









































Week 1 EY

Week1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Sausage Roll 	Cream Cheese Garlic Bread 	Waffle 	Tuna Sandwich 	Chocolate Muffin 
	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit
Western & Asia	Grilled Chicken 	Fried Fish 	Stir Fried Zucchini with Egg 	Fried Rice 	Baked Potato 
	Pasta Aglio E Olio 	Baked Spinach Corn Cheese 	Fried Chicken 	Shiitake Pork Soup 	Mac & Cheese 
	Stir Fried Pork with Cabbage 	Stir Fried Chinese Water Spinach 	Pasta Carbonara 	Grilled Chicken with Onion Sauce 	Karaage Chicken 
	Fruit	Fruit	Fruit	Fruit	Fruit
	Ramen 	Roll Rice Noodle with Brown Soup 	Noodle with Red Chicken 	Fish Boiled Rice 	Clear Soup with Fish Ball 
Afternoon Snack	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit

 = Egg
  = Wheat
  = Dairy
  = Gluten Free Dish
  = Vegetarian

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Week 1 PY & SY

Week1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Sausage Roll 	Cream Cheese Garlic Bread 	Waffle 	Tuna Sandwich 	Chocolate Muffin 
	Milk & Fruit	Juice & Fruit	Milk & Fruit	Juice & Fruit	Milk & Fruit
Western & Asia	Pasta Aglio E Olio 	Fried Fish with Herb Sauce 	Stir Fried Zucchini with Egg 	Fried Rice 	Mac & Cheese 
	Stir Fried Pork with Cabbage 	Baked Spinach Corn Cheese 	Fried Chicken Salad 	Shiitake Pork Soup 	Clear Soup with Fish Ball 
	Spicy Chicken Salad 	Stir Fried Chinese Water Spinach 	Pasta Carbonara 	Grilled Chicken with Onion Sauce 	Karaage Chicken 
	Potato Cream Soup 	Fried Rice 	Blanched Vegetable 	Tomato and Onion 	Baked Potato 
	Ramen 	Roll Rice Noodle with Brown Soup 	Noodle with Red Chicken 	Fish Boiled Rice 	Noodle with Pork Ball 
Salad bar	Salad bar	Salad bar	Salad bar	Salad bar	
Afternoon Snack	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit

 = Egg
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Week 2 PY & SY

Week2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Ham & Cheese Twist 	Waffle 	Shredded Chicken with Sweet Chili Paste Sandwich 	Crab Stick Sandwich 	Chocolate Chip Cookie 
	Milk & Fruit	Juice & Fruit	Milk & Fruit	Juice & Fruit	Milk & Fruit
Western & Asia	Shiitake Pork Soup 	Fried Chicken with Cheese Sauce 	Stir Fried Chicken with Garlic 	Chicken Teriyaki 	Cabbage Pork Soup 
	Stir Fried Chicken with Basil 	Spicy Fish Soup 	Stir Fried Mixed Vegetable 	Seaweed Pork Soup 	Stir Fried Broccoli with Mushroom and Shrimp 
	Pasta with Salted Fish Tomato Sauce 	Stir Fried Broccoli 	Pasta with Mushroom Cream Sauce 	Fish with Lemon Sauce 	Lasagna 
	Fried Egg 	Fried Rice 	Egg Drop Soup 	Grilled Vegetable 	Fried Sausage 
Noodle soup	Noodle with Pink Soup 	Chicken Noodle with Bitter Melon 	Ramen 	Noodle with Red Pork 	Noodle with Chicken Ball 
Salad bar	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
Afternoon Snack	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit

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Week 2 EY

Week2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Ham & Cheese Twist 	Waffle 	Shredded Chicken with Sweet Chili Paste Sandwich 	Crab Stick Sandwich 	Chocolate Chip Cookie 
	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit
Western & Asia	Fried Egg 	Fried Chicken with Cheese Sauce 	Stir Fried Chicken with Garlic 	Grilled Vegetable 	Noodle with Chicken Ball 
	Stir Fried Chicken 	Stir Fried Broccoli 	Stir Fried Mixed Vegetable 	Chicken Teriyaki 	Stir Fried Broccoli with Mushroom and Shrimp 
	Pasta with Salted Fish Tomato Sauce 	Fried Rice 	Pasta with Mushroom Cream Sauce 	Fish with Lemon Sauce 	Lasagna 
	Fruit	Fruit	Fruit	Fruit	Fruit
	Shiitake Pork Soup 	Fish Soup 	Ramen 	Seaweed Pork Soup 	Cabbage Pork Soup 
Afternoon Snack	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit

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Week 3 EY

Week3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Ham & Cheese Twist 	Chocolate Sandeich 	Waffle 	Chicken Sandwich 	Chocolate Cake 
	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit
Western & Asia	Pork Blood Jelly Soup 	Broccoli & Coliflower with Pamesan 	Oyakodon 	Chicken Coconut Soup 	Pasta with Pork 
	Pasta Cream Ebiko 	Chicken Rice 	Grilled Mushroom 	Fish & Chips 	Chicken Biryani 
	Grilled Chicken with Spicy Tamarind Sauce 	Noodle with Pork in Gravy Sauce 	Pasta Bolognese Sauce 	Stir Fried Mixed Vegetable 	Noodle with Fish Ball 
	Fruit	Fruit	Fruit	Fruit	Fruit
	Noodle with Chicken Ball	Winter Melon Chicken Soup	Fish Soup	Pork Boiled Rice	White Radish Chicken Soup
Soup					
Afternoon Snack	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit

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Week 3 PY & SY

Week3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Ham & Cheese Twist 	Chocolate Sandeich 	Waffle 	Chicken Sandwich 	Chocolate Cake 
	Milk & Fruit	Juice & Fruit	Milk & Fruit	Juice & Fruit	Milk & Fruit
Western & Asia	Pasta Cream Ebiko 	Chicken Rice 	Spicy Fish Soup 	Fish & Chips25 	Chicken Biryani 
	Grilled Chicken with Spicy Tamarind Sauce 	Winter Melon Chicken Soup 	Pasta Bolognese Sauce 	Stir Fried Mixed Vegetable 	White Radish Chicken Soup 
	Pork Blood Jelly Soup 	Broccoli & Coliflower with Pamesan 	Oyakodon 	Chicken Coconut Soup 	Pasta with Spicy Pork 
	Sweet Corn with Butter 	Fried Chicken Skin 	Grilled Mushroom 	Blanched Sausage 	Grilled Vegetable 
	Noodle with Chicken Ball 	Noodle with Pork in Gravy Sauce 	Noodle with Minced Pork 	Pork Boiled Rice 	Noodle with Fish Ball 
Salad bar	Salad bar	Salad bar	Salad bar	Salad bar	
Afternoon Snack	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit

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Week 4 EY

Week4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Strawberry Sandwich 	Club Sandwich 	Butter Cookie 	Geilled Egg Sandwich 	Pudding Bread 
	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit
Western & Asia	Stir Fried Fish with Celery 	Grilled Chicken with Lemon Sauce 	Stir Fried Chicken with Oyster Sauce 	Omelette 	Stir Fried Zucchini with Egg 
	Mac & Cheese 	Chicken Noodle with Bitter Melon 	Stir Fried Mixed Vegetable 	Boiled Vegetable 	Pasta Carbonara 
	Noodle with Pork in Gravy Sauce 	Stie Fried Pumpkin with Egg 	Pasta Meat Ball 	Roasted Chicken with Herb 	Grilled Mushroom 
	Fruit	Fruit	Fruit	Fruit	Fruit
	Winter Melon Chicken Soup 	Fish Soup 	Noodle with Pork Ball 	Chicken Boiled Rice 	Pork Soup 
Afternoon Snack	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit

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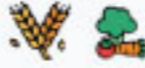




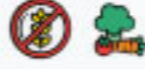
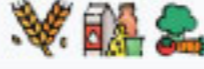











Week 4 PY & SY

Week4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Strawberry Sandwich 	Club Sandwich 	Butter Cookie 	Geilled Egg Sandwich 	Pudding Bread 
	Milk & Fruit	Juice & Fruit	Milk & Fruit	Juice & Fruit	Milk & Fruit
Western & Asia	Winter Melon Chicken Soup 	Grilled Chicken with Lemon Sauce 	Stir Fried Chicken with Oyster Sauce 	Omelette 	Stir Fried Zucchini with Egg 
	Stir Fried Fish with Celery 	Spicy Fish Soup 	Stir Fried Mixed Vegetable 	Fish Green Curry 	Pasta Carbonara 
	Mac & Cheese 	Stie Fried Pumpkin with Egg 	Pasta Meat Ball 	Roasted Chicken with Herb 	Spicy Pork Soup 
	Blanched Vegetable 	Mashed Potato 	Spinach Soup 	Potato Soup 	Grilled Mushroom 
	Noodle with Pork in Gravy Sauce 	Chicken Noodle with Bitter Melon 	Noodle with Pork Ball 	Chicken Boiled Rice 	Noodle with Pink Soup 
Salad bar	Salad bar	Salad bar	Salad bar	Salad bar	
Afternoon Snack	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit

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Week 5 EY

Week5	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Tuna Sandwich 	Ham & Cheese Twist 	Waffle 	Shredded Chicken Sandwich 	Brownie 
	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit
Western & Asia	Grilled Vegetable 	Chicken with Orange Sauce 	Noodle with Pork Ball 	Fried Fish 	Carrot and Pumpkin 
	Pasta Alfredo 	Steamed Fish with Soy Sauce 	Pasta Aglio E Olio 	Baked Spinach Corn Cheese 	Stir Fried Chicken with Garlic 
	Fried Boiled Egg with Tamarind Sauce 	Egg Tofu with Gravy Sauce 	Omelette 	Noodle with Marinated pork 	Mac & Cheese 
	Fruit	Fruit	Fruit	Fruit	Fruit
	Pork Noodle	Seaweed Soup	Chicken Soup	Winter Melon Chicken Soup	Pork Soup with Egg Tofu
Soup					
Afternoon Snack	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit

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Week 5 PY & SY

Week5	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Tuna Sandwich 	Ham & Cheese Twist 	Waffle 	Shredded Chicken Sandwich 	Brownie 
	Milk & Fruit	Juice & Fruit	Milk & Fruit	Juice & Fruit	Milk & Fruit
Western & Asia	Pasta Alfredo 	Chicken with Orange Sauce 	Pasta Aglio E Olio 	Winter Melon Chicken Soup 	Stir Fried Chicken with Garlic 
	Chicken Green Curry 	Steamed Fish with Soy Sauce 	Omelette 	Fried Fish with Herb Sauce 	Mac & Cheese 
	Fried Boiled Egg with Tamarind Sauce 	Egg Tofu with Gravy Sauce 	Spicy Chicken Soup 	Baked Spinach Corn Cheese 	Pork Soup with Egg Tofu 
	Tomato and Onion 	Stir Fried Noodle with Black Soy Sauce 	Blanched Vegetable 	Chinese Salted Olive Fried Rice 	Carrot and Pumpkin 
Noodle soup	Tom Yum Pork Noodle 	Noodle with Chicken Curry Soup 	Noodle with Pork Ball 	Noodle with Marinated pork 	Tom Yum Fish Noodle 
Salad bar	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
Afternoon Snack	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit	Milk & Fruit

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