

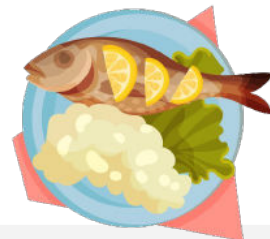
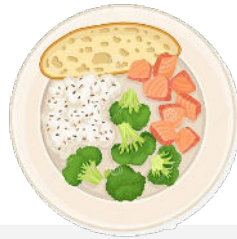
VEG WEEK 1



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

Braised Firm Tofu with Soy Sauce

Vegetarian Chicken Rice

Japanese Cucumber

House Salad

TUE

Snack

Oat Cookies with Fresh Milk & Banana

Lunch

Vegetable Pie



House Salad

WED

Snack

Wholemeal Pumpkin Bun, Fresh Milk & Orange

Lunch

Tandoori Paneer

Aloo Gobi

Steamed Mixed Brown Rice

House Salad

THU

Snack

Waffle with Fresh Milk & Honeydew

Lunch

Teriyaki Firm Tofu

Pickled Cucumber

Steamed Japanese Rice

House salad

FRI

VEG WEEK 2



Contains gluten



Contains dairy



Snack

Honey stars with Fresh Milk & Watermelon

Lunch

Curry Firm Tofu with Potato
Stir-fried Baby Bok Choy
Steamed Mixed Brown Rice

House Salad

MON



Snack

Wholemeal Bread with Jam, Fresh Milk & Orange

Lunch

Macaroni Soup with White Bean 

House Salad

TUE



Snack

Wholemeal Steamed Bun with Fresh Milk & Banana

Lunch

Spinach & Cheese Lasagna  

House Salad

WED



Snack

BUTter Cake with Fresh Milk & Apple

Lunch

Baked Miso Firm Tofu  
Gomae Spinach 
Steamed Japanese Rice

House Salad



THU



Snack

Boiled Egg with Fresh Milk & Honeydew

Lunch

Firm Tofu Quesadilla  

House Salad

FRI

VEG WEEK 3



Contains gluten




Contains dairy



Snack

Cornflakes with Fresh & Apple

Lunch

Fried Bee Hoon with Firm Tofu, Carrot & Cabbage 

House Salad


MON



Snack

Raisin Bread with Fresh Milk & Watermelon

Lunch

Bibimbap silken tofu, carrot, nori, spinach, gochujang sauce 

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

White Bean Fricasse  

Roasted Broccoli
Steamed Mixed Brown Rice

House Salad


THU



Snack

Pancake with Fresh Milk & Honeydew

Lunch

Soba Noodle with Shoyu Broth, Bak Choy & Tofu 

House Salad

FRI

VEG WEEK 4



Contains gluten



Contains dairy



Snack

Honey Stars with
Fresh Milk &
Watermelon

Lunch

Japanese Curry Rice
with Firm Tofu, Carrot
& Potato  

House Salad


MON



Snack

Wholemeal Bread with
Jam, Fresh Milk &
Orange

Lunch

Roasted Mesquite
Pumpkin
Steamed Broccoli &
Carrot
Mashed Potato  

House Salad


TUE



Snack

Wholemeal Steamed
Bun with Fresh Milk,
Banana

Lunch

Mushroom Chowder
Focaccia Bread 

House Salad

WED



Snack

Banana Cake, Fresh
Milk & Orange

Lunch

Braised Soy Tofu &
Mushroom 
Stir-fried Cabbage
with Carrot 
Steamed Mixed Brown
Rice

House Salad

THU



Snack

Butter Roll, Fresh Milk
& Honeydew

Lunch

Spaghetti & Vegetarian
Meatballs  

House Salad

FRI