

## TERM 1/2023 SUB MENU

|                       |              | P1 to P3   |   | P4 to P6   |   | Allergen (No Egg)                                  |
|-----------------------|--------------|--|---|--|---|--|
| <b>** WEEK 1,5,9</b>  | <b>MON</b>   | Mashed Potato w/Sausage                                | Tangy Macaroni (V)                              | Baked Rice w/ Tomato Olio                          | Char Siew Chicken Noodles                     | Tsukune Tofu with Rice & Vegetables (V)            |
|                       | <b>TUE</b>   | Bulgogi Chicken & Cheese Wrap                          | Rainbow Fried Rice with Honey Soy Chicken       | HK Style Fish Porridge                             | Springy Noodles w/ Omelette (V)               | Meatless Fish w/Fried Rice                         |
|                       | <b>WED</b>   | Korean Chicken Bowl                                    | Mini Pancake w/ Jam (V)                         | M&M: Meatballs & Mash                              | Singapore Fried Beehoon w/Fishball            | Braised Tau Kwa w/ Fried Rice                      |
|                       | <b>THURS</b> | BBQ Chicken Sandwich (Warm)                            | Shepherd's Pie (V)                              | Baked Rice w/ Ham                                  | Meatball Macaroni Bowl                        | Singapore Fried Beehoon w/ Vegetables & Tofu       |
|                       | <b>FRI</b>   | Pizza Satay Bar  | Hearty Macaroni (V)                             | Fried Rice w/Char Siew Chicken                     | iLove Mac 'n' Cheese                          | Springy Noodles w/ Vegetables                      |
| <b>** WEEK 2,6,10</b> | <b>MON</b>   | HK Style Noodles w/Sausage                             | Meatless Fish w/ Pasta (V)                      | Honey Chicken Noodles                              | Fried Rice w/ Sweet & Sour Meatloaf           | Kung Pao Tofu with Rice (V)                        |
|                       | <b>TUE</b>   | Sausage & Omelette Breakfast Bowl                      | Braised Egg and Taukwa with Fried Rice (V)      | Springy Noodles w/ Omelette (V)                    | Braised Egg w/ Fried Rice (V)                 | Teriyaki Tofu with Rice & Vegetables               |
|                       | <b>WED</b>   | Sesame Chicken w/Fried Rice                            | BBQ Impossible Bar (V)                          | Sweet BBQ Chicken with Rice (Don Series)           | Singapore Fried Beehoon w/ Fishball           | Meatless Fish with Fried Rice                      |
|                       | <b>THURS</b> | Ham & Cheese Sandwich                                  | Hearty Macaroni (V)                             | Mee Tai Mak w/ Braised Chicken & Veg Trio          | Meatball Macaroni Bowl                        | Beans Stew with Pasta (No Egg)                     |
|                       | <b>FRI</b>   | BBQ Chicken & Cheese Wrap                              | Mini French Toast w/Buttered Corn               | Lo Rou Chicken Porridge                            | Baked Fried Rice with Vegetable Bolognese (V) | Tofu Mushroom with Rice (V)                        |
| <b>** WEEK 3,7</b>    | <b>MON</b>   | Dreamy Mashed Potato                                   | Meatless Fish in Sesame Sauce w/ Fried Rice (V) | Sweet BBQ Chicken with Rice (Don Series)           | Chicken Meatballs with Shrooms and Pasta      | Sticky Teriyaki Meatless Fish Rice Bowl (V)        |
|                       | <b>TUE</b>   | Braised Noodle with Honey Soy Chicken                  | Ham & Cheese Sandwich                           | Pineapple Rainbow Fried Rice w/Thai Minced Chicken | Teriyaki Fish Don (Don Series)                | Tsukune Tofu with Rice & Vegetables (V)            |
|                       | <b>WED</b>   | Tangy Macaroni with Meatballs                          | BBQ Meatless Chicken with Pilaf Rice (V)        | Yakisoba w/ Baked Teriyaki Chicken                 | Ayam Lemak w/ Rice                            | Fried Rice with Crispy Cereal Meatless Chicken (V) |
|                       | <b>THURS</b> | Fried Rice w/ New Orleans Style Chicken & Sausage Stew | Vegetables Stroganoff with Pasta (V)            | Herb Baked Chicken with Rice                       | Chicken Bolognese with Fusilli                | Sweet & Sour Meatless Fish with Rice (V)           |
|                       | <b>FRI</b>   | HK Style Noodles                                       | Braised Egg and Taukwa with Fried Rice (V)      | Char Siew Chicken Rice                             | Cheesy Baked T&P (Tuna & Pasta)               | Baked Pasta with Vegetables Stroganoff (V)         |
| <b>** WEEK 4,8</b>    | <b>MON</b>   | Satay Chicken w/ Fried Rice                            | Tangy Macaroni (V)                              | Chicken Bulgogi Rice Bowl                          | Braised Noodle with Honey Soy Chicken         | Fried Rice with Crispy Cereal Tau Kwa (V)          |
|                       | <b>TUE</b>   | Sausage & Omelette Breakfast Bowl                      | Shepherd's Pie (V)                              | Teriyaki Chicken with Rice (Don Series)            | Springy Noodles w/ Omelette (V)               | Singapore Fried Beehoon w/ Vegetables & Tofu       |
|                       | <b>WED</b>   | Sesame Chicken w/ Rice                                 | Honey Chicken Noodle                            | Tangy Crabstick Sandwich (Warm)                    | Chicken BiBimBap                              | Sticky Teriyaki Tofu Rice Bowl (V)                 |
|                       | <b>THURS</b> | Korean Chicken Bowl                                    | Vegetables Stroganoff with Pasta (V)            | Yakisoba w/ Baked Teriyaki Chicken                 | Baked Rice with Meatball                      | Baked Pasta with Vegetables Bolognese (V)          |
|                       | <b>FRI</b>   | Singapore Fried Bee Hoon with Roast Chicken            | Meatless Fish in Sesame Sauce w/ Fried Rice (V) | Rendang Chicken with Rice (Don Series)             | Chicken Bolognese with Fusilli                | Chinese Braised Tofu with Rice & Vegetables (V)    |

\*\* Menu will repeat monthly

| TERM 1/2023 SUB LUNCH MENU |            |  |                                 |   |
|----------------------------|------------|--|---------------------------------|---|
|                            |            | P1 to P3                                       | P4 to P6                        | Allergen (No Egg)                                 |
| <b>** WEEK<br/>1,5,9</b>   | <b>MON</b> | Baked Rice w/<br>Tomato Olio                   | Creamy Tomato Chicken<br>w/Rice | Tsukune Tofu with<br>Rice & Vegetables (V)        |
| <b>** WEEK<br/>2,6,10</b>  | <b>MON</b> | Honey Chicken<br>Noodles                       | Satay Chicken w/Fried<br>Rice   | Kung Pao Tofu with<br>Rice (V)                    |
| <b>** WEEK<br/>3,7</b>     | <b>MON</b> | Sweet BBQ Chicken<br>with Rice (Don<br>Series) | HK Style Noodles w/<br>Sausage  | Sticky Teriyaki<br>Meatless Fish Rice<br>Bowl (V) |
| <b>** WEEK<br/>4,8</b>     | <b>MON</b> | Chicken Bulgogi<br>Rice Bowl                   | Chicken Rice w Braised<br>Egg   | Fried Rice with Crispy<br>Cereal Tau Kwa (V)      |

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