



	Monday	Tuesday	Wednesday	Thursday	Friday
	01 Nov	02 Nov	03 Nov	04 Nov	05 Nov
<u>Meal</u> A	Teriyaki Chicken with Red Rice	Sweet & Sour Pork with Rice	Grilled Chicken Burger with Roasted Potato	Red Wine Beef Stew with Brown Rice	Apple & Sage Pork Loin with Roasted Potato
<u>Meal</u> B	Fried Rice with Minced Beef & Lettuce (Less Oil)	Malaysian Fish Curry with Rice	Yeung Chow Fried Rice	Lemongrass Grilled Fish with Brown Rice	Stir-fried Diced Chicken with Black Bean Sauce & Rice
<u>Meal</u> C ✓	Mushroom Stroganoff with Pasta	Pumpkin, Kidney Beans & Cherry Tomato Casserole with Pasta	Baked Macaroni with Sweetcorn Cream Sauce	Stir-fried Shanghai Noodles with Mushroom	Braised Glass Noodle & Mixed Vegetable with Rice
	08 Nov	09 Nov	10 Nov	11 Nov	12 Nov
<u>Meal</u> A	Beef Goulash with Pasta	Braised Diced Chicken in Sweetcorn Egg Drop Sauce with Red Rice	Pepperoni Pizza	Portuguese Chicken with Red Rice	Grilled Fish with Fresh Tomato Sauce with Pasta
<u>Meal</u> B	Sweet & Sour Fish with Rice	Stir-fried Noodles with Shredded Pork	Dim Sum Box	Steamed Pumpkin and Pork Rib with Rice	Grilled Pork Chop with Black Pepper Sauce with Red Rice
<u>Meal</u> C ✓	Lo Han Vegetable & Bean Curd with Rice	Mild Vegetable Curry with Rice	Ratatouille with Pasta	Teriyaki Eggplant with Fried Noodles	Vegetable & Cheese Frittata with Roasted Potato
Seasonal vegetables served every day.					



These foods should form the basis of your diet. So fill up on them.



Best eaten in moderation. These food are still important for a balanced diet.



Don't have too much of these. Just treat ourselves every so often.



Vegetarian Choice

Highlighted in respective color on the menu





	Monday	Tuesday	Wednesday	Thursday	Friday
	15 Nov	16 Nov	17 Nov	18 Nov	19 Nov
<u>Meal</u> A	Roasted Lemongrass Pork Chop with Rice	Stir-fried Chicken & Celery with Red Rice	Jamaican Chicken with Roasted Potato	Ginger Marmalade Pork with Mashed Potato	Pan-fried Fish with Sweetcorn Egg Drop Sauce with Red Rice
<u>Meal</u> B	Steamed Fish with Garlic & Black Bean Sauce with Rice	Pork Casserole with Rice	Hawaiian Pizza	Stir-fried Shanghai Noodle with Shredded Chicken	Teriyaki Chicken with Red Rice
<u>Meal</u> C ✓	Spinach & Mushroom Pasta in Cream Sauce	Vegetarian Chili Con Carne with Mashed Potato	Spaghetti Napoleon	Braised Tofu & Vegetable with Red Rice	Indian Vegetable Curry with Rice
	22 Nov	23 Nov	24 Nov	25 Nov	26 Nov
<u>Meal</u> A	Chicken Casserole with Pasta	Braised Minced Pork & Eggplant Thai Style with Rice	Fried Fish Burger with Roasted Potato	Grilled Chicken with Mashed Potato	Braised Beef Stroganoff with Pasta
<u>Meal</u> B	Glazed Honey BBQ Pork with Rice	Grilled Fish with Tomato & Thyme with Pasta	BBQ Chicken Pizza	Stir-fried Black Fungus, Chinese Zucchini & Pork with Red Rice	Tandoori Chicken with Rice
<u>Meal</u> C ✓	Braised Tofu & Vegetable with Red Rice	Vegetable Enchiladas	Baked Pumpkin & Cauliflower with Penne	Baked Macaroni with Cheese	Japanese Vegetable Curry with Rice
Seasonal vegetables served every day.					



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Vegetarian Choice

Highlighted in respective color on the menu





	Monday	Tuesday	Wednesday	Thursday	Friday
	29 Nov	30 Nov	01 Dec	02 Dec	03 Dec
<u>Meal A</u>	Pineapple & Chicken Fried Rice	Spaghetti Bolognese	Rosemary Chicken with Mashed Potato	Beef Brisket Curry & Potato with Rice	Steamed Fish with Soy Sauce & Spring Onion with Rice
<u>Meal B</u>	Shredded Pork & Tomato Stew with Pasta	Steamed Chicken & Mushroom with Red Rice	Ham & Sweetcorn Pizza	Italian Grilled Fish with Pasta	Stir-fried Chicken & Celery with Brown Rice
<u>Meal C</u>	Chinese Long Bean Omelette with Red Rice	Lentil Bean Curry with Rice	Baked Macaroni with Cream Sauce	Mushroom Stroganoff with Red Rice	Teriyaki Tofu with Rice
	06 Dec	07 Dec	08 Dec	09 Dec	10 Dec
<u>Meal A</u>	Stir-fried Spaghetti with Shredded Beef	Roasted Pork Loin with Gravy & Roasted Potato	Italian Meatball with Pasta & Marinara Sauce	Braised Beef Brisket & White Turnip with Rice	Lemongrass Pork Chop with Rice
<u>Meal B</u>	Grilled Fish with Parsley Sauce with Steamed Potato	Korean Style Chicken Stew with Rice	Hot Dog with Roasted Potato	Braised Diced Chicken with Sweetcorn Egg Drop Sauce with Rice	Honey-grilled Chicken with Rice
<u>Meal C</u>	Tomato Basil & Cheese Pasta Bake	Stir-fried Udon with Mixed Vegetable	Vegetable Frittata	Baked Mixed Mushroom & Cheese with Penne	Vegetarian Singapore Vermicelli (Less Oil)
Seasonal vegetables served every day.					

EAT MORE These foods should form the basis of your diet. So fill up on them.

EAT MODERATELY Best eaten in moderation. These food are still important for a balanced diet.

EAT LESS Don't have too much of these. Just treat ourselves every so often.


Vegetarian Choice

Highlighted in respective color on the menu





Lunch Menu Nov – Dec 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
	13 Dec	14 Dec	15 Dec	16 Dec	17 Dec
<u>Meal A</u>	Malaysian Fish Curry (Mild) with Red Rice	Roasted Turkey with Stuffing & Roasted Potato			
<u>Meal B</u>	Spaghetti Bolognaise	Roasted Ham with Mustard Gravy & Mashed Potato	School Sports Day	School Sports Day	Early Dismissal
<u>Meal C</u> 	Enoki Mushroom & Egg Tofu with Rice	Nutmeg & Cinnamon Spiced Pumpkin with Rice			
Seasonal vegetables served every day.					

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EAT MODERATELY Best eaten in moderation. These food are still important for a balanced diet.

EAT LESS Don't have too much of these. Just treat ourselves every so often.

