



Early Years Menu

Week 1



Week day Date	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Banana Muffin / Carrot Cake	Toast side with Jam & Butter	Oat & Raisin Cookies	Crab Sticks Sandwich	Crackers
Morning fruits	Guava	Melon	Mango	Grapes	Cucumber sticks
Drink	Fresh Milk	Fresh Milk	Fresh Milk	Fresh Milk	Fresh Milk
Salad	Salad Bar + Cheese	Salad Bar + Chicken	Salad Bar + Bacon Bits	Salad Bar + Beetroot	Salad Bar + Beetroot
Main Western	Mac N' Cheese	Beef Lasagna	Chicken Satay	Roasted Chicken & Gravy	Pizza
Vegetables	Mixed Vegetables	Grilled / Roasted Vegetables	Corn & Peas	Mixed Vegetables	Corn on Cob
Potatoes	Jacket Potatoes (Whole)	Natural Cut Potatoes	Mashed Potatoes	Roasted Potatoes	French Fries
Vegetarian	Vegetarian Massaman	Spaghetti with Mushrooms & Onions	Omelette	Vegetable Spring Rolls	Sun Dried Fried Pork
Main Thai	Sticky Rice with Pork Meatballs	Stir-fried Broccoli with Shrimp	Stir-fried Noodles with Chicken	Roasted Red Pork	Northern Style Curried Noodle Soup with Chicken (Khao Soi)
Rice	Steamed White & Brown Rice	Steamed White & Brown Rice	Steamed White & Brown Rice	Steamed White & Brown Rice	Steamed White & Brown Rice
Soup	Chicken Drumsticks Soup	Vermicelli Soup	Corn Soup	Tofu Clear Soup	Chicken Hamburg Steak with Gravy
Noodles	-	Fresh Vegetable Rice Wraps	-	-	Egg Noodle Soup with Fish / Pork Balls
Fruits	2 Choices of Fresh Seasonal Fruits	2 Choices of Fresh Seasonal Fruits	2 Choices of Fresh Seasonal Fruits	2 Choices of Fresh Seasonal Fruits	2 Choices of Fresh Seasonal Fruits
Afternoon Snack	Chicken Sandwich	Flapjacks	Banana Pancake	Cheese Sandwich	Croissant



Early Years Menu Week 2



Week day Date	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Chocolate Croissant	Flapjack / Oat Bars / Oatmeal Cookies	Cheese Tortillas / Chicken Tortillas	Cornflakes	Yoghurt
Drink	Fresh Milk	Fresh Milk	Fresh Milk	Fresh Milk	Fresh Milk
Salad	Salad Bar + Grated Cheese	Salad Bar + Grilled Chicken	Salad Bar + Tuna	Salad Bar + Bacon Bits & Caesar Dressing	Salad Bar + Chicken
Main Western	Spaghetti Bolognese (Beef)	Grilled Fish	Stir-fried Macaroni with Sauce	Pork Stew	Fish N' Chips
Vegetables	Grilled / Roasted Vegetables	Broccoli	Carrots	Corn on Cob	Baked Beans
Potatoes	Jacket Potatoes (Whole)	Roasted Potatoes	Sautéed Potatoes with Onions	Natural Cut Potatoes	French Fries
Vegetarian	Egg Fried Rice	Vegetarian Stir-fried Noodles (Phad Thai)	Chinese Style Fried Noodles	Green Curry with Mushrooms	Thai Style Omelette
Main Thai	Stir-fried Minced Chicken with Basil	Minced Chicken with Fried Eggs	Hainanese Chicken Rice	Sticky Rice with Chicken Wings & Drumsticks	-
Rice	Steamed White & Brown Rice	Steamed White & Brown Rice	Steamed White & Brown Rice	Steamed White & Brown Rice	Steamed White & Brown Rice
Soup	-	Shrimp Porridge	Miso Soup	Deep Fried Boiled Egg in Tamarind Sauce	-
Noodles	Rice Noodle Soup with Fish Balls	-	-	-	Egg Noodle Soup with Pork Balls
Fruits	2 Choices of Fresh Seasonal Fruits	2 Choices of Fresh Seasonal Fruits	2 Choices of Fresh Seasonal Fruits	2 Choices of Fresh Seasonal Fruits	2 Choices of Fresh Seasonal Fruits
Afternoon Snack	Apple	Shumai	Cookies	Crab Sticks Sandwich	Butter Cracker