



# SNACK & LUNCH MENU

## SCHOOL YEAR 2023 - 2024

**Weeks 1, 5, 9, 13, 17, 21**

DETAILS	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Snack</b>	10.00 am	Cornflakes/ Milk	Cheese & Sausage Soft Roll/ Milk	Cornflakes/ Drinking Yoghurt	Banana Muffin/ Milk	Cheese Sandwich/ Milk
<b>Fruits</b>		<b>Apple</b>	<b>Banana</b>	<b>Guava</b>	<b>Cantaloupe</b>	<b>Watermelon</b>
<b>Lunch Main Course</b>	12.00 pm	Fried Rice with Carrots, Peas & Chicken	Spaghetti w/ Minced Chicken in Fresh Tomato Sauce	Fried Dori/ Potato fries	Sticky Rice with Thai Style Fried Pork	Rice with Steamed Chicken/ Boiled Egg
<b>Soup/Bread Vegetables</b>		Tom Yum Tuna Soup/ Corn on the Cob	Steamed Veggies (Pumpkin)	Soft Rolls/ Cream Corn Soup	Papaya salad(Thai Style)/ Boiled Corns	Clear Soup with Radish/ Sliced Cucumbers & Carrots
<b>After school snack</b>	2.00 pm	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits

**Weeks 2, 6, 10, 14, 18, 22**

DETAILS	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Snack</b>	10.00 am	Pancakes with Honey/ Milk	Tuna & Cheese Sandwich/ Milk	Homemade Yoghurt/ Fresh Fruits	Carrot Cake/ Milk	Ham/ Cheese Sandwich/ Milk
<b>Fruits</b>		<b>Banana</b>	<b>Guava</b>	<b>Cantaloupe</b>	<b>Watermelon</b>	<b>Apple</b>
<b>Lunch Main Course</b>	12.00 pm	Rice with Chicken in Egg Soup (Paloh)	Chicken Burger	Rice with Fried Fish in Teriyaki Sauce	Penne Pink Sauce	Rice with Roasted Pork in Red Sauce
<b>Soup/Bread Vegetables</b>		Cherry tomatoes/ Boiled Beans	Pumpkin Soup Waffle Fries	Glass Noodles Stir-fried with Carrot	Garlic Bread Salad	Clear Tofu Soup/ Sliced Cucumbers & Carrots
<b>After school snack</b>	2.00 pm	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits

**Weeks 3, 7, 11, 15, 19**

DETAILS	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Snack</b>	10.00 am	Cornflakes/ Milk	Cheese & Sausage Soft Roll/ Milk	Homemade Yoghurt/ Fresh Fruits	Pumpkin Cake/ Milk	Pizza Toast/ Milk
<b>Fruits</b>		<b>Guava</b>	<b>Cantaloupe</b>	<b>Watermelon</b>	<b>Apple</b>	<b>Banana</b>
<b>Lunch Main Course</b>	12.00 pm	Macaroni & Ham	Sticky Rice with Grilled Chicken	Fried Dori/ Curly Fries	Egg Noodles with Marinated Pork and Veggies	Chicken Fried Rice with Veggies
<b>Soup/Bread Vegetables</b>		Garlic Bread/ Corn on the Cob	Papaya Salad with Corn & Carrots	Plain Croissants/ Steamed Broccoli	Clear Soup/ Carrot Sticks	Veggie Clear Soup/ Omelet
<b>After school snack</b>	2.00 pm	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits

**Weeks 4, 8, 12, 16, 20**

DETAILS	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Snack</b>	10.00 am	Pancakes with Honey/ Milk	Egg Sandwich/ Milk	Rice Crackers/ Raisins/ Yoghurt	Bread and Strawberry Jam/Milk	Mini Cheese Pizza/ Milk
<b>Fruits</b>		<b>Cantaloupe</b>	<b>Watermelon</b>	<b>Apple</b>	<b>Banana</b>	<b>Guava</b>
<b>Lunch Main Course</b>	12.00 pm	Soft Roll with Scrambled Egg	Rice with Chicken Nuggets & Clear Soup	Grilled Salmon	Rice with Roasted Chicken with Gravy	Rice with Japanese Chicken Katsu Curry
<b>Soup/Bread Vegetables</b>		Boiled Carrots	Mixed Salad/ Sliced Cucumbers & Cherry Tomatoes	Soft Roll Creamed Spinach	Stir-fried Radish & Carrots	Diced Potatoes & Carrots/ Japanese Peas
<b>After school snack</b>	2.00 pm	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits	Milk & Biscuits