

(2025) Weekly Menu Beginning May12 th to May 16 th					
	MONDAY 5-12	TUESDAY 5-13	WEDNESDAY 5-14	THURSDAY 5-15	FRIDAY 5-16
Morning snack	Yogurts	Cake	Banana	Fruit	Apple
Daily Soup	Eggplant & lentil soup △O	Cream of spring pea soup ※O△	Minestrone soup※△☆	Tofu & vegetables soup△☆	Malaysian ABC soup
Western Main Dish	Salisbury steaks ※O☆	Grilled chicken breast with cream mushroom sauce ※O	French beef stewed with carrot ※O	Mediterranean roast chicken drums O	Hot dogs ※O☆
Asian Main Dish	Steamed chicken with sand ginger※△	Teriyaki beef ※△☆	Sweet & sour pork chops※△☆	Braised pork & eggs※△☆	Scrambled eggs & shrimps # O☆
Vegetable Options	Choy sum & Green peas△	Water spinach & Zucchini	Daikon & Leaf lettuce	Cabbage & Mixed mushrooms O	Broccoli & Carrot
Starch (Carbohydrate)	Steamed corn rice or Boiled potatoes O	Steamed rice or Lyonnaise potatoes	Fried rice with eggs☆ or Roast potatoes O	Steamed rice or Dry fried potatoes	Steamed rice or French fries ※
Vegetarian	Mediterranean couscous△ Broccoli & cauliflower & carrot	Singapore fried rice ※△☆ Scrambled eggs O☆	Lentil casserole O△ Garlic bread ※O☆	Thai fried rice noodles with vegetables & eggs※△☆ Spring roll※△☆	Mediterranean grilled mushroom & potatoes O Asparagus risotto ※O
Afternoon snack	Banana	Pear	Yogurts	Bread	Danish
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					

