



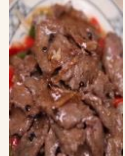








# Early Years Centre Lunch Menu: *W1 April 2024*



V = VEGETARIAN

	MORNING SNACK	LUNCH		AFTERNOON SNACK (F1, F2 & F3 only)	
		Main Dishes	Side Dishes		
<b>MONDAY</b> 01 April 2024	Dragon fruits Fresh milk	 	Oven-roasted chicken with aromatic leaves and orange sauce Stir-fried beef with Chinese Sichuan peppers	Baby corn stir-fried with mixed mushrooms v Baked corn v Steamed rice v Sauteed Chinese cabbage v	Pork burger Mango juice
<b>TUESDAY</b> 02 April 2024	Pear Yogurt	 	Spaghetti carbonara Shrimp braised with pork	Szechuan tofu v Dinner rolls v Steamed rice v Sauteed bean sprouts w green onion v	Strawberry jam sandwich Watermelon juice
<b>WEDNESDAY</b> 03 April 2024	Cornflakes Cereal Fresh milk	 	Grilled beef with black pepper sauce Fried chicken with Korean spicy sauce	Sautéed mushroom w vegetable v Pad thai v Steamed rice v Stir-fried white radish, carrots and mushrooms v	Pork burger Fresh lemon juice
<b>THURSDAY</b> 04 April 2024	Banana Yogurt	 	Pasta in pesto sauce with ham Stir-fried fish with sweet and sour sauce	Vegetable with green bean curry v Steamed corn v Steamed rice v Stir-fried Bok choy with ginger v	Pumpkin muffin Carrot juice
<b>FRIDAY</b> 05 April 2024	Apple Fresh milk		<b>BIBIMBAP DAY</b> Stir fry beef Kim chi, zucchini, seaweed, mushroom, onion, spinach, bean sprouts, Fried egg	Steamed rice v Sauteed cabbage v	Chicken pizza Orange juice



# Early Years Centre Lunch Menu : W2 April 2024



V = VEGETARIAN

	MORNING SNACK	LUNCH		AFTERNOON SNACK (F1, F2 & F3 only)	
		Main Dishes	Side Dishes		
<b>MONDAY</b> 08 April 2024	Mango Fresh milk	 	Pasta w ham cream sauce Fried squid in garlic butter	Lotus root stewed with fruits and vegetables Singapore fried noodles v Steamed rice v Boil mix vegetable v	Apple pancakes Passion fruit juice
<b>TUESDAY</b> 09 April 2024	Watermelon Yogurt	 	Beef stew with fragrant green pepper Stir-fried chicken with onions and mushrooms	Tofu soaked in onions Dinner rolls v Steamed rice v Stir-fried Bok choy with mushrooms v	Pan-fried cheese sandwich Watermelon juice
<b>WEDNESDAY</b> 10 April 2024	Banana Fresh milk	 	Baked fish w dill cream sauce Pork stew with Japanese dashi sauce	Stir-fried asparagus with mixed mushrooms Baked potatoes with herbs v Steamed rice v Sautéed bean sprouts w green onion v	Apple muffin Watermelon juice
<b>THURSDAY</b> 11 April 2024	Melon Fresh milk	 	Grilled chicken with mushroom cream sauce Korean stir-fried beef bulgogi	Vegetable with green bean curry Steamed corn v Steamed rice v Cabbage sautéed w garlic v	Chicken Tortilla Mango juice
<b>FRIDAY</b> 12 April 2024	Dragon fruits Fresh milk	 	ITALIAN FOOD DAY Spaghetti Bolognese, ham pizza, sausage, vegetables pizza.	Sautéed mix vegetable v	Beef burger Orang juice



# Early Years Centre Lunch Menu : W3 April 2024



V = VEGETARIAN

	MORNING SNACK	LUNCH		AFTERNOON SNACK (F1, F2 & F3 only)	
		Main Dishes	Side Dishes		
<b>MONDAY</b> 15 April 2024	Oatmeal cookie Fresh milk	 	Spaghetti carbonara Braised pork brzail (carne de porco com quiabo)	Eggs with tamarind sauce Dinner rolls v Steamed rice v Boil mix vegetable v	Beef samosa Pineapple juice
<b>TUESDAY</b> 16 April 2024	Watermelon Yogurt	 	Grilled beef with mushroom cream sauce Fried fish nuggets	Mixed spicy stir-fried tofu Hasselback potatoes v Steamed rice v Sauteed bean sprouts w green onion v	Pumpkin muffin Pear juice
<b>WEDNESDAY</b> 17 April 2024	Apple Fresh milk	 	HAMBURGER (beef burger, vegetarian burger, French fries)	Steamed rice v Sauteed cabbge v	Chicken pizza Orange juice
<b>THURSDAY</b>					
<b>FRIDAY</b>					