



# WEEKLY MENU

## Monday

31 October 2016

- Western (\$5.00)  
Pan-Grilled Rosemary Chicken  
Roasted Aubergine  
Cous Cous
- Asian (\$5.00)  
Wok-Fried Fish with Onion Sauce  
Asian Greens  
Brown Rice
- Vegetarian (\$5.00)  
Italian Bean Stew  
Roasted Aubergine  
Cous Cous
- Sandwich (\$4.00)  
Chicken Ham & Cheese Sub with Fruits
- Fruits (\$1.00)  
Red Apple
- Beverages  
Bottled Water (350ml) \$1.00  
Milk (200ml) \$1.50

## Tuesday

1 November 2016

- Western (\$5.00)  
Baked Chicken Chasseur  
Cauliflower & Peas  
Fragrant Rice
- Asian (\$5.00)  
Sweet & Sour Fish  
Xiao Bai Cai  
Brown Rice
- Vegetarian (\$5.00)  
Cottage Cheese Oatmeal Pancakes  
Cauliflower & Peas  
Fruits Salad
- Sandwich (\$4.00)  
Garden Veggie Sub With Fruits
- Fruits (\$1.00)  
Sunmelon
- Beverages  
Bottled Water (350ml) \$1.00  
Milk (200ml) \$1.50

## Wednesday

2 November 2016

- Western (\$5.00)  
Pan-fried Dory Piccata  
Sauteed Green Beans  
Fragrant Rice
- Asian (\$5.00)  
Grilled Teriyaki Chicken  
Cucumber & Tomato Salad  
Brown Rice
- Vegetarian (\$5.00)  
Penne Alfredo  
Sauteed Green Beans  
Classic Egg Salad
- Sandwich (\$4.00)  
Garden Veggie Sub With Fruits
- Fruits (\$1.00)  
Sunmelon
- Beverages  
Bottled Water (350ml) \$1.00  
Milk (200ml) \$1.50

## Thursday

3 November 2016

- Western (\$5.00)  
Roast Chicken Dijonnaise  
Broccoli & Carrots  
Brown Rice
- Asian (\$5.00)  
Steamed Fish Fillet with Ginger & Scallion  
Asian Greens  
Fragrant Rice
- Vegetarian (\$5.00)  
Stir-fried Indonesian Noodles  
Tomato Omelette  
Asian Greens
- Sandwich (\$4.00)  
Egg & Cheese Sub With Fruits
- Fruits (\$1.00)  
Watermelon
- Beverages  
Bottled Water (350ml) \$1.00  
Milk (200ml) \$1.50

## Friday

4 November 2016

- Western (\$5.00)  
Moroccan Beef Meatballs  
Cucumber & Tomato Salad  
Warm Pita Bread
- Asian (\$5.00)  
Wok-Fried Fish with Black Pepper Coulis  
Cauliflower with Bell Pepper  
Brown Rice
- Vegetarian (\$5.00)  
Mediterranean Roasted Vegetables  
Chickpeas & Tofu Salad  
Warm Pita Bread
- Sandwich (\$4.00)  
Tuna Sub with Fruits
- Fruits (\$1.00)  
Honeydew
- Beverages  
Bottled Water (350ml) \$1.00  
Milk (200ml) \$1.50

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# WEEKLY MENU

## Monday

7 November 2016

Western (\$5.00)  
Baked Dory Fillet Piccante  
Cauliflower Gratin  
Parsley Potatoes

Asian (\$5.00)  
Wok-Fried Chicken with  
Celery  
Broccoli with Carrots  
Brown Rice

Vegetarian (\$5.00)  
Spaghetti Napoletana  
Cauliflower Gratin  
Mixed Bean Salsa

Sandwich (\$4.00)  
Chicken Ham & Cheese Sub  
with Fruits

Fruits (\$1.00)  
Red Apple

Beverages  
Bottled Water (350ml) \$1.00  
Milk (200ml) \$1.50

## Tuesday

8 November 2016

Western (\$5.00)  
Roast Chicken Marengo  
Butter Green Beans  
Brown Rice

Asian (\$5.00)  
Steamed Fish Fillet with  
Mushroom Sauce  
Asian Greens  
Fragrant Rice

Vegetarian (\$5.00)  
Vegetarian Stir-fried Rice  
Vermicilli  
Tempeh with Vegetables

Sandwich (\$4.00)  
Garden Veggie Sub  
With Fruits

Fruits (\$1.00)  
Sunmelon

Beverages  
Bottled Water (350ml) \$1.00  
Milk (200ml) \$1.50

## Wednesday

9 November 2016

Western (\$5.00)  
Chicken & Macaroni Bake  
Steamed Broccoli

Asian (\$5.00)  
Beef Stew with Radish  
Cabbage with Mushroom  
Brown Rice

Vegetarian (\$5.00)  
Buttermilk Waffles with Fruity  
Yoghurt  
Steamed Broccoli  
Chickpeas & Egg Salsa

Sandwich (\$4.00)  
Chicken Teriyaki Sub  
With Fruits

Fruits (\$1.00)  
Orange

Beverages  
Bottled Water (350ml) \$1.00  
Milk (200ml) \$1.50

## Thursday

10 November 2016

Western (\$5.00)  
Cottage Pie (BEEF)  
Courgettes & Bell Pepper

Asian (\$5.00)  
Hainanese Steamed Chicken  
Cucumber & Tomato  
Chicken Fragrant Rice

Vegetarian (\$5.00)  
Pumpkin & Cheese Frittata  
Courgettes & Bell Pepper  
Brown Rice

Sandwich (\$4.00)  
Egg & Cheese Sub  
With Fruits

Fruits (\$1.00)  
Watermelon

Beverages  
Bottled Water (350ml) \$1.00  
Milk (200ml) \$1.50

## Friday

11 November 2016

Western (\$5.00)  
Pan-Fried Dory Fillet  
Nicoise Salad  
Brown Rice

Asian (\$5.00)  
Lemongrass Roast Chicken  
Crunchy Thai Salad  
Garlic Fried Rice

Vegetarian (\$5.00)  
Balsamic Grilled Vegetables  
Parmesan Egg & Penne  
Salad

Sandwich (\$4.00)  
Tuna Sub with Fruits

Fruits (\$1.00)  
Honeydew

Beverages  
Bottled Water (350ml) \$1.00  
Milk (200ml) \$1.50

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# WEEKLY MENU

## Monday

14 November 2016

Western (\$5.00)

Steam-Roast Chicken  
Romesco  
Cauliflower Mimosa  
Brown Rice

Asian (\$5.00)

Baked Fish with Lemon  
Coulis  
French Beans with Carrots  
Fragrant Rice

Vegetarian (\$5.00)

Stir-fried Hong Kong Noodles  
Tomato Omelette  
French Beans with Carrots

Sandwich (\$4.00)

Chicken Ham & Cheese Sub  
with Fruits

Fruits (\$1.00)

Red Apple

Beverages

Bottled Water (350ml) \$1.00  
Milk (200ml) \$1.50

## Tuesday

15 November 2016

Western (\$5.00)

Poached Dory Fillet with  
Mushroom Cream Sauce  
Steamed Broccoli  
Potato Roasties

Asian (\$5.00)

Grilled Teriyaki Chicken  
Cucumber & Tomato Slices  
Brown Rice

Vegetarian (\$5.00)

Cheesy Tofu & Egg Salad  
Steamed Broccoli  
Focaccia Toast

Sandwich (\$4.00)

Garden Veggie Sub  
With Fruits

Fruits (\$1.00)

Sunmelon

Beverages

Bottled Water (350ml) \$1.00  
Milk (200ml) \$1.50

## Wednesday

16 November 2016

Western (\$5.00)

Pan-Grilled Rosemary  
Chicken  
Roasted Aubergine  
Cous Cous

Asian (\$5.00)

Wok-Fried Fish with Onion  
Sauce  
Asian Greens  
Brown Rice

Vegetarian (\$5.00)

Italian Bean Stew  
Roasted Aubergine  
Cous Cous

Sandwich (\$4.00)

Chicken Teriyaki Sub  
With Fruits

Fruits (\$1.00)

Orange

Beverages

Bottled Water (350ml) \$1.00  
Milk (200ml) \$1.50

## Thursday

17 November 2016

Western (\$5.00)

Beef Bolognese  
Cauliflower & Zucchini  
Spaghetti Pasta

Asian (\$5.00)

Kung Pao Chicken  
Broccoli with Carrots  
Fragrant Rice

Vegetarian (\$5.00)

Spaghetti Napolenta  
Cauliflower & Zucchini  
Chickpeas & Cheese Salad

Sandwich (\$4.00)

Egg & Cheese Sub  
With Fruits

Fruits (\$1.00)

Watermelon

Beverages

Bottled Water (350ml) \$1.00  
Milk (200ml) \$1.50

## Friday

18 November 2016

Western (\$5.00)

Chicken & Verde Salsa  
Cumin Roasted Vegetables  
Warm Soft Tortillas

Asian (\$5.00)

Chicken & Verde Salsa  
Cumin Roasted Vegetables  
Warm Soft Tortillas

Vegetarian (\$5.00)

Red Lentil Chilli  
Cumin Roasted Vegetables  
Warm Soft Tortillas

Sandwich (\$4.00)

Tuna Sub with Fruits

Fruits (\$1.00)

Honeydew

Beverages

Bottled Water (350ml) \$1.00  
Milk (200ml) \$1.50

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# WEEKLY MENU

## Monday

21 November 2016

- Western (\$5.00)  
Baked Dory Parmigiana  
Sauteed Green Beans  
Brown Rice
  
- Asian (\$5.00)  
Stir-fried Chicken In Thai  
Basil Cabbage with  
Mushroom  
Brown Rice
  
- Vegetarian (\$5.00)  
Mushroom & Cheese Frittata  
Sauteed Green Beans  
Pasta Napolenta
  
- Sandwich (\$4.00)  
Chicken Ham & Cheese Sub  
with Fruits
  
- Fruits (\$1.00)  
Red Apple
  
- Beverages  
Bottled Water (350ml) \$1.00  
Milk (200ml) \$1.50

## Tuesday

22 November 2016

- Western (\$5.00)  
Grilled Chicken with Mango  
Salsa  
Cauliflower Gratin  
Butter Rice
  
- Asian (\$5.00)  
Beef Bulgogi  
Assorted Vegetables  
Brown Rice
  
- Vegetarian (\$5.00)  
Stir-fried Flat Rice Noodles  
Tempeh with Vegetables
  
- Sandwich (\$4.00)  
Garden Veggie Sub  
With Fruits
  
- Fruits (\$1.00)  
Sunmelon
  
- Beverages  
Bottled Water (350ml) \$1.00  
Milk (200ml) \$1.50

## Wednesday

23 November 2016

- Western (\$5.00)  
Hungarian Beef Goulash  
Broccoli & Corn  
Brown Rice
  
- Asian (\$5.00)  
Wok-Fried Cereal Chicken  
Asian Greens  
Brown Rice
  
- Vegetarian (\$5.00)  
Oriental Fried Rice  
Ma Po Tofu  
Asian Greens
  
- Sandwich (\$4.00)  
Chicken Teriyaki Sub  
With Fruits
  
- Fruits (\$1.00)  
Orange
  
- Beverages  
Bottled Water (350ml) \$1.00  
Milk (200ml) \$1.50

## Thursday

24 November 2016

- Western (\$5.00)  
Pan-Seared Dory with  
Pimento Cream  
Ratatouille Vegetables  
Parsley Potatoes
  
- Asian (\$5.00)  
Black Pepper Chicken Stirfry  
Steamed Broccoli  
Brown Rice
  
- Vegetarian (\$5.00)  
Lentils with Tomato Stew  
Medley of Vegetables  
Brown Rice
  
- Sandwich (\$4.00)  
Egg & Cheese Sub  
With Fruits
  
- Fruits (\$1.00)  
Watermelon
  
- Beverages  
Bottled Water (350ml) \$1.00  
Milk (200ml) \$1.50

## Friday

25 November 2016

- Western (\$5.00)  
Lemon-Thyme Roast Chicken  
Zucchini & Corn  
Penne Puttanesca
  
- Asian (\$5.00)  
Wok-Fried Fish with  
Mushroom  
Chinese Bok Choy  
Brown Rice
  
- Vegetarian (\$5.00)  
Baked Vegetarian Lasagne  
Italian Bean Salsa
  
- Sandwich (\$4.00)  
Tuna Sub with Fruits
  
- Fruits (\$1.00)  
Honeydew
  
- Beverages  
Bottled Water (350ml) \$1.00  
Milk (200ml) \$1.50

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# WEEKLY MENU

## Monday

28 November 2016

Western (\$5.00)

Baked Chicken Milanese  
Cauliflower & Peas  
Mashed Potatoes

Asian (\$5.00)

Fish Fillet with Tomato Coulis  
Assorted Vegetables with  
Mushroom  
Brown Rice

Vegetarian (\$5.00)

Cottage Cheese Oatmeal  
Pancakes  
Cauliflower & Peas

Sandwich (\$4.00)

Chicken Ham & Cheese Sub  
with Fruits

Fruits (\$1.00)

Red Apple

Beverages

Bottled Water (350ml) \$1.00  
Milk (200ml) \$1.50

## Tuesday

29 November 2016

Western (\$5.00)

Chili Con Carne(BEEF)  
Sauteed Vegetables  
Brown Rice

Asian (\$5.00)

Black Pepper Chicken Stirfry  
Asian Greens  
Fragrant Rice

Vegetarian (\$5.00)

Stir-fried Rice Vermicilli  
Asian Greens  
Tomato Omelette

Sandwich (\$4.00)

Garden Veggie Sub  
With Fruits

Fruits (\$1.00)

Sunmelon

Beverages

Bottled Water (350ml) \$1.00  
Milk (200ml) \$1.50

## Wednesday

30 November 2016

Western (\$5.00)

Poached Dory Fillet with  
Mushroom Cream Sauce  
Broccoli & Corn

Asian (\$5.00)

Asian Chicken Roast  
Cucumber & Tomato Slices  
Brown Rice

Vegetarian (\$5.00)

Chickpeas Hummus &  
Cheese Tortilla Chips  
Broccoli & Corn

Sandwich (\$4.00)

Chicken Teriyaki Sub  
With Fruits

Fruits (\$1.00)

Orange

Beverages

Bottled Water (350ml) \$1.00  
Milk (200ml) \$1.50

## Thursday

## Friday

