




Early Years Centre Lunch Menu: *W1 March 2024*



V = VEGETARIAN











	MORNING SNACK	LUNCH			AFTERNOON SNACK (F1, F2 & F3 only)
		Main Dishes		Side Dishes	
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY 1 March 2024	Dragon fruits Fresh milk		BIBIMBAP DAY Stir Fry Beef, Steamed rice Fried egg	kim chi, zucchini, seaweed, mushroom, onion, spinach, bean sprouts v	Ham and cheese Pizza Orang juice



Early Years Centre Lunch Menu : W2 March 2024



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	MORNING SNACK	LUNCH		AFTERNOON SNACK (F1, F2 & F3 only)	
		Main Dishes	Side Dishes		
MONDAY 4 March 2024	Cereals Fresh milk	 	Grilled beef with pepper sauce Curry chicken	Fried Tofu w spring onion ✓ Garlic bread ✓ Steamed rice ✓ Sauteed sweet mustard leaves ✓	Banana muffin Pineapple juice
TUESDAY 5 March 2024	Dragon fruits Yogurt	 	Spaghetti carbonara Tomato tofu shrimp balls in tomato sauce	Sauteed mix mushroom with vegetable ✓ Baked corn ✓ Steamed rice ✓ Baked vegetables with herbs ✓	Mix pizza Pizza Watermelon juice
WEDNESDAY 6 March 2024	Banana Fresh milk	 	Baked fish w dill cream sauce Stir-fried beef shaken with green pepper	Coconut curry vegetables ✓ Singapore fried noodles ✓ Steamed rice ✓ Fried kohlrabi ✓	Banana pancake Orang juice
THURSDAY 7 March 2024	Mango Fresh milk	 	Pasta with pesto sauce and ham Chicken stewed with mushrooms and lotus seeds	Eggs with tomatoes ✓ Dinner rolls ✓ Steamed rice ✓ Boiled mix vegetable ✓	Chicken burger Lemon juice
FRIDAY 8 March 2024	Watermelon Yogurt	 	MEXICAN FOOD DAY Burrito , vegetable tortilla stack,Pork stew with white beans, steamed rice	Sauteed cabbage ✓	Pan-fried sandwich with strawberry jam and cheese Mango juice



Early Years Centre Lunch Menu : W3 March 2024



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	MORNING SNACK	LUNCH		AFTERNOON SNACK (F1, F2 & F3 only)	
		Main Dishes			Side Dishes
MONDAY 11 March 2024	Apple Fresh milk	 	Cheese grilled pork Mixed stir-fried shrimp	Braised tofu and mushroom ✓ Garlic bread ✓ Steamed rice ✓ Boiled bottle gourd and carrot ✓	Seaweed chicken rolls Lemon juice
TUESDAY 12 March 2024	Dragon fruits Yogurt	 	Spaghetti w min beef Fried chicken with garlic	Vegetable with Green bean curry ✓ Steamed corn ✓ Steamed rice ✓ Sauteed bok choy ✓	Chicken pillow cake Watermelon juice
WEDNESDAY 13 March 2024	Banana Fresh milk	 	Beef stew with demi sauce Steamed fish with korean soy sauce	Baby corn stir-fried with mixed mushrooms ✓ Stir-fried rice noodles w green vegetables ✓ Steamed rice ✓ Sauteed garlic spinach ✓	Apple muffin Passion fruit juice
THURSDAY 14 March 2024	Oatmeals cookies Fresh milk	 	Pasta w ham cream sauce Grilled chicken with mushroom sauce	Braised egg in spring onion ✓ Baked potatoes with herbs ✓ Steamed rice ✓ Kohlrabi & carrot sauteed w garlic ✓	Chicken Tortilla Pineapple juice
FRIDAY 15 March 2024	Watermelon Yogurt		BÚN CHẢ DAY Grilled pork, grilled minced pork patties, fried spring rolls, Rice noodles & mixed herbs	Boiled cabbage ✓	Kimbap Mango juice



Early Years Centre Lunch Menu : W4 March 2024



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	MORNING SNACK	LUNCH		AFTERNOON SNACK (F1, F2 & F3 only)	
		Main Dishes	Side Dishes		
MONDAY 18 March 2024	Pear Fresh milk	 	Pesto bacon spaghetti Korean bulgogi stir-fried beef	Eggs with tamarind sauce ✓ Dinner rolls ✓ Steamed rice ✓ Sauteed bok choy ✓	Butter and sugar bread Pineapple juice
TUESDAY 19 March 2024	Watermelon Yogurt	 	Baked chicken with strawberry sauce Fried squid with snow flower	Szechuan tofu ✓ Korea's mixed noodle ✓ Steamed rice ✓ Sauteed bean sprouts w green onion ✓	Pan-fried mango cheese sandwich Wintermelon juice
WEDNESDAY 20 March 2024	Banana Fresh milk	 	Pasta w ham cream sauce Korean stir-fried shrimp	Stewed white beans and vegetables ✓ Hasselback potatoes ✓ Steamed rice ✓ Boil chayoted and carrot ✓	Apple muffin Watermelon juice
THURSDAY 21 March 2024	Melon Fresh milk	 	French style stewed beef Baked fish satay	Vegetable with Green bean curry ✓ Steamed corn ✓ Steamed rice ✓ Fried cabbage ✓	Chicken Tortilla Orang juice
FRIDAY 22 March 2024	Dragon fruits Yogurt	  	ITALIAN FOOD DAY Spaghetti Bolognese, ham & sausage pizza, , vegetables pizza	Sauteed mix vegetable ✓	Oatmeal Cookies Mango juice



Early Years Centre Lunch Menu: W5 March 2024



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	MORNING SNACK	LUNCH		AFTERNOON SNACK (F1, F2 & F3 only)
		Main Dishes	Side Dishes	
MONDAY 25 March 2024	Cereals Fresh milk	  Spaghetti carbonara Korean-style grilled beef	Lotus root stewed with fruits and vegetables V Dinner rolls V Steamed rice V Boil mix vegetable V	Kebab Passion fruit juice
TUESDAY 26 March 2024	Watermelon Yogurt	  Baked chicken thighs w creamy mushroom sauce Sweet and sour stir-fried fish	Szechuan tofu V Hasselback potatoes V Steamed rice V Sauteed bean sprouts w green onion V	Marmalade sandwich Wintermelon juice
WEDNESDAY 27 March 2024	Banana Fresh milk	  Pasta with pesto sauce and ham Braised Shrimp w pork	Sauteed mushroom w vegetable V Pad Thai V Steamed rice V Boil chayoted and carrot V	Apple muffin Watermelon juice
THURSDAY 28 March 2024	Oatmeals cookies Fresh milk	  Oven-roasted pork with green pepper sauce Stir-fried chicken with onions and mushrooms	Vegetable with Green bean curry V Steamed corn V Steamed rice V Cabbage sauteed w garlic V	Chicken Tortilla Mango juice
FRIDAY 29 March 2024	Dragon fruits Yogurt	  INDIAN FOOD DAY Chicken curry, Vegetable Pakora, Samosa meat, steamed rice	Sauteed mix vegetable V	Ham and cheese Pizza Orang juice