



Week 2 Menu (21-25 Jul)



Monday
21-Jul

Tuesday
22-Jul

Wednesday
23-Jul

Thursday
24-Jul

Friday
25-Jul

Meal Plan (Monthly) / Ad-hoc (Daily) Options

Western

Tuscany Creamy Tomato Chicken
Penne Pasta Broccoli and Corn



Roasted Chicken, Thyme Sauce
Roasted Potato Carrot and Peas



Fish and Chips, Crinkle Cut Fries
with Tartar Sauce,
Broccoli & Carrot



Cheesy Chicken Fajitas,
Pita Bread, Cauliflower & Peas



Chicken Schnitzel with Herb
Tomato Sauce, Potato Wedges,
Corn & Carrot



Asian

Indian Fish Curry Naan Bread
Indian Cauliflower and Pea



Asian BBQ Beef Ball Eggless Fried
Rice Spinach and Carrot



Mongolian Sticky Chicken Steamed
Rice Broccoli and Carrot



Ginger Scallion Chicken Steamed
Rice French Bean and Onions



Black Pepper Beef, Steamed Rice,
Stir-Fry Vegetables



Vegetarian

Soy Chunk, Potato Curry,
Naan Bread,
Indian Cauliflower & Peas



Asian Plant Base BBQ Chicken
Eggless Fried Rice
Spinach and Carrot



Plant Base Fish Finger
Crinkle Cut Fries with Tartar Sauce
Broccoli and Carrot



Cheesy Vegetable Fajitas
Pita Bread
Cauliflower and Peas



Plant Based Chicken with Herb
Tomato Sauce, Potato Wedges,
Corn & Carrot



**Allergen
Controlled
Meals**

Tuscany Tomato Chicken,
Gluten Free Pasta,
Broccoli & Corn

Roasted Chicken, Tomato Sauce,
Roasted Potato, Carrot & Peas

Baked Fish, Pesto Sauce,
Gluten Free Pasta,
Broccoli & Carrot



Ginger Scallion Chicken,
Steamed Rice,
French Bean & Onions

Black Pepper Beef, Steamed Rice,
Stir-Fry Vegetables

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Allergen:





Week 3 Menu (28 Jul-1 Aug)



Monday
28-Jul

Tuesday
29-Jul

Wednesday
30-Jul

Thursday
31-Jul

Friday
1-Aug

Meal Plan (Monthly) / Ad-hoc (Daily) Options

Western

Chicken Nuggets, Potato Wedges,
Roasted Vegetables with Herbs



Baked Fish, Basil Tomato Sauce,
Cous Cous, Cauliflower and Peas



Irish Beef Stew, Mashed Potato,
Broccoli & Carrot



Roasted Chicken Mustard Sauce,
Herb Butter Rice, Carrot & Peas



Beef Cheese Burger, Crinkle Fries,
Corn & Carrots



Asian

Chicken Kurma, Basmati Rice,
Aloo Gobi



Asian Style Chicken Meatball,
Stir-fry Noodle,
French Bean & Onions



Teriyaki Fish, Steamed Rice,
Asian Long Cabbage & Carrots



Butter Chicken, Naan Bread,
Long Bean & Carrot



Chicken Satay, Steamed Rice,
Sayeur Lodeh



Vegetarian

Plant Base Fish Finger,
Potato Wedges, Roasted
Vegetables with Herbs



Soy Chunk Tomato Sauce
Penne Pasta
Cauliflower and Peas



Asian Teriyaki Tau Kwa,
Steamed Rice,
Asian Long Cabbage & Carrots



Soy Chunk Masala, Steamed Rice,
Long Bean & Carrot



Vegetarian Cheese Burger,
Crinkle Fries, Corn & Carrots



**Allergen
Controlled
Meals**

Chicken Korma,
Basmati Rice, Aloo Gobi

Baked Fish, Basil Tomato Sauce,
Gluten Free Pasta,
Cauliflower & Peas



Beef Stew, Gluten Free Pasta,
Broccoli & Carrot

Chicken Masala, Steamed Rice,
Long Bean & Carrot

Chicken Satay, Steamed Rice,
Sayeur Lodeh

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Allergen:





Week 4 Menu (4-8 Aug)



Monday
4-Aug

Tuesday
5-Aug

Wednesday
6-Aug

Thursday
7-Aug

Friday
8-Aug

Meal Plan (Monthly) / Ad-hoc (Daily) Options

Western

Fish Lemon Butter Sauce,
Macaroni and Cheese,
Corn & Pea



Herb Roast Chicken with Chicken
Gravy, Roasted Potato,
Carrot and Peas



Chicken Sausage with Onion
Gravy, Mashed Potato
French Bean and Carrot



Chicken Stew,
Penne Aglio Olio,
Broccoli & Carrot



Beef Lasagne, Garlic Bread,
Broccoli & Onions



Asian

Chicken Rendang Briyani Rice
Cauliflower and Cherry Tomato



Thai Roasted Chicken Steamed
Rice Broccoli and Corn



Asian BBQ Beef Ball Steamed
Rice Cabbage and Fungus



Asian Curry Chicken Steamed
Rice Broccoli and Carrot



Sweet & Sour Fish, Steamed Rice,
Stir-Fry Cauliflower with Peas



Vegetarian

Plant Base Chicken Tomato Sauce,
Macaroni and Cheese,
Corn & Pea



Thai Sweet Chili Tau Kua,
Steamed Rice,
Broccoli & Carrot



Soy Chunk, Mushroom Con
Carne, Steamed Rice,
French Bean & Carrot



Tau Kua Curry,
Steamed Rice,
Broccoli & Carrot



Plant-based Sweet & Sour Chicken,
Steamed Rice, Stir-Fry Cauliflower
with Peas



**Allergen
Controlled
Meals**

Baked Fish, Herb Tomato Sauce
Steamed Rice, Cauliflower &
Cherry Tomato



Thai Roasted Chicken, Steamed
Rice Broccoli & Carrot



Soy Chunk, Mushroom Con Carne ,
Steamed Rice, French Bean &
Carrot



Asian Curry Chicken, Steamed
Rice, Broccoli & Carrot

Beef Bolognese, Gluten-free Pasta,
Broccoli & Onions

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Allergen:





Week 6 Menu



Monday
11-Aug

Tuesday
12-Aug

Wednesday
13-Aug

Thursday
14-Aug

Friday
15-Aug

Meal Plan/ Ala-Carte Options

Western

BBQ Chicken
Potato Wedges
Corn and Carrot

Paprika Chicken with Gravy
Roasted Potato
Vegetable Ratatouille

Cheezy Chicken Fajitas
Pita Bread
Corn and Pea

Baked Fish, Basil Tomato Sauce
Mashed Potato
Steam French Bean

Beef Stroganoff
Fusilli Pasta
Spinach and Onions

Asian

Oven Baked Chicken
Flavoured Rice
Asian Cauliflower and Carrot

Filipino Chicken Adobo
Steamed Rice
Broccoli and Baby Carrot

Teriyaki Salmon
Steamed Rice
Cauliflower and Corn

Sesame Chicken with Ginger
Steamed Rice
Sio Pei Chye and Carrots

Chicken Satay
Coconut Rice
Sayur Lodeh

Vegetarian

Italian Bean Casserole
Steamed Rice
Corn and Carrot

Plant Base Chicken Tomato Sauce
Roasted Potato
Vegetable Ratatouille

Asian Teriyaki Tau Kwa
Steamed Rice
Cauliflower and Corn

Mushroom, Lentil Basil Tomato Sauce
Steamed Rice
Steam French Bean

Chickpea, Tofu with Tomato Sauce
Fusilli Pasta
Spinach and Onions

**Allergen
Controlled
Meals**

Oven Baked Chicken
Flavoured Rice
Asian Cauliflower and Carrot

(Allergen) Filipino Chicken Adobo
Steamed Rice
Broccoli and Baby Carrot

Chicken Fajitas
Steamed Rice
Corn and Pea

(Allergen) Sesame Chicken with Ginger
Steamed Rice
Sio Pei Chye and Carrots

Chicken Satay
Coconut Rice
Sayur Lodeh

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Allergen:





Week 7 Menu



Monday
18-Aug

Tuesday
19-Aug

Wednesday
20 Aug


Thursday
21 Aug

Friday
22 Aug


Meal Plan/ Ala-Carte Options

Western


Chicken Nuggets
Potato Wedges
French Bean and Corn




Chicken Cacciatore
Penne Aglio Olio
Broccoli and Carrot




Fish and Chips
Crinkle Cut Fries
Corn and Pea



Irish Beef Stew
Mashed Potato
Roasted Zucchini and Carrots




Chicken Hot Dog
Potato Wedges
Carrot and Peas




Asian


Fish Tikka Masala
Basmati Rice
Indian Green Bean




Tso Chicken
Eggless Fried Rice
Broccoli and Mushroom




Thai Basil Chicken (Kra Pow Gai)
Pandan Rice
Stir-fry Cabbage and Carrot



Asian Chicken with Leek
Steamed Rice
Steam Cauliflower and Carrot




Korean Braised Chicken
Steamed Rice
Asian Cabbage and Fungus




Vegetarian


Tofu Tikka Masala
Basmati Rice
Indian Green Bean




Plant Base Tso Chicken
Eggless Fried Rice
Broccoli and Mushroom




Plant Base Fish Finger
Crinkle Cut Fries
Corn and Pea



Asian Tau Kwa with Leek
Steamed Rice
Steam Cauliflower and Carrot




Korean Plant base Chicken
Steamed Rice
Asian Cabbage and Fungus




Allergen Controlled Meals

(Allergen) Fish Tikka Masala
Basmati Rice
Indian Green Bean



Chicken Cacciatore (Allergen)
Gluten Free Pasta
Broccoli and Carrot

(Allergen) Thai Basil Chicken (Kra Pow Gai)
Pandan Rice
Stir-fry Cabbage and Carrot

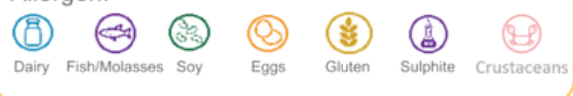


(Allergen) Irish Beef Stew
Gluten Free Pasta
Roasted Zucchini and Carrots

(Allergen) Chicken Stew
Gluten Free Pasta
Carrot and Peas

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Allergen:






Week 8 Menu



Monday
25 Aug

Tuesday
26 Aug

Wednesday
27 Aug

Thursday
28 Aug

Friday
29 Aug

Meal Plan/ Ala-Carte Options

Western

Baked Chicken Parmesan with Tomato Sauce
Potato Wedges
Steam French Bean and Carrot



BBQ Chicken
Herb Rice
Corn and Pea



Beef Bolognese
Spaghetti
Broccoli and Corn



Tilapia Fish In Lemon Butter Sauce
Herb Rice
Baby Carrot and Peas



Roasted Chicken Mustard Sauce
Roasted Potato
Cauliflower and Onion



Asian

Asian Teriyaki Beef Ball
Egg Fried Rice
Garlic French Bean



Asian Soy Fish with Ginger and Scallion
Steamed Rice
Cauliflower and Mushroom



Mongolian Sticky Chicken
Steamed Rice
Asian Braised Cabbage and Carrot



Stir-fry Chicken
Fried Bee Hoon
Asian Cabbage and Carrots



Japanese Katsu Curry
Steamed Rice
Cauliflower and Garlic



Vegetarian

Asian Teriyaki Tau Kwa
Egg Fried Rice
Garlic French Bean



Plant Base BBQ Chicken
Herb Rice
Corn and Pea



Bean, Lentil Bolognese
Spaghetti
Broccoli and Corn



Stir-fry Tau Kwa
Fried Bee Hoon
Asian Cabbage and Carrots



Japanese Beancurd Curry
Steamed Rice
Cauliflower and Garlic



Allergen Controlled Meals

Roasted Chicken, Tomato Sauce
Potato Wedges
Steam French Bean and Carrot

(Allergen) Asian Soy Fish with Ginger and Scallion
Steamed Rice
Cauliflower and Mushroom



Beef Bolognese
Gluten Free Pasta
Broccoli and Corn

Tilapia Fish In Tomato Sauce
Gluten Free Pasta
Baby Carrot and Peas



Roasted Chicken, Tomato Sauce
Steamed Rice
Cauliflower and Onion

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