

Pre-Ordered Menus



	06th Nov	07th Nov	08 Nov	09 Nov	10th Nov
Western	baked fish with cream sauce, potato croquette, sautéed ratatouille.	beef casserole with carrot and sweet paprika, penne pasta, roasted potato with herb.	fried chicken thigh with bbq sauce, sautéed sweet corn, potato wedges.	deep fried chicken cordon bleu, roasted mixed vegetables with herbs, mashed potato cream.	braised beef with brown sauce and mushroom, yellow rice with raisin, sautéed green pea with slow cooked tomato.
Asian	clay pot chicken rice with chinese sausage, baby cabbage with sliced mushroom and spring roll	sweet and sour fish, stew cabbage with black fungus, baby corn and mushroom, steamed rice.	stir fried chicken kong po style, stir fried leek and baby corn, stir fried egg omelet with onion, brown rice.	steamed chicken thigh, stir fried hor fun with egg gravy, stir fry baby cabbage green.	fried fish with soya, stir fried baby cabbage green, egg omelet with tomato, brown rice.
Vegetarian	fried yellow noodles, stir fried cabbage green, soya egg.	fried tofu with vegetarian oyster sauce, stew cabbage with black fungus, baby corn and mushroom, steamed rice.	stir fried kueh teow with bean sprout, stir fried leek and baby corn, stir egg omelet with onions.	fried yellow noodles, stir fried cabbage green, braised soft tofu with mixed vegetables.	stir fried mee tai bak, egg omelet with tomato, stir fried baby cabbage.
Sub	olives and minced beef pizza, salad and fruits	subway with turkey ham, mayo and gherkin, salad and fruits	egg and tuna sandwich wrap with apple and salad	grilled chicken sub roll served with sliced fruit and salad	mexican wrap with beef, salad and fruits.
Allergen Friendly	clay pot chicken rice with chinese sausage, baby cabbage with sliced mushroom and spring roll	steamed fish with sweet and sour sauce, stew cabbage with black fungus, baby corn and mushroom, steamed rice.	fried chicken thigh, stir fried leek and baby corn, brown rice, fresh fruits.	stir fried hor fun, stir fried baby cabbage green, braised soft tofu with mixed vegetables	fried fish, stir fried baby cabbage green, yellow rice with raisin

Pre-Ordered Menus



	13 th Nov	14 th Nov	15th Nov	16th Nov	17th Nov
Western	roasted honey chicken thigh, french fries, coleslaw and roasted tomato.	grilled beef hamburger with brown sauce, ratatouille, olive penne pasta.	baked chicken breast with mushroom sauce, mashed potato with garlic, roasted mixed vegetables with herb.	olive penne pasta with herbs, beef bolognese, sautéed long bean.	grilled beef steak with mushroom sauce. roasted potato cube, baked cauliflower mornay with parmesan cheese
Asian	steamed fish with ginger, stir fried olive fried rice, stir fried long bean	ginger steamed chicken thigh, hainanese chicken rice, stir fried baby cabbage green	cabbage green, yellow rice fried beef with onion, sautéed baby	stir fried broccoli and cauliflower, baked chicken with char siew sauce, brown rice.	bean curd with minced chicken, stir fried lotus root and sugar snap pea, yellow rice.
Vegetarian	stir fried olive rice, stir fried bean sprout, stir fried long bean.	olive penne pasta, ratatouille, sautéed green pea.	vegetarian fried kway teow, sautéed baby cabbage, samosa.	hong kong fried noodles, braised cabbage, spring roll.	stir fried lotus root and sugar snap pea, yellow rice, soya egg.
Sub	Ham and pineapple pizza, salad and fruits.	tuna sub with cucumber, salad and fruits.	naan bread with grilled fish and sour cream, salad and fruits.	Chicken salami pizza, fruits and salad.	tortilla wrap with chicken, salad and fruits.
Allergen Friendly	steamed fish with ginger, stir fried olive fried rice, stir fried long bean	ginger steamed chicken thigh, hainanese chicken rice, stir fried baby cabbage green	baked chicken breast with mashed potato and garlic, roasted mixed vegetables with herb.	stir fried broccoli and cauliflower, baked chicken with char siew sauce, brown rice.	bean curd with minced chicken, stir fried lotus root and sugar snap pea, yellow rice.

Pre-Ordered Menus



	20 th Nov	21 th Nov	22th Nov	23th Nov	24th Nov
Western	smoked chicken breast, cous cous and roasted mixed vegetables with herbs.	baked fish with lite Cajun spices, mashed potato and butter mixed vegetables.	grilled chicken patties with onion ketchup, polenta and butter mixed vegetables.	beef meat ball with tomato sauce, penne pasta and steamed cauliflower.	grilled fish with butter rice, broccoli with cream sauce.
Asian	fried fish with mango mayo, stir fried egg plant and brown rice.	stir fried beef with baby cabbage and steamed rice.	ginger braised chicken, tomato rice, sautéed bean sprout.	char siew chicken with sautéed cabbage, carrots and steamed rice.	stir fried beef with sautéed cabbage and steamed rice.
Vegetarian	singapore stir fried bee hoon, stir fried eggplant with samosa.	soya egg, sautéed baby cabbage and fried yellow noodles.	tomato rice, steamed egg with stir fried leek and baby corn.	braised tofu with sautéed pumpkin, lotus root and steam rice.	stir fried hong kong noodle baby cabbage with spring roll.
Sub	smoked chicken sandwich with salad and fruits.	ham and cheese sandwich, yogurt and fruits.	chicken burger with bun, fruit and salad.	cheese and ham sandwich with sliced fruit and salad.	tuna wrap served with sliced fruit and yogurt.
Allergen Friendly	chicken breast, cous cous and roasted mixed vegetables with herbs	Stir fried beef with baby cabbage and steamed rice.	grilled chicken patties, tomato rice, sautéed beansprout.	beef meat ball with tomato sauce, sautéed cabbage and steamed rice.	grilled fish, sautéed baby cabbage and steamed rice.

Pre-Ordered Menus



	27 th Nov	28 th Nov	29th Nov	30th Nov	01 st Dec
Western	roasted chicken with bbq sauce, mashed potato and roasted mixed vegetables.	beef stew with mixed grilled vegetables and aglio olio penne.	baked chicken with mushroom sauce, ratatouille and polenta.	baked fish with herbs, butter green pea, yellow butter rice with raisin.	grilled steak with mushroom sauce, coleslaw and brown rice.
Asian	braised fish with five spices, stir fried French and steamed rice.	teriyaki chicken with steamed rice, stir fried leek, baby corn and celery.	sweet and sour fish with baby kalia and brown rice.	sautéed beef with bell pepper, steamed egg and steamed rice.	sweet and sour chicken, stir fried baby cabbage green and brown rice.
Vegetarian	stir fried mee tai bak, egg omelet, stir fried baby cabbage.	bean sprout with bean curd, steamed and samosa.	stir fried kueh teow with bean sprout, omelet with onion and braised cabbage.	fried tofu with mushroom sauce, braised cabbage, yellow rice with raisin.	stir fried bee hoon, soya egg and stir fried bean sprout.
Sub	sub roll with roasted chicken salad and fruits.	hot dog bun with sausage, salad and yogurt.	baked chicken sub roll with salad and fruits.	tortilla wrap with chicken, salad and fruit.	subway with beef sliced fruits and salad.
Allergen Friendly	roasted chicken ,stir fried French and steamed rice.	beef stew with stir fried leek, baby corn and celery, steamed rice.	baked chicken breast with baby kai lan and brown rice.	sautéed beef with bell pepper, braised cabbage and steamed rice.	grilled steak, stir fried baby cabbage and brown rice.