

# WEEK 1



Contains gluten



Contains dairy



## Snack

Cornflakes with Fresh Milk & Apple

## Lunch

Pesto Pasta with Cherry Tomato, Chickpea & Corn



House Salad

MON



## Snack

Raisin Bread with Fresh Milk & Watermelon

## Lunch

Steamed Chicken Thigh with Soy Sauce  
Hainanese Chicken Rice  
Japanese Cucumber



House Salad

TUE



## Snack

Oat Cookies with Fresh Milk & Banana

## Lunch

Chicken Shepherd's Pie



House Salad

WED



## Snack

Wholemeal Pumpkin Bun, Fresh Milk & Orange

## Lunch

Tandoori Chicken  
Aloo Gobi  
Steamed Mixed Brown Rice



House Salad

THU



## Snack

Waffle with Fresh Milk & Honeydew

## Lunch

Teriyaki Salmon Patty  
Pickled Cucumber  
Steamed Japanese Rice



House salad

FRI

# WEEK 2



Contains gluten



Contains dairy



## Snack

Honey stars with Fresh Milk & Watermelon

## Lunch

Curry Chicken with Potato  
Stir-fried Baby Bak Choy  
Steamed Mixed Brown Rice

MON



## Snack

Wholemeal Bread with Jam, Fresh Milk & Orange

## Lunch

Chicken Macaroni Soup 

House Salad

TUE



## Snack

Wholemeal Steamed Bun with Fresh Milk & Banana

## Lunch

Chicken & Spinach Lasagna  

House Salad





WED



## Snack

BUTter Cake with Fresh Milk & Apple

## Lunch

Baked Miso Fish    
Gomae Spinach    
Steamed Japanese Rice

House Salad



THU



## Snack

Boiled Egg with Fresh Milk & Honeydew

## Lunch

Roasted Paprika    
Chicken Quesadilla

House Salad

FRI

# WEEK 3



Contains gluten



Contains dairy



## Snack

Cornflakes with Fresh & Apple

## Lunch

Fried Bee Hoon with Egg, Carrot & Cabbage

House Salad



MON



## Snack

Raisin Bread with Fresh Milk & Watermelon

## Lunch

Bibimbap chicken, carrot, nori, spinach, gochujang sauce, hard boiled egg, japanese rice

House Salad

TUE



## Snack

Oat Cookies with Fresh Milk & Banana

## Lunch

Margherita Pizza



House Salad

WED



## Snack

Wholemeal Pumpkin Bun with Fresh Milk & Orange

## Lunch

Chicken Fricasse, Roasted Broccoli, Steamed Mixed Brown Rice

House Salad

THU



## Snack

Pancake with Fresh Milk & Honeydew

## Lunch

Soba Noodle with Shoyu Broth, Bak Choy & Chicken

House Salad

FRI

# WEEK 4



Contains gluten



Contains dairy



## Snack

Honey Stars with  
Fresh Milk &  
Watermelon

## Lunch

Japanese Curry Rice  
with Chicken, Carrot &  
Potato  

House Salad



MON



## Snack

Wholemeal Bread with  
Jam, Fresh Milk &  
Orange

## Lunch

Roasted Mesquite  
Chicken  
Steamed Broccoli &  
Carrot  
Mashed Potato  

House Salad




TUE



## Snack

Wholemeal Steamed  
Bun with Fresh Milk,  
Banana

## Lunch

Fish Chowder    
Focaccia Bread 

House Salad



WED



## Snack

Banana Cake, Fresh  
Milk & Orange

## Lunch

Braised Soy Chicken &  
Mushroom   
Stir-fried Cabbage  
with Carrot   
Steamed Mixed Brown  
Rice  
House Salad



THU



## Snack

Butter Roll, Fresh Milk  
& Honeydew

## Lunch

Spaghetti & Meatballs  
   
House Salad

FRI