

(2024) Weekly Menu Beginning December 16th to December 20th

	MONDAY 12-16	TUESDAY 12-17	WEDNESDAY 12-18	THURSDAY 12-19	FRIDAY 12-20
				Christmas lunch	
Morning snack	Yogurts	Cake	Banana	Fruit	Apple
Daily Soup	Cream of tomato soup O	Minestrone soup	Cream of bacon & potato soup O	Cream of pumpkin soup O	
Western Main Dish	Cream Tuscan chicken O※	Spaghetti Bolognese ※	Chicken Wraps※	Glazed ham with gravy sauce※	
Asian Main Dish	Fujian lychee pork ※△	Stir-fried shredded pork & leeks △	Taiwan braised beef△	Roast chicken with cranberry sauce※	
Vegetable Options	Lettuce & Mix mushrooms	Choy sum & Zucchini	Indian lettuce & Baby cabbage	Broccoli & Carrot & Brussel sprouts	
Starch (Carbohydrate)	Corn rice or Basil potatoes	Steamed rice or Baby potatoes	Steamed jasmine rice or Baked potatoes	Steamed rice or Roast potatoes	
Vegetarian	Singapore fried rice noodles △	Ratatouille Garlic bread※	Tortilla de patatas O	Vegetables wellington ※	
Afternoon snack	Banana	Fruit	Yogurts	Cake	
Others	Daily Choice Between Yogurt and Fruit Selection				

OUR HEALTHY EATING KEY

※O Gluten Content 面粉 | △Legumes Product 豆类 | O Dairy Product 牛奶 | # Shell Fish & Seafood 鱼&海鲜 | ☆ Eggs Product 鸡蛋

