



FEEDBACK



MAKE YOUR
**VOICE
HEARD**

Every voice matters



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SPEAK TO A STAFF MEMBER

MENU MECHANISM

Sustainability Commitment on Your Plate



100%
Cage-Free
Nutritious Eggs



Supporting
Locally Made
products



Sourcing
Locally Grown
produce



Planet &
Health-friendly
Ingredients



Promoting
low impact
meal choices

Smart Meal Choices with our Traffic Light



GO & ENJOY



OK BUT THINK



BE CAUTIOUS

All menus are nutritionist-reviewed
and tailored by age group

Allergen Alert & Food Icons



A Healthy and Balanced Diet Every Day!

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NUTRITION NEWSLETTER



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DISCLAIMER:

Our kitchen handles common allergens like gluten, soy, milk, eggs, fish, and seafood.

While we take every precaution to minimize cross-contamination within our kitchens, it may arise due to factors beyond our control and could alter the accuracy of allergen information provided.

Oct 5th to 9th

LUNCH MENU FOR PRIMARY



	MONDAY 5 th	TUESDAY 6 th	WEDNESDAY 7 th	THURSDAY 8 th	FRIDAY 9 th
Asian Main	Pickled Cabbage Fish with Steamed Rice 酸菜鱼配白饭 	Steamed Fish with Shiitake Mushrooms & Pork with Rice 香菇肉丝蒸鱼白饭 	Stir-fried Noodles with Shredded Pork and Yellow Chives 韭黄杂菜肉丝炒面 	Sweet and Sour Deep-Fried Fish with Steamed Rice 菠萝咕嚕鱼配白饭 	Sautéed Zucchini with Chicken & Rice 翠肉瓜炒鸡柳配白饭
Western Main	Grilled Pork Chop with Garlic Gravy & Mashed Potato 香蒜肉汁烤猪排配土豆泥 	Balsamic Pork Loin with Roasted Potatoes 香醋猪里脊配烤土豆 	Grilled Chicken with Honey Mustard Sauce with Roasted Potatoes 烤鸡配蜂蜜芥末酱配烤土豆 	Roasted Pork Loin with Roasted Potatoes 烤猪里脊配烤土豆 	Spaghetti & Meatballs 意大利肉丸意面
Daily Special Menu	Char Siu Sauce Chicken With Rice 叉烧酱鸡配白饭 	Thai Roasted Chicken Drumstick with Potatoes 泰式烧鸡腿配土豆 	Beef Chilli Con Carne with Rice (Non-Spicy) 西哥香辣牛肉酱配白饭 (不辣) 	Chicken Alfredo with Steamed Rice 意式奶油鸡配白饭 	Ham & Sausage Pizza with Roasted Potatoes 火腿肠披萨配烤土豆
Vegetarian	Pickled Vegetable & Tofu Fried Rice Noodles 雪菜豆干炒米粉 	Buddha's Delight and Steamed Rice 罗汉斋配白饭 	Pasta with Pumpkin and Broccoli 南瓜西兰花意面 	Vegetable Mee Goreng 蔬菜印尼炒面 	Xiamen Style Stir-Fired Vegetable Vermicelli 杂菜厦门炒米粉
Dessert/ Fruit	Apple 苹果 	Sponge Cake 海绵蛋糕 	Watermelon 西瓜 	Jelly Candy 啫喱糖 	Cantaloupe 哈密瓜



GO & ENJOY

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Allergens and descriptive icons are displayed on our daily menu, helping students to make informed dietary choices



From cage-free eggs to low-carbon footprint produce, sustainability is incorporated throughout our menus



Oct 12th to 16th

LUNCH MENU FOR PRIMARY



	MONDAY 12 th	TUESDAY 13 th	WEDNESDAY 14 th	THURSDAY 15 th	FRIDAY 16 th
Asian Main	Five Willow Fish Fillets with Steamed Rice 五柳鱼块配白饭 	Kung Pao Chicken with Rice 宫保鸡丁配白饭 	Beijing-Style Dry-Fried Chicken Balls with Rice 京式干烧鸡球配白饭 	Hainanese Chicken Rice 海南鸡饭 	Mapo Tofu with Rice (Pork) 麻婆豆腐饭 (含猪肉)
Western Main	Italian-Style Herb Roasted Pork Chop with Rice 意式香草猪排配白饭 	Honey Mustard Pork Loin with Roasted Potato 蜂蜜芥末猪里脊配烤土豆 	German Sausage with Mashed Potatoes 德国香肠配土豆泥 	Pork Chops in Orange Sauce with Rice 橙汁猪排配白饭 	Mediterranean Baked Fish & Steamed Rice 地中海烤鱼配白饭
Daily Special Menu	Cajun Chicken with Gravy & Mashed Potatoes 新奥尔良风味鸡块配土豆泥 	Baked Fish With Tomato & Cheese, Steamed Rice 番茄芝士烤鱼配白饭 	German Fried Fish & Chips with Tartar Sauce 德式炸鱼薯条配塔塔酱 	Soy-Ginger Glazed Fish with Steamed Rice 酱油姜汁鱼柳配白饭 	Teriyaki Chicken Burger with Roasted Potatoes 照烧鸡肉汉堡配烤土豆
Vegetarian	Spaghetti with mixed Vegetables and Lentil Bolognese 杂菜素肉酱意面 	Soy-Fried Rice Noodle Roll and Vegetables 豉油皇杂菜炒肠粉 	Char Kway Teow (Stir-Fried Rice Noodles with Mixed Vegetables) 杂菜炒贵刁 	Mac and Cheese with Mixed Vegetables 芝士通心粉配杂菜 	Singaporean-Style Stir-Fried Vermicelli with Vegetables 杂菜星洲炒米粉
Dessert/ Fruit	Apple 苹果 	Osmanthus Cake 桂花糕 	Watermelon 西瓜	Mini Egg Tart 迷你蛋挞 	Cantaloupe 哈密瓜



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OCT 26th to 30th

LUNCH MENU FOR PRIMARY

sodexo

MONDAY 26th

Asian
Main

Winter Melon & Bean
Curd Stick Braised Pork
with Rice

冬瓜腐竹焗肉片配白饭



TUESDAY 27th

Steamed Chicken with Tofu
& Black Fungus over Rice

豆卜雲耳蒸鸡饭



WEDNESDAY 28th

Shanghai-Style Pork Chop
with Vegetable Rice

上海排骨菜饭



THURSDAY 29th

Stir-fried Beef with
Scallions & Red Rice

京葱牛肉红米饭



FRIDAY 30th
(P1-P3 only)

Steamed Egg with Sweet
Corn & Diced Chicken with
Rice

玉米鸡粒蒸水蛋配白饭



Western
Main

Rosemary & Garlic
Chicken Breast With
Potatoes

香草蒜蓉鸡胸配烤土豆



Mexican Beef Stew
with Rice

墨西哥炖牛肉配白饭



Herb Roasted Chicken
with Mashed Potato

香草烤鸡配土豆泥



Honey Mustard Pork Loin
with Roasted Potatoes

蜂蜜芥末猪里脊配烤土豆



Baked Fish Fillet with
Miso & Seaweed over
Rice

味噌海苔烤鱼柳配白饭



Daily
Special
Menu

Fish Curry with Potato &
Carrot, Steamed Rice

咖喱鱼块配甘笋白饭



Vietnamese Lemongrass
Pork Chop with Rice

越式香茅猪排配白饭



Thai-Style Grilled Duck with
Roasted Potatoes

泰式烤鸭胸配烤土豆



Baked Rice with Chicken in
Creamy Mushroom Sauce

白汁蘑菇鸡丝焗饭



Deep Fried Pork Chop with
Japanese Curry Sauce &
Steamed Rice

日式咖喱炸猪排配白饭



Vegetarian

Mixed Vegetable Korean
Styled Bean Vermicelli

杂菜韩式粉丝



Mixed Vegetables and
Fried Rice

杂菜粒炒饭



Fried Shanghai
Thick Noodles

上海粗炒



Pipa Tofu with Choy Sum
and Steamed Rice

琵琶豆腐配菜心和白饭



Classic Vegetables
Lasagna with French
Bread

经典蔬菜千层面配法式面包



Dessert/
Fruit

Apple
苹果

Chocolate Sponge Cake
巧克力海绵蛋糕



Cantaloupe
哈密瓜

Cream Puff
忌廉泡芙



Watermelon
西瓜



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