

MENU / 菜单 - WEEK 1 / 第一期

Meal 餐点	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
BREAKFAST 早餐	Oats Porridge 燕麦粥	Kaya Sandwich 加椰三明治	Cornflakes with Milk 玉米片加牛奶	Jam Sandwich 草莓果酱三明治	Peanut or Margarine Sandwich 花生/菜油三明治	Oats Porridge 燕麦粥
Dairy 奶制类	Milk 牛奶	Milo & Milk 美禄和牛奶	Milo & Milk 美禄和牛奶	Milo & Milk 美禄和牛奶	Milo & Milk 美禄和牛奶	
LUNCH 午餐 Protein 蛋白质类	Soft Bean Curd with Sautéed Minced Chicken in Black Soya Sauce 酱油豆腐炒鸡肉碎	Curry Fish with milk, long beans & potato 咖喱牛奶鱼加长豆和马铃薯	Braised Chicken, Hard Boil Egg & Bean Curd 卤鸡肉, 蛋与豆干	Stir-Fry Bee Hoon with Chicken, Carrot, Chye Sim & Egg 炒米粉与鸡肉, 胡萝卜, 菜心和鸡蛋	Baked Fish with Milk & Tomatoes 牛奶番茄烤鱼	Macaroni Soup with Chicken, Carrot & Spinach 通心粉汤加鸡肉, 胡萝卜和菠菜
Vegetables 蔬菜类	Stir-Fry Cabbage with Carrot & Silverfish 包菜炒胡萝卜与银鱼				Stir-Fry Chinese Turnip, Carrot & Silverfish 沙葛炒胡萝卜与银鱼	
Soup 汤	Winter Melon Chicken Soup with Wolfberries & Red Dates 冬瓜鸡骨汤加枸杞与红枣	Hairy Gourd with Egg Soup 毛瓜蛋花汤	Chinese Cabbage & Carrot with Anchovy Stock 白菜汤加胡萝卜与江鱼仔	Chinese Spinach with Silverfish 苋菜银鱼汤	Cabbage with Silverfish 包菜银鱼汤	
Grains 五谷类	Brown Rice 糙米饭	Brown Rice 糙米饭	Brown Rice 糙米饭	Bee Hoon 米粉	Brown Rice 糙米饭	
Fruits 水果类	Apple 苹果	Papaya 木瓜	Banana 香蕉	Watermelon 西瓜	Orange/Honey Dew 橙/蜜瓜	Mixed Fruits 杂果
TEA BREAK 下午茶	Red Bean Soup with Milk 红豆汤加奶	Margarine Cake 菜油蛋糕 Soya Bean Milk 豆奶	Egg Mayo Sandwich 鸡蛋三明治 Chrysanthemum Tea 菊花茶	Macaroni Soup with Carrot, Broccoli & Minced Chicken 通心粉汤加胡萝卜, 西兰花与鸡肉碎	Tomato & Margarine Sandwich 番茄菜油三明治 Barley Water 薏米水	

MENU / 菜单 - WEEK 2 / 第二期

Meal 餐点	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
BREAKFAST 早餐	Oats Porridge 燕麦粥	Kaya Sandwich 加椰三明治	Cornflakes with Milk 玉米片加牛奶	Jam Sandwich 草莓果酱三明治	Peanut or Margarine Sandwich 花生/菜油三明治	Oats Porridge 燕麦粥
Dairy 奶制类	Milk 牛奶	Milo & Milk 美禄和牛奶	Milo & Milk 美禄和牛奶	Milo & Milk 美禄和牛奶	Milo & Milk 美禄和牛奶	
LUNCH 午餐 Protein 蛋白质类	Steam Egg with Minced Chicken 鸡肉碎蒸鸡蛋	Spaghetti with Minced Chicken, Broccoli, Cauliflower and Tomato Sauce 番茄酱意大利面与鸡肉 碎, 西兰花和花椰菜	Stir-Fry Chicken & Mushroom 鸡肉炒冬菇	Stir-Fry Mee-Tai- Mak with Chicken, Carrot, Chye Sim & Egg 米台目炒鸡肉, 胡萝 卜, 菜心与鸡蛋	Stir-Fry Fish with Big Onion in Black Soya Sauce 黑酱炒鱼配洋葱	Bee Hoon Soup with Chicken, Spinach & Carrot 米粉汤配鸡肉, 菠菜与 胡萝卜
Vegetables 蔬菜类	Stir-Fry Long Bean with Silverfish 长豆炒银鱼	Stir-Fry Cabbage & Carrot with Silverfish 包菜炒胡萝卜与银鱼		Stir-Fry Hairy Gourd & Carrot with Silverfish 毛瓜炒胡萝卜与银鱼		
Soup 汤	Cabbage Soup with Silverfish 包菜银鱼汤	Chinese Cabbage with Silverfish 白菜银鱼汤	Chicken Soup with Bean Curd, Carrot & Tomato 鸡汤加豆腐, 胡萝卜与 番茄	Chinese Spinach Soup with Carrot & Anchovy 苋菜汤加胡萝卜与江鱼 仔	Winter Melon, Wolfberry & Red Date Soup with Anchovy Stock 江鱼仔汤加冬瓜, 枸杞 与红枣	
Grains 五谷类	Brown Rice 糙米饭	Spaghetti 意大利面	Brown Rice 糙米饭	Mee-Tai-Mak 米台目	Brown Rice 糙米饭	
Fruits 水果类	Apple 苹果	Papaya 木瓜	Banana 香蕉	Watermelon 西瓜	Orange/Honey Dew 橙/蜜瓜	Mixed Fruits 杂果
TEA BREAK 下午茶	Sweet Corn Pancake 玉米煎饼	Banana Cake 香蕉蛋糕	Oats with Sweet Potato & Milk 燕麦粥加番薯与牛奶	Porridge with Minced Chicken, Carrot & Spinach 鸡肉碎粥加胡萝卜与菠 菜	White Wheat Dessert (Pulot Terigu / Da Mai) 大麦粥	
	Barley Drink 薏米水	Soya Bean Milk 豆奶				

MENU / 菜单 - WEEKS 3 & 5 / 第三和第五期

Meal 餐点	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
BREAKFAST 早餐	Oats Porridge 燕麦粥	Kaya Sandwich 加椰三明治	Cornflakes with Milk 玉米片加牛奶	Jam Sandwich 草莓果酱三明治	Peanut or Margarine Sandwich 花生/菜油三明治	Oats Porridge 燕麦粥
Dairy 奶制类	Milk 牛奶	Milo & Milk 美禄和牛奶	Milo & Milk 美禄和牛奶	Milo & Milk 美禄和牛奶	Milo & Milk 美禄和牛奶	
LUNCH 午餐 Protein 蛋白质类	Steamed Chicken Thigh 蒸鸡腿	Stir-Fry Mee-Tai- Mak with Chicken, Carrot, Chye Sim & Egg 米台目炒鸡肉, 胡 萝卜, 菜心与鸡蛋	Stir-Fry Soft Bean Curd with Minced Chicken 豆腐炒鸡肉碎	Omelette, Baked Beans, Mashed Potato & Bread 煎蛋配黄豆, 马铃薯泥 与面包	Baked Fish with Milk & Tomato 牛奶番茄烤鱼	Fried Rice with Chicken, Egg, Chye Sim & Carrot 炒饭加鸡肉, 鸡蛋, 菜 心与胡萝卜
Vegetables 蔬菜类	Slice Cucumber & Tomato 黄瓜番茄片		Stir-fry Cabbage, Carrot & Silverfish 包菜炒胡萝卜与银鱼	Fry Cauliflower, Broccoli & Carrot 花椰菜炒西兰花与胡萝 卜	Stir-Fry Long Bean with Eggs 长豆炒鸡蛋	
Soup 汤	Spinach in Anchovy Stock 菠菜江鱼仔汤	Chinese Cabbage Soup with Carrots & Silverfish 白菜汤加胡萝卜与银鱼	Hairy Gourd & Egg Soup 毛瓜蛋花汤	Corn Soup with Red Dates & Wolfberries 玉蜀黍红枣枸杞汤	Yellow Cucumber Soup with Carrot & Wolfberries 老黄瓜汤加胡萝卜与枸 杞	
Grains 五谷类	Brown Rice 糙米饭	Mee-Tai-Mak 米台目	Brown Rice 糙米饭	Bread 面包	Brown Rice 糙米饭	
Fruits 水果类	Apple 苹果	Papaya 木瓜	Banana 香蕉	Watermelon 西瓜	Orange/Honey Dew 橙/蜜瓜	Mixed Fruits 杂果
TEA BREAK 下午茶	Green Bean Soup with Milk 绿豆汤加奶	Marble Cake 大理石蛋糕 Soya Bean Milk 豆奶	Macaroni Soup with Chicken, Carrot & Spinach 通心粉汤加鸡肉, 胡萝 卜与菠菜	Brown Rice Porridge with Minced Chicken, Carrot, Chinese Spinach and Soft Bean Curd 糙米粥加鸡肉, 胡萝 卜, 苋菜与豆腐	Cucumber & Margarine Sandwich 黄瓜菜油三明治 Chrysanthemum Tea 菊花茶	

MENU / 菜单 - WEEK 4 / 第四期

Meal 餐点	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五	Saturday 星期六
BREAKFAST 早餐	Oats Porridge 燕麦粥	Kaya Sandwich 加椰三明治	Cornflakes with Milk 玉米片加牛奶	Jam Sandwich 草莓果酱三明治	Peanut or Margarine Sandwich 花生/菜油三明治	Oats Porridge 燕麦粥
Dairy 奶制类	Milk 牛奶	Milo & Milk 美禄和牛奶	Milo & Milk 美禄和牛奶	Milo & Milk 美禄和牛奶	Milo & Milk 美禄和牛奶	
LUNCH 午餐 Protein 蛋白质类	Omelette with Carrot & Onion 胡萝卜洋葱煎蛋	Pasta with Minced Chicken, Cucumber, Button Mushroom & White Sauce 奶油酱意大利面加鸡肉 碎, 黄瓜与蘑菇	Stir-Fry Minced Chicken with Black Sauce 黑酱炒鸡肉碎	Brown Rice with Chicken, Potato, Carrot & Chinese Spinach Soup 糙米饭加鸡肉, 马铃薯, 胡萝卜与苋菜汤	Fish Fillet with Tomato 番茄鱼柳	Minced Chicken Porridge with Silverfish, Carrot & Spinach 鸡肉粥加银鱼, 胡萝卜 与菠菜
Vegetables 蔬菜类	Stir-Fry Hairy Gourd with Shredded Carrots & Silverfish 毛瓜炒胡萝卜丝与银鱼		Stir-Fry Chinese Turnip with Carrot & Silverfish 沙葛炒胡萝卜与银鱼		Stir-Fry Cabbage, Carrot & Silverfish 包菜炒胡萝卜与银鱼	
Soup 汤	Chinese Cabbage Soup with Anchovies & Carrots 白菜汤加江鱼仔与胡萝 卜	Hairy Gourd Soup with Eggs & Carrots 毛瓜蛋花胡萝卜汤	Yellow Cucumber Soup with Red Dates & Wolfberries 老黄瓜红枣枸杞汤		Chinese Cabbage with Anchovy Soup 白菜江鱼仔汤	
Grains 五谷类	Brown Rice 糙米饭	Pasta 意大利面制品	Brown Rice 糙米饭	Brown Rice 糙米饭	Brown Rice 糙米饭	
Fruits 水果类	Apple 苹果	Papaya 木瓜	Banana 香蕉	Watermelon 西瓜	Orange/Honey Dew 橙/蜜瓜	
TEA BREAK 下午茶	Banana Pancake 香蕉煎饼	Chocolate Cake 巧克力蛋糕	Egg Mayo Sandwich 鸡蛋三明治	Noodle with Minced Chicken, Carrot, Spinach & Anchovy Soup 姜鱼仔面汤加鸡肉碎, 胡萝卜与菠菜	Sweet Potato, Red Dates & Dried Longan Soup 番薯糖水加红枣与龙眼 干	
	Barley Drink 薏米水	Soya Bean Milk 豆奶	Chrysanthemum Tea 菊花茶			