

Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
S N A C K	● Pork congee with various toppings ● Sandwich bread ● orange juice	● Chicken macaroni ● Sago pudding under young coconut ● Iced cocoa	● Fish porridge ● Steamed corn ● Fresh lemon honey	● Chicken porridge with toppings ● Crackers, jam ● Chrysanthemum and pandan leaf tea	● Cocoa Crunch Cereal ● fresh milk ● banana waffles
L U N C H	● XO Sauce Baked Chicken ● Baked Chicken Noodles ● Hong Kong kale with oyster sauce ● Clear soup with Chinese cabbage and tofu ● omelet ● cooked rice ● Seasonal fruits	● Thai papaya salad ● Pork larb Chicken larb ● fried chicken fried pork ● Pork and seaweed soup ● Emperor's Stir-fried Cantonese Cabbage ● omelet ● Cooked rice / Sticky rice ● Seasonal fruits	● minced pork noodles ● Garlic Chicken ● Three-flavor fried fish ● Cucumber and minced chicken soup ● Mixed vegetable stir-fry ● cooked rice ● Seasonal fruits	● Pork Panang Curry ● fried chicken fried fish ● Clear soup with Chinese cabbage, tofu, enoki mushrooms, and minced chicken. ● Mixed vegetable stir-fry ● omelet ● cooked rice ● Seasonal fruits	● Braised Chicken Noodles ● Chicken rice ● Sweet and sour fish ● Mixed vegetable stir-fry ● Omelette with enoki mushrooms ● cooked rice ● Seasonal fruits

Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
S N A C K	● Pork porridge ● Sandwich bread ● lychee juice	● Chicken porridge with toppings ● ABC Bread ● Iced Ovaltine	● Chicken rice porridge with various toppings ● french fries ● orange juice	● Pork congee with various toppings ● Soy milk ● Patongko	● Pork porridge ● Pumpkin soup ● Crispy bread ● Chrysanthemum and pandan leaf tea
L U N C H	● Red grilled chicken Grilled pork with fresh milk ● Fried noodles with brown rice ● mashed potatoes ● Miso soup ● Stir-fried cabbage and carrots ● cooked rice ● Seasonal fruits	● Pork , chicken , or seafood basil stir-fry. ● Basil Mushroom ● fried egg ● Clear soup with Chinese cabbage, minced pork , and egg tofu. ● cooked rice ● Seasonal fruits	● Braised pork and tofu with eggs ● Stir-fried chicken with three-colored peppers ● Mixed vegetable stir-fry ● Stuffed rice noodle rolls ● omelet ● cooked rice ● Seasonal fruits	● Boiled Chicken Rice ● Fried Chicken Rice ● Chicken and pumpkin soup ● boiled eggs ● Stir-fried broccoli ● cooked rice ● Seasonal fruits	● Macaroni and carbonara sauce, tomato sauce. ● Crispy bacon ● Chicken leg and potato soup ● Royal Style Fried Pork ● Minced pork omelet ● Stir-fried cabbage with shiitake mushrooms ● cooked rice ● Seasonal fruits

Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
S N A C K	● Shrimp rice porridge ● Sandwich bread ● orange juice	● Chicken porridge with toppings ● Fresh milk with grass jelly ● Cracker jam	● Pork rice porridge ● Corn and raisin waffles ● Honey Lemon	● Pumpkin soup ● Cocoa Crunch Cereal ● fresh milk	● Fish porridge ● Iced Ovaltine ● bread ABC
L U N C H	● Soft pork noodles in gravy ● Stir-fried chicken and tender pork / sea ● fried fish ● omelet ● Mixed vegetable stir-fry ● cooked rice ● Seasonal fruits	● Pork/Chicken BBQ ● ramen ● mashed potatoes ● boiled eggs ● Vegetable salad ● cooked rice ● Seasonal fruits	● Seafood Pad Thai / Chicken Pad Thai ● Glass noodle Pad Thai ● Spicy Chicken Rice Salad / Fried Chicken ● Egg drop soup ● omelet ● Mixed vegetable stir-fry ● cooked rice ● Seasonal fruits	● Pork leg rice ● Stuffed cucumber soup ● Mixed vegetable stir-fry ● boiled eggs ● cooked rice ● Seasonal fruits	● Pork/Chicken Burger ● Pork/Chicken Steak ● french fries ● Fruit salad ● Potato and tomato soup with chicken drumsticks. ● omelet ● cooked rice ● Seasonal fruits

Week 4



	Monday	Tuesday	Wednesday	Thursday	Friday
S N A C K	● Chicken porridge with toppings ● Bread with pandan custard ● lychee juice	● Mushroom soup ● Sticky rice wrapped in banana leaves ● fresh milk	● Plain porridge ● Fried eggs with minced pork ● Young coconut waffle ● Pandan leaf water	● Chicken macaroni soup ● Fresh milk with coconut jelly	● Chicken porridge with toppings ● Crackers, jam ● orange juice
L U N C H	● Green curry chicken ● Fried chicken / pork / fish ● Clear soup with winter melon, shiitake mushrooms and minced pork ● omelet ● Mixed vegetable stir-fry ● Khanom Chin ● cooked rice ● Seasonal fruits	● Teriyaki Chicken Rice ● Miso soup ● Stir-fried Hong Kong Choy Sum ● Salad Roll ● boiled eggs ● cooked rice ● Seasonal fruits	● Spaghetti with creamy mushroom sauce ● Tomato sauce with minced chicken ● Crispy bacon ● Chicken lasagna ● Stir-fried mixed mushrooms ● omelet ● cooked rice ● Seasonal fruits	● Shrimp and kale fried rice ● Fried rice with minced pork ● Fried chicken wings ● Stir-fried cabbage and carrots ● Clear soup with Chinese cabbage and tofu minced pork with glass noodles ● omelet ● cooked rice ● Seasonal fruits	● Soft pork sukiyaki / seafood sukiyaki ● Dry Sukiyaki with Tender Pork ● Pineapple Baked Chicken Rice ● omelet ● Stir-fried broccoli with fresh shrimp ● cooked rice ● Seasonal fruits