



"Clean food, clean living, happy life"

Week 1

Sandwich, Bakery, Fruit, Cereals, Juices

Tuesday 14 August 18

Taro bun 5 kinds of cereal with milk Juice

Wednesday 15 August 18

Bean bun 5 kinds of cereal with milk Juice

Thursday 16 August 18

Coconut bun 5 kinds of cereal with milk Juice

Friday 17 August 18

Fruit tart 5 kinds of cereal with milk Juice

Week 2

Sandwich, Bakery, Fruit, Cereals, Juices

Tuesday 21 August 18

Fresh fruit in yoghurt 5 kinds of cereal with milk Juice

Wednesday 22 August 18

Chicken roll 5 kinds of cereal with milk Juice

Thursday 23 August 18

Mushroom puff 5 kinds of cereal with milk Juice

Friday 24 August 18

Carrot cake 5 kinds of cereal with milk Juice

Week 3

Sandwich, Bakery, Fruit, Cereals, Juices

Tuesday 28 August 18

Chicken puff 5 kinds of cereal with milk Juice

Wednesday 29 August 18

Seafood quiche 5 kinds of cereal with milk Juice

Thursday 30 August 18

Spinach quiche 5 kinds of cereal with milk Juice

Friday 31 August 18

Ham & cheese croissant 5 kinds of cereal with milk Juice



