautéed Vegetarian Glass Noodle	Cheese Croque Monsieur with Potato Wedges	Pasta Napolitana	Sweet & Sour Tofu with Rice	Braised Tofu & Eggplant in spicy Bean Sauce with Rice
<b>GREEN OPTION</b>	Wrap filled with Veggie Omelet & Mixed Salad	Jacket Potato filled with Meat Bolognese Sauce	Sandwich filled with Ham, Cheese & Salad	Baguette filled with Chicken & cucumber	Whole Wheat Bun filled with Egg Mayo & Tomato
<b>VEGETABLES</b>	Spinach & Carrot	French Beans & Carrot	Cauliflower & Carrot	Cabbage & Carrot	Bok Choi & Carrot
<b>DESSERT</b>	<b>MIXED FRUITS</b>				



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

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BLUE OPTION	Fish Goujons with Baked Potato	Beef Burger with Potato Wedges	Pizza Margherita	Roast Pork with Mashed Potato	Macaroni & Cheese
RED OPTION	Sautéed Vermicelli with Pork & Vegetables	Fish Teriyaki with Rice	Pork Bulgogi with Rice	Sautéed Chicken & Vegetable Macaroni	Braised Egg & Tofu in Five Spice Powder with Rice
YELLOW OPTION (VEG. ONLY)	Sautéed Vegetarian Vermicelli	Chickpeas & Vegetable Curry with Rice	Pizza Margherita	Stir Fry Egg & Tomatoes with Rice	Macaroni Cheese
GREEN OPTION	Wrap filled with Chicken & Mixed Salad	Jacket Potato filled with Baked Beans & Cheese	Sandwich filled with Egg Mayo & Cucumber	Baguette filled with Tuna Mayo & Tomato	Whole Wheat Bun filled with Sweet Potato, Chickpeas & Salad
VEGETABLES	Chinese Cabbage & Carrot	Long Beans & Carrot	Choy Sum & Carrot	Morning Glory & Carrot	Broccoli & Carrot
DESSERT	MIXED FRUITS				