

# 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
<b>BREAKFAST</b> 早餐	Oats Porridge 燕麦粥	Kaya Sandwich 加椰三明治	Orange Cake 橙香蛋糕	Cornflakes with Milk 玉米片加牛奶	Bee Hoon Soup with Carrots, Spinach, Eggs & Crabmeat 米粉汤加胡萝卜, 苋菜, 鸡蛋与蟹肉条	Oats Porridge 燕麦粥
<b>Dairy</b> 奶制类	Milk 牛奶	Milo & Milk 美禄和牛奶	Milo & Milk 美禄和牛奶	Milk 牛奶	Milk 牛奶	
<b>LUNCH</b> 午餐 <b>Protein</b> 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 long beans & potato 咖喱鱼加长豆和马铃薯	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
<b>Vegetables</b> 蔬菜类	Stir-Fry Cabbage with Carrot 包菜炒胡萝卜				Stir-Fry Chinese Turnip, Carrot & Silverfish 沙葛炒胡萝卜与银鱼	
<b>Soup</b> 汤	Winter Melon Chicken Soup with Wolfberries & Red Dates 冬瓜鸡骨汤加枸杞与红枣	Hairy Gourd Soup with Egg & Carrots 毛瓜汤加蛋花与胡萝卜	Anchovy Stock with Chinese Cabbage & Carrot 江鱼仔汤加白菜与胡萝卜	Anchovy Stock with Spinach & Carrot 江鱼仔汤加苋菜与胡萝卜	Chicken Stock with Old Cucumber, wolfberries & Red Dates 鸡汤加老黄瓜, 枸杞与红枣	
<b>Grains</b> 五谷类	Brown Rice 糙米饭	Brown Rice 糙米饭	Brown Rice 糙米饭	Brown Rice Bee Hoon 糙米米粉	Brown Rice 糙米饭	
<b>Fruits</b> 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
<b>TEA BREAK</b> 下午茶	Red Bean Soup 红豆汤	Orange Cake 橙香蛋糕	Egg Sandwich 鸡蛋三明治	Macaroni Soup with Carrot, Broccoli & Minced Chicken 通心粉汤加胡萝卜, 西兰花与鸡肉末	Tomato & Margarine Sandwich 番茄菜油三明治	
		Soya Bean Milk 豆奶			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
<b>BREAKFAST</b> 早餐	Macaroni Soup with Carrots, Spinach, & Fishballs 通心粉汤加胡萝卜, 苋菜与鱼丸	Egg Pancake 鸡蛋煎饼	Banana Cake 香蕉蛋糕	Oats Porridge with Sweet Potato 番薯燕麦粥	Soup Noodles with Egg, Spinach & Carrot 汤面加鸡蛋, 苋菜与胡萝卜	Oats Porridge 燕麦粥
<b>Dairy</b> 奶制类	Milk 牛奶	Milo & Milk 美禄和牛奶	Milo & Milk 美禄和牛奶	Milk 牛奶	Milk 牛奶	
<b>LUNCH</b> 午餐	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 Noodles with Chicken, Carrot, Chye Sim & Egg 面条炒鸡肉, 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
<b>Protein</b> 蛋白质类						
<b>Vegetables</b> 蔬菜类	Stir-Fry Long Bean with Carrot 长豆炒胡萝卜		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	
<b>Soup</b> 汤	Anchovy Stock with Chinese Cabbage & Carrot 江鱼仔汤加白菜与胡萝卜	Corn Soup with Red Dates & Wolfberries 玉蜀黍红枣枸杞汤	Chicken Soup with Bean Curd, Carrot & Tomato 鸡汤加豆腐, 胡萝卜与番茄	Anchovy Stock with Chinese Spinach & Carrot 江鱼仔汤加苋菜与胡萝卜	Chicken Stock with Winter Melon, Wolfberries & Red Dates 鸡汤加冬瓜, 枸杞与红枣	
<b>Grains</b> 五谷类	Brown Rice 糙米饭	Wholemeal Spaghetti 全麦意大利面	Brown Rice 糙米饭	Wholemeal Noodles 全麦面条	Brown Rice 糙米饭	
<b>Fruits</b> 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
<b>TEA BREAK</b> 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	Pulut Terigu / Da Mai Porridge 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
<b>BREAKFAST</b> 早餐	Oats Porridge 燕麦粥	Kaya Sandwich 加椰三明治	Marble Cake 大理石蛋糕	Cornflakes with Milk 玉米片加牛奶	Bee Hoon Soup with Carrots, Spinach, Eggs & Crabmeat 米粉汤加胡萝卜, 苋菜, 鸡蛋与蟹肉条	Oats Porridge 燕麦粥
<b>Dairy</b> 奶制类	Milk 牛奶	Milo & Milk 美禄和牛奶	Milo & Milk 美禄和牛奶	Milk 牛奶	Milk 牛奶	
<b>LUNCH</b> 午餐 <b>Protein</b> 蛋白质类	Baked Chicken Thigh 蒸鸡腿	Stir-Fry Noodles with Chicken, Carrot, Chye Sim & Egg 面条炒鸡肉, 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
<b>Vegetables</b> 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	
<b>Soup</b> 汤	Anchovy Stock with Spinach 菠菜江鱼仔汤	Anchovy Stock with Chinese Cabbage & Carrots 江鱼仔汤加白菜与胡萝卜	Hairy Gourd & Egg Soup 毛瓜蛋花汤	Corn Soup with Red Dates & Wolfberries 玉蜀黍红枣枸杞汤	Old Cucumber Soup with Carrots & Wolfberries 老黄瓜汤加胡萝卜与枸杞	
<b>Grains</b> 五谷类	Brown Rice 糙米饭	Wholemeal Noodles 全麦面条	Brown Rice 糙米饭	Wholemeal Bread 全麦面包	Brown Rice 糙米饭	
<b>Fruits</b> 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
<b>TEA BREAK</b> 下午茶	Green Bean Soup 绿豆汤	Marble Cake 大理石蛋糕	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	
		Soya Bean Milk 豆奶			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
<b>BREAKFAST</b> 早餐	Macaroni Soup with Carrots, Spinach, & Fishballs 通心粉汤加胡萝卜, 苋菜与鱼丸	Egg Pancake 鸡蛋煎饼	Chocolate Cake 巧克力蛋糕	Oats Porridge with Sweet Potato 番薯燕麦粥	Soup Noodles with Egg, Spinach & Carrot 汤面加鸡蛋, 苋菜与胡萝卜	Oats Porridge 燕麦粥
<b>Dairy</b> 奶制类	Milk 牛奶	Milo & Milk 美禄和牛奶	Milo & Milk 美禄和牛奶	Milk 牛奶	Milk 牛奶	
<b>LUNCH</b> 午餐 <b>Protein</b> 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, Tofu, Carrot & Chinese Spinach Soup 糙米饭加鸡肉, 豆腐, 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
<b>Vegetables</b> 蔬菜类	Stir-Fry Hairy Gourd with Shredded Carrots 毛瓜炒胡萝卜丝		Stir-Fry Chinese Turnip with Carrot 沙葛炒胡萝卜		Stir-Fry Cabbage with Carrot 包菜炒胡萝卜	
<b>Soup</b> 汤	Chinese Cabbage Soup with Carrots 白菜胡萝卜汤	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	Anchovy Stock with Chinese Cabbage 白菜江鱼仔汤		
<b>Grains</b> 五谷类	Brown Rice 糙米饭	Wholemeal Pasta 全麦意大利面	Brown Rice 糙米饭	Brown Rice 糙米饭	Brown Rice 糙米饭	
<b>Fruits</b> 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
<b>TEA BREAK</b> 下午茶	Banana Pancake 香蕉煎饼	Chocolate Cake 巧克力蛋糕	Egg Sandwich 鸡蛋三明治	Macaroni with Minced Chicken, Carrot, Spinach in Anchovy Soup 通心粉江鱼仔汤加鸡肉末, 胡萝卜与菠菜	Sweet Potato Soup 番薯糖水	
	Barley Drink 薏米水	Soya Bean Milk 豆奶	Chrysanthemum Tea 菊花茶			