







EARLY YEARS CENTRE LUNCH MENU: W1 May 2024







V = VEGETARIAN

	MORNING SNACK	LUNCH		AFTERNOON SNACK (F1, F2 & F3 only)	
		Main Dishes	Side Dishes		
MONDAY					
TUESDAY					
WEDNESDAY 01 May 2024					
THURSDAY 02 May 2024	Oatmeal cookie Fresh milk	 	Spaghetti bolognese Pork stir-fried with Korean black bean	Stewed vegetable w coconut v Steamed sweet corn v Steamed rice v Boiled broccoli & cauliflower v	Beef tortilla Passion fruit juice
FRIDAY 03 May 2024	Dragon fruit Fresh milk	 	INDIAN FOOD DAY Chicken curry, Vegetable Pakora, Samosa meat, steamed rice	Sauteed mix vegetable v	Ham and cheese pizza Orang juice



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		Main Dishes	Side Dishes		
MONDAY 06 May 2024	Cereals Fresh milk	 	Grilled beef with pineapple leaves and apple sauce Curry chicken	Bried tofu w spring onion v Dinner rolls v Steamed rice v Sauteed sweet mustard leaves v	Banana muffin Pineapple juice
TUESDAY 07 May 2024	Pear Yogurt	 	Spaghetti carbonara Shrimp balls with tamarind sauce	Sauteed mix mushroom with vegetable v Baked corn v Steamed rice v Baked vegetables with herbs v	Mix pizza Watermelon juice
WEDNESDAY 08 May 2024	Banana Fresh milk	 	Baked fish with dill cream sauce Stir-fried beef with celery	Stewed red beans and vegetables v Singapore fried noodles v Steamed rice v Fried kohlrabi v	Banana pancake Orang juice
THURSDAY 09 May 2024	Mango Fresh milk	 	Pasta with pesto sauce and ham Korean spicy cheese chicken	Eggs with tomatoes v Dinner rolls v Steamed rice v Boiled mix vegetable v	Chicken buger Lemon juice
FRIDAY 10 May 2024	Watermelon Yogurt	 	MEXICAN FOOD DAY: Burrito, vegetable tortilla stack, Pork stew with white beans, steamed rice	Sauteed cabbage v	Pan-fried sandwich with strawberry jam and cheese Pear juice



EARLY YEARS CENTRE LUNCH MENU : W3 May 2024



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	MORNING SNACK	LUNCH		AFTERNOON SNACK (F1, F2 & F3 only)	
		Main Dishes	Side Dishes		
MONDAY 13 May 2024	Apple Fresh milk	 	Oven-roasted pork with honey grape sauce Korean spicy stir-fried squid	Braised tofu and mushroom v Sandwich slide v Steamed rice v Boiled bottle gourd and carrot v	Apple pancakes Lemon juice
TUESDAY 14 May 2024	Melon Yogurt	 	Spaghetti w min beef Fried chicken with korean spicy sauce	Vegetable with green bean curry v Steamed corn v Steamed rice v Sauteed bok choy v	Chicken pillow cake Watermelon juice
WEDNESDAY 15 May 2024	Banana Fresh milk	 	Beef stew with demi sauce Salt roasted fish	Baby corn stir-fried with mixed mushrooms v Stir-fried rice noodles w green vegetable v Steamed rice v Sauteed bean sprouts w green onion v	Apple muffin Passion fruit juice
THURSDAY 16 May 2024	Oatmeals cookies Fresh milk	 	Pasta w ham cream sauce Grilled chicken with mushroom sauce	Braised egg in spring onion v Baked potatoes with herbs v Steamed rice v Kohlrabi & carrot sauteed w garlic v	Chicken Tortilla Pineapple juice
FRIDAY 17 May 2024	Watermelon Yogurt		HUÉ FOOD DAY (Nui rolls, fresh rice noodles, beef balls, Pork leg vegetables, rice)	Steamed rice v Sauteed cabbage v	Kimbap Guava juice



EARLY YEARS CENTRE LUNCH MENU : W4 May 2024



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	MORNING SNACK	LUNCH		AFTERNOON SNACK (F1, F2 & F3 only)	
		Main Dishes	Side Dishes		
MONDAY 20 May 2024	Pear Fresh milk	 	Baked pork with cream sauce Korean stir-fried shrimp	Eggs with tamarind sauce v Dinner rolls v Steamed rice v Sauteed bok choy v	Chicken sandwiches Pineapple juice
TUESDAY 21 May 2024	Watermelon Yogurt	 	Pasta with pesto sauce and ham Korean bulgogi stir-fried beef	Mixed spicy stir-fried tofu v Korea's mixed noodle v Steamed rice v Sauteed bean sprouts w green onion v	Pan-fried mango cheese sandwich Watermelon juice
WEDNESDAY 22 May 2024	Banana Fresh milk	 	Oven-roasted chicken with aromatic leaves and demi cream sauce Curry pork stew	Stewed white beans and vegetables v Hasselback potatoes v Steamed rice v Boil chayoted and carrot v	Apple muffin Watermelon juice
THURSDAY 23 May 2024	Melon Fresh milk	 	French style stewed beef Crispy stir-fried fish with chinese tamarind sauce	Stir-fried asparagus with mixed mushrooms v Steamed corn v Steamed rice v Fried cabbage v	Chicken Tortilla Orang juice
FRIDAY 24 May 2024	Dragon fruits Yogurt	 	ITALIAN FOOD DAY Spaghetti bolognese, ham pizza, sausage, vegetables pizza.	Sauteed mix vegetable v	Oatmeal Cookies Pear juice



EARLY YEARS CENTRE LUNCH MENU: W5 May 2024



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	MORNING SNACK	LUNCH		AFTERNOON SNACK (F1, F2 & F3 only)	
		Main Dishes	Side Dishes		
MONDAY 27 May 2024	Cereals Fresh milk	 	Spaghetti carbonara Brazilian stir-fried beef	Lotus root stewed with fruits and vegetables v Dinner rolls v Steamed rice v Boil mix vegetable v	Kebab Passion fruit juice
TUESDAY 28 May 2024	Watermelon Fresh milk	 	Baked chicken thighs w creamy mushroom sauce Stir-fried fish with korean spicy sauce	Szechuan tofu v Hasselback potatoes v Steamed rice v Sauteed sweet mustard leaves v	Orange marmalade sandwich Carrot juice
WEDNESDAY 29 May 2024	Banana Yogurt	 	Pasta with pesto sauce and ham Braised shrimp w pork	Sauteed mushroom w vegetable v Pad thai v Steamed rice v Boiled chayote and carrot v	Apple muffin Watermelon juice
THURSDAY 30 May 2024	Oatmeals cookies Fresh milk	 	Oven-roasted pork with green pepper sauce Stir-fried chicken with lemongrass and chili	Vegetable with green bean curry v Steamed corn v Steamed rice v Cabbage sauteed w garlic v	Chicken Tortilla Mango juice
FRIDAY 31 May 2024	Dragon fruits Yogurt		BIBIMBAP DAY Stir-fried beef Kimchi, zucchini, seaweed, mushroom, onion, spinach, bean sprouts	Fried egg v Steamed rice v Sauteed mix vegetable v	Ham and cheese Pizza Guava juice