

SENIOR CAMPUS					
	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1					
Morning snack - Primary only	Cereal with milk	Scrambled egg with whole wheat toast	Croissant with milk	French toast with maple serup	Chicken porridge or banana
Salad corner	Carrot, cucumber, cabbage, tomato, green salad	Carrot, cucumber, cabbage, tomato, green salad	Carrot, cucumber, cabbage, tomato, green salad	Carrot, cucumber, cabbage, tomato, green salad	Carrot, cucumber, cabbage, tomato, green salad
Hot dishes	Baked chicken-ham macaroni with cheese	Beef Stroganoff + Mashed Potato	Geilled roasted chicken breast mushroom with celery sauce	Penne with tomato sauce , carbonara sauce (bacon) bolognese sauce (chicken)	Grilled roasted pork tenderloin with orange sauce
	Chicken massaman curry with potatoes and carrots	Papaya salad	Potatoes gratin	Thai omelet	Thai yellow rice with chicken
	Egg tofu and seaweed soup with vegetables	Fried chicken	Stir fried pork with mushroom sauce	Clear Soup with egg tofu	Winter melon soup with chicken
	Jasmine rice	Jasmine rice / sticky rice	Jasmine rice	Jasmine rice	Jasmine rice
Vegetarian	Stir fried mixed vegetables thai style	Pasta with Tomato sauce	Singaporean noodles with egg and vegetables	Pasta or penne with Tomato sauce	Sauteed mixed vegetables with olive oil
Spicy local Thai food	Stir fried pork with chille paste	Spicy minced pork salad Larb Moo	Geilled fish cassia curry	Sour soup with fish and mini potato	Pork loin curry with pinapple
Afternoon snack - Primary only	Cookies Chocolate and fresh juice	Soft butter buns and fresh juice	Fruit cake and milk	Yoghurt with Fresh fruits	Home-made cheese sandwich and Milk
WEEK 2					
Morning snack - Primary only	French toast with maple serup	Croissant with milk	Chicken porridge or banana	Scrambled egg with whole wheat toast	Yoghurt with fresh fruits
Salad corner	Carrot, cucumber, cabbage, tomato, green salad	Carrot, cucumber, cabbage, tomato, green salad	Carrot, cucumber, cabbage, tomato, green salad	Carrot, cucumber, cabbage, tomato, green salad	Carrot, cucumber, cabbage, tomato, green salad
Hot dishes	Stir fried pork with corn and mushroom sauce	Baked rosemary chicken with pesto sauce and mashed potatoes	Mini burger beef/ chicken (home made)	Noodle soup / roasted red pork	Roasted chicken BBQ sauce / cob of corn
	Stir fried white cabbage with egg	Stir fried mixed vegetables Tofu	French fries	Spaghetti with olive oil	Grilled sweet potato , pumpkin
	Beef Bolognese with tomato sauce and macaroni pasta	Egg and chicken leg in sweet brown sauce	Stir fried chicken with oyster sauce and vegetables	Chicken fricasse with teriyaki	Omelet soup with minced chicken
	Jasmine rice	Jasmine rice	Thai omelet / jasmine rice	Jasmine rice	Stir Fried pork temderloin, soy bean sauce, jasmine rice
Vegetarian	Tomato sauce with vegetables	Stir Fried mixed vegetables with Tofu	Sauteed mixed vegetables with olive oil	Spaghetti with olive oil and tomato sauce	Sauteed white cabbage and seasonal vegetables
Spicy local Thai food	Yellow curry chicken with potato	Stir fried minced porkwith yellow curry paste	Three flavored fish	Stir Fried Chicken with Black Pepper	Thai pork curry with morning glory
Afternoon snack - Primary only	Muffin Vanilla and fresh fruit	Seasonal fresh fruit	Cereal cookies and fresh fruit	Banana cake with milk	Soft butter buns and fresh juice
WEEK 3					
Morning snack - Primary only	Scrambled egg with whole wheat toast	Chicken porridge or banana	Whole wheat bread with homemade strawberry jam	Cereal with milk	Croissant with milk
Salad corner	Carrot, cucumber, cabbage, tomato, green salad	Carrot, cucumber, cabbage, tomato, green salad	Carrot, cucumber, cabbage, tomato, green salad	Carrot, cucumber, cabbage, tomato, green salad	Carrot, cucumber, cabbage, tomato, green salad
Hot dishes	Chicken lasagna or stir fried spagetti with tomato sauce	Pork tenderloin stew with carrots mushroom and potatoes or pasta	Grilled Roasted pork tenderloin lyonnais creamy sauce	Hainanese chicken rice (boiled and fried chicken with rice)	Grilled fish fillet with lemon butter sauce and oven roasted potatoes + sour cream
	Stir Fried Morning Glory	Stir fried pepper chicken with sweet pepper	Mashed Potato with cheese	Clear soup minced chicken with wintermelon	Pad-Thai with Tofu
	Stir fried pork with oyster sauce and vegetables	Stir fried wide noodles with egg	Stir fried chicken with oyster sauce and vegetable	Salmon creamy and pasta spinach	Sweet and sour chicken
	Jasmine rice	Jasmine rice	Jasmine rice /thai omelet	Jasmine rice	Jasmine rice
Vegetarian	Stir fried morning glory	Pan fried egg noodles with vegetables	Sauteed mixed vegetable with olive oil	Ratatouille	Stir fried mixed vegetables
Spicy local Thai food	Sour soup with fish and pineapple	Spicy chicken soup	Fried Fish with hot basil	Fried spicy red curry pork	Chicken red curry
Afternoon snack - Primary only	Fruit cake and milk	Soft butter buns and fresh juice	Yoghurt with fresh fruits	Seasonal fresh fruit	Cereal cookies and fresh juice
WEEK 4					
Morning snack - Primary only	Croissant with milk	Scrambled egg with whole wheat toast	Chicken porridge and banana	Duo cornflake with milk	Whole wheat bread with strawberry jam
Salad corner	Carrot, cucumber, cabbage, tomato, green salad	Carrot, cucumber, cabbage, tomato, green salad	Carrot, cucumber, cabbage, tomato, green salad	Carrot, cucumber, cabbage, tomato, green salad	Carrot, cucumber, cabbage, tomato, green salad
Hot dishes	Mashed potato with olive oil	Pork with tonkatsu sauce	Pasta and chicken sauce, bolognese sauce	Fish & hash brown	Roasted chicken with mushroom sauce and grilled vegetables
	Chicken green curry and fish curry	Potatoes gratin	Stir fried big flat nooddle with pork	Omelet soup with chicken	Egg and tofu in sweet brown sauce
	Bechamel roasted chicken with cheese grated	Minced chicken with thai hot basil / fried egg	Minced chicken and seaweed soup	Stir fried chicken with cashew nut	Stir fried pork with mushroom sauce
	Jasmine rice / Thai omelet	Jasmine rice	Jasmine rice	Jasmine rice	Jasmine rice
Vegetarian	Vegetables green curry with potato	Stir fried vegetables with tofu	Pasta and tomato sauce	Stir fried sweet pepper with cashew nut	Sauteed mixed vegetables Thai style with soy sauce
Spicy local Thai food	Rice Noodle	Pork stew with cha muang leaves	Stir fried chicken curry with coconut shoots	Stir fried pork and sting bean with red curry paste	Fried fish with curry paste
Afternoon snack - Primary only	Fruit cake and juice	Seasonal fresh fruit	Cereal cookies and milk	Soft butter buns and juice	Banana cake with milk