

Hot meal menu: JANUARY 2023

Day/Date	Morning Snack / Brunch		Lunch		
	Non-Vegetarian	Vegetarian	Asian	Western	Vegetarian
WELCOME BACK					
Mon, 9 January, 2023	Fried Yee Mee & Cut Fruits	Fried Yee Mee & Cut Fruits (Vegetarian)	Sesame Chicken with Fried Yee Mee	Oven Baked Fish Served with Ratatouille & Pasta	Sweet & Sour Broccoli with Cauliflower & Corn Rice (Vegetarian)
Tue, 10 January, 2023	Tom Yam Noodles & Fruit Juice	Vegetarian Hailam Noodles & Cut Fruit (Vegetarian)	Lamb Kurma with Potato, Carrot & Briyani Rice	Chicken Carbonara Pasta with Salad	Vegetarian Pesto Pasta with Salad & Fruit (Vegetarian)
Wed, 11 January, 2023	Singapore Fried Mee Hoon & Cut Fruits	Singapore Mee Hoon & Cut Fruits (Vegetarian)	Chicken Tandoori with Basmati Rice & Salad	Roasted Fish with Mushrooms, Sautéed Vegetables & Pasta	Roasted Mixed Potatoes with Bok Choy & Caramelised Onions (Vegetarian)
Thu, 12 January, 2023	Banchan with Condiments & Cut Fruits	Banchan with Condiments & Cut Fruits (Vegetarian)	Korean Style Fish with Ginger Fried Rice & Kimchi	Roast Chicken Pasta Alfredo Primavera	Vegetarian Gremolata Pasta & Salad (Vegetarian)
Fri, 13 January, 2023	Macaroni & Cheese with Chicken & Salad	Macaroni & Cheese with Salad (Vegetarian)			
Mon, 16 January, 2023	Waffle & Jam with Milk & Cut Fruits	Waffle & Jam with Milk & Cut Fruits (Vegetarian)	Assam Fish Fillet & Ginger Rice	Chicken Spaghetti Bolognese with Salad	Lady Finger Curry & Corn Rice (Vegetarian)
Tue, 17 January, 2023	Singapore Fried Mee Hoon & Cut Fruits	Singapore Mee Hoon & Cut Fruits (Vegetarian)	Kung Pow Chicken & Garlic Bok Choy with Rice	Barbecue Fish with Sautéed Vegetables & Valencienne Rice	Pasta with Garlic Sauce & Roasted Vegetables (Vegetarian)
Wed, 18 January, 2023	Scrambled Eggs, Baked Beans & Sausage with Cut Fruits	Scrambled Eggs Baked Beans with Cut Fruits (Vegetarian)	Tilapia Fish Tandoori with Acar Rampai & Briyani Rice	Chicken & Cheese Pizza with Fries Salad	Vegetarian Pizza with Tomato Sauce & Fries (Vegetarian)
Thu, 19 January, 2023	Kuey Teow & Chicken with Fruit Juice	Kuey Teow with Fruit Juice (Vegetarian)	Chicken Curry with Glass Noodles	Seared Fish with Tomato Sauce Pasta	Mozzarella, Tomatoes, Lettuce & Capsicum Wrap (Vegetarian)
Fri, 20 January, 2023	Chicken Lasagna with Salad	Vegetarian Lasagna with Salad (Vegetarian)			
TERM BREAK (21st JANUARY 2023 - 29th JANUARY 2023)					
Mon, 30 January, 2023	Kuey Teow & Chicken with Fruit Juice	Kuey Teow with Fruit Juice (Vegetarian)	Steamed Fish, Asam Boi, Long Cabbage & Rice	Chicken Stroganoff with Aglio Olio Pasta	Vegetarian Fish Sauté Vegetables & Cheese Wrap (Vegetarian)
Tue, 31 January, 2023	Cintan Noodles Kampung Style with Cut Fruits	Vegetarian Cintan Noodles with Cut Fruit (Vegetarian)	Braised Soy Chicken, Okra, Carrot & Rice	Barbecue Fish with Aglio Olio Pasta	Sweet & Sour Vegetarian Fish & Rice (Vegetarian)

Hot meal menu: FEBRUARY 2023

Day/Date	Morning Snack / Brunch		Lunch		
	Non-Vegetarian	Vegetarian	Asian	Western	Vegetarian
Wed, 1 February, 2023	Kampung Fried Rice with Cut Fruits	Kampung Fried Rice with Cut Fruits (Vegetarian)	Teriyaki Fish with Shredded Vegetables & Fried Rice	Roasted Chicken with Mushroom & Pasta	Cauliflower & Coconut Dhal with Briyani Rice (Vegetarian)
Thu, 2 February, 2023	Paratha with Curry & Cut Fruits	Waffle with Chocolate Sauce & Cut Fruit	Chinese Style Fish Sautéed Vegetables & Rice	Lamb Tagine with Rice & Chickpeas	Creamy Pasta Spinach with Spiced Breadcrumbs (Vegetarian)
Fri, 3 February, 2023	Roast Black Pepper Chicken with Chips & Salad	Vegetarian Skewer with Chips & Salad (Vegetarian)			
Tue, 7 February, 2023	Sambal Fried Noodles & Cut Fruits	Fried Yee Mee & Cut Fruits (Vegetarian)	Chana Masala Fish with Turmeric Cabbage & Tomato Rice	Jumbo Sausage with Sauerkraut, Mash Potato & Brown Sauce	Mixed Vegetables Wrap with Rice & Salad (Vegetarian)
Wed, 8 February, 2023	Paratha with Curry & Cut Fruits	Waffle with Cut Fruit (Vegetarian)	Ayam Penyet, Fried Tempeh Vegetables & Rice	Roasted Fish with Mushrooms, Sautéed Vegetables & Pasta	Vegetarian Pesto Pasta with Salad & Fruit (Vegetarian)
Thu, 9 February, 2023	Sambal Fried Noodles & Cut Fruits	Cintan Noodles Kampung Style with Cut Fruits (Vegetarian)	Chicken Tandoori with Basmati Rice & Salad	Marinated Seabass Fish with Provençal Vegetable Gratin	Potato, Broccoli, Cauliflower & Carrot Curry (Vegetarian)
Fri, 10 February, 2023	Baked Smoked Duck Rice with White Sauce & Salad	Vegetarian Baked Rice with White Sauce & Salad (Vegetarian)			
Mon, 13 February, 2023	Cereal Bowl with Milk & Cut Fruits	Cereal Bowl with Milk & Cut Fruits (Vegetarian)	Steam Fish Asam Boi Long Cabbage & Rice	Chicken Carbonara Pasta with Salad	Roasted Mixed Potatoes with Bok Choy & Caramelised Onions (Vegetarian)
Tue, 14 February, 2023	Tom Yam Fried Rice & Cut Fruits	Fried Noodle with Vegetarian Fish (Vegetarian)	Ayam Masak Merah & Tomato Rice	Barbecue Fish with Sautéed Vegetables & Valenciennne Rice	Pasta with Garlic Sauce & Roasted Vegetables (Vegetarian)
Wed, 15 February, 2023	Paratha with Curry & Cut Fruits	Cereal Bowl with Milk & Cut Fruits (Vegetarian)	Sesame Chicken with Fried Yee Mee	Fish Fillet Mushroom & Tomato with Mashed Potato	Dry Aloo Gobi with Briyani Rice (Vegetarian)
Thu, 16 February, 2023	Fried Yee Mee & Cut Fruits	Fried Yee Mee & Cut Fruits (Vegetarian)	Sesame Chicken with Fried Yee Mee	Oven Baked Fish Served with Ratatouille & Pasta	Sweet & Sour Broccoli with Cauliflower & Corn Rice (Vegetarian)
Fri, 17 February, 2023	Chicken Lasagna with Salad	Vegetarian Lasagna & Salad (Vegetarian)			
Mon, 20 February, 2023	Cintan Noodles with Bean Sprouts, Egg, Tofu & Cut Fruits	Vegetarian Cintan Noodles with Cut Fruit (Vegetarian)	Sweet & Sour Fish Oyster Kailan with Ginger Rice	Chicken Spaghetti Bolognese with Salad	Lady Finger Curry & Corn Rice (Vegetarian)
Tue, 21 February, 2023	Banchan with Condiments & Cut Fruits	Banchan with Condiments & Cut Fruits (Vegetarian)	Ayam Masak Merah with Jelatah & Rice	Lemon Crust Fish with Tomato & Spaghetti	Assorted Roasted Potatoes with Bok Choy & Caramelised Onions & Pasta (Vegetarian)
Wed, 22 February, 2023	Sambal Fried Noodles & Cut Fruits	Sambal Fried Noodles & Cut Fruits (Vegetarian)	Hainanese Chicken Rice with Yellow Rice	Spiced Fish with Mushroom Pasta	Stuffed Provençal Tomato with Pilaf Rice & Tofu (Vegetarian)
Thu, 23 February, 2023	Cintan Noodles Kampung Style with Cut Fruits	Cintan Noodles Kampung Style with Cut Fruits (Vegetarian)	Chana Masala Fish with Turmeric Cabbage & Tomato Rice	Chicken Sausage with Sauerkraut, Broccoli & Pasta	Pasta with Garlic Sauce & Roasted Vegetables (Vegetarian)
Fri, 24 February, 2023	Baked Chicken Rice with Curry Sauce Mixed Vegetables & Salad	Baked Rice with Tomato Sauce, Mixed Vegetables & Salad (Vegetarian)			
Mon, 27 February, 2023	Dry Fried Noodle & Fruits	Dry Fried Noodle & Fruits (Vegetarian)	Kung Pow Chicken & Garlic Bok Choy with Rice	Oven Baked Fish Served with Ratatouille & Pasta	Tomato Stew with Potato & Cauliflower (Vegetarian)
Tue, 28 February, 2023	Nasi Lemak with Spiced Chicken & Condiments	Nasi Lemak & Condiments (Vegetarian)	Light Fish Curry with Potato, Carrot & White Rice	Beef Chasseur Style with Butter Tagliatelle	Vegetarian Gremolata Pasta & Salad (Vegetarian)

Hot meal menu: MARCH 2023

Day/Date	Morning Snack / Brunch		Lunch		
	Non-Vegetarian	Vegetarian	Asian	Western	Vegetarian
Wed, 1 March, 2023	Kerabu Fried Rice & Fruit Juice	Kampung Fried Rice & Fruit Juice (Vegetarian)	Thai Fish Green Curry Rice with Vegetables	Roasted Chicken Chop with Crisps & Brown Sauce	Stuffed Provençal Tomato with Pilaf Rice & Tofu (Vegetarian)
Thu, 2 March, 2023	Paratha with Curry & Cut Fruits	Cereal Bowl with Milk & Cut Fruits (Vegetarian)	Korean Style Chicken with Onion Fried Rice & Kimchi	Fish Blanquette with Mushroom & Rice Valencienne	Vegetarian Gremolata Pasta & Salad (Vegetarian)
Fri, 3 March, 2023	Fish & Chips with Mix Salad	Vegetarian Fish & Chips with Green Salad (Vegetarian)			
Mon, 6 March, 2023	Sambal Fried Noodles & Cut Fruits	Sambal Fried Noodles & Cut Fruits (Vegetarian)	Fish Chana Massala with Onion Rice	Chicken Basquaise with Pasta & Vegetables	Brinjal Aloo Gobi & Rice (Vegetarian)
Tue, 7 March, 2023	Dry Fried Noodle & Fruits	Dry Fried Noodle & Cut Fruits (Vegetarian)	Kung Pow Chicken & Garlic Bok Choy with Rice	Oven Baked Fish Served with Ratatouille & Pilaf Rice	Tomato Stew with Potato & Cauliflower (Vegetarian)
Wed, 8 March, 2023	Cintan Noodles with Bean Sprouts, Egg, Tofu & Fruit Juice & Cut Fruits	Cintan Noodles with Bean Sprouts, Egg, Tofu & Fruit Juice & Cut Fruits (Vegetarian)	Teriyaki Fish with Shredded Vegetables & Fried Rice	Chicken Carbonara Pasta with Salad	Brinjal Aloo Gobi & Rice (Vegetarian)
TERM BREAK (9th MARCH 2023 - 14th MARCH 2023)					
Tue, 14 March, 2023	Scrambled Eggs, Baked Beans & Sausage with Cut Fruits	Scrambled Eggs Baked Beans Sausages & Fruit Juice (Vegetarian)	Assam Fish with Lady's Fingers and Noodles	Chicken & Cheese Pizza with Salad	Vegetarian Pizza & Mixed Salad (Vegetarian)
Wed, 15 March, 2023	Singapore Fried Mee Hoon & Cut Fruits	Singapore Mee Hoon & Cut Fruits (Vegetarian)	Assam Fish Fillet & Ginger Rice	Chicken Blanquette, Mushroom & Valencienne Rice	Roasted Mixed Potatoes with Bok Choy & Caramelised Onions (Vegetarian)
Thu, 16 March, 2023	Paratha with Curry & Cut Fruits	Waffle with Chocolate Sauce & Cut Fruit	Chicken Tandoori with Basmati Rice & Salad	Oven Roasted Fish with Bread Crumbs & Pasta	Pasta with Garlic Sauce & Roasted Vegetables (Vegetarian)
Fri, 17 March, 2023	Cheese & Chicken Fried Rice with Mixed Vegetables	Cheese Fried Rice & Salad (Vegetarian)			
Mon, 20 March, 2023	Waffle & Jam with Milk & Cut Fruits	Waffle & Jam with Milk & Cut Fruits (Vegetarian)	Roast Chicken Tikka Masala with Aubergine Fries & Rice	Fish Moussaka with Pasta & Salad	Spiced Aubergine & Potato with Pasta (Vegetarian)
Tue, 21 March, 2023	Fried Yee Mee & Cut Fruits	Fried Yee Mee & Cut Fruits (Vegetarian)	Sesame Chicken with Fried Yee Mee	Oven Baked Fish Served with Ratatouille & Pilaf Rice	Sweet & Sour Broccoli with Cauliflower & Corn Rice (Vegetarian)
Wed, 22 March, 2023	Nasi Lemak & Condiments	Mix Vegetable Fried Rice (with Vegetarian Chicken) & Cut Fruits (Vegetarian)	Cantonese Fish with Yee Mee Egg Drop Noodles	Chicken Spaghetti Bolognese with Salad	Lady Finger Curry & Corn Rice (Vegetarian)
Thu, 23 March, 2023	Scrambled Eggs, Baked Beans & Sausage with Cut Fruits	Scrambled Eggs Baked Beans Sausages & Fruit Juice (Vegetarian)	Lamb Varuval Jeera Rice & Vegetables	Chicken & Cheese Pizza with Salad	Vegetarian Pizza & Mixed Salad (Vegetarian)
Fri, 24 March, 2023	Roast Black Pepper Chicken with Chips & Salad	Vegetarian Skewer with Chips & Salad (Vegetarian)			
Mon, 27 March, 2023	Tom Yam Noodles & Fruit Juice	Fried Noodle with Vegetarian Fish (Vegetarian)	Ayam Percik, Pajeri Brinjal & Sauce with Rice	Roasted Fish with Mushrooms, Sauted Vegetables & Pasta	Vegetarian Pesto Pasta with Salad & Fruit (Vegetarian)
Tue, 28 March, 2023	Sambal Fried Noodles & Cut Fruits	Cintan Noodles Kampung Style with Cut Fruits (Vegetarian)	Chana Masala Fish with Turmeric Cabbage & Tomato Rice	Jumbo Sausage with Sauerkraut, Mash Potato & Brown Sauce	Vegetarian Lasagna & Salad (Vegetarian)
Wed, 29 March, 2023	Kampung Fried Rice with Cut Fruits	Kampung Fried Rice & Fruit Juice (Vegetarian)	Teriyaki Fish with Shredded Vegetables & Fried Rice	Chicken Stroganoff with Aglio Olio Pasta	Cauliflower & Coconut Dhal with Briyani Rice (Vegetarian)
Thu, 30 March, 2023	Paratha with Curry & Cut Fruits	Cereal Bowl with Milk & Cut Fruits (Vegetarian)	Ayam Penyet, Fried Tempeh Vegetables & Rice	Barbecue Fish with Aglio Olio Pasta	Creamy Pasta Spinach with Lemon Breadcrumbs (Vegetarian)
Fri, 31 March, 2023	Salmon Kedgeree Summer Style with Snap Peas	Vegetarian Kedgeree Summer Style with Snap Peas (Vegetarian)			

Day/Date	Morning Snack / Brunch		Lunch		
	Non-Vegetarian	Vegetarian	Asian	Western	Vegetarian
Mon, 3 April, 2023	Fried Mee Hoon & Cut Fruits	Fried Mee Hoon & Cut Fruits (Vegetarian)	Curry Chicken with Spices, Okra, Carrot & Corn Rice	Fish Blanquette with Tri Color Pasta	Tomato Stew with Potato & Cauliflower (Vegetarian)
Tue, 4 April, 2023	Kuey Teow & Chicken with Fruit Juice	Kuey Teow with Fruit Juice (Vegetarian)	Talapia Fish Tandoori Acar Rampai & Rice	Aglio Olio Chicken with Roasted Vegetables & Salad	Stuffed Provençal Tomato with Pilaf Rice & Tofu (Vegetarian)
Wed, 5 April, 2023	Nasi Lemak & Condiments	Nasi Lemak & Condiments (Vegetarian)	Fish Curry with Acar & Ginger Rice	Chicken Carbonara Pasta with Salad	Roasted Mixed Potatoes with Bok Choy & Caramelised Onions (Vegetarian)
Thu, 6 April, 2023	Scrambled Eggs, Baked Beans & Sausage with Cut Fruits	Scrambled Eggs Baked Beans Sausages & Fruit Juice (Vegetarian)	Roast Chicken Tikka Masala with Aubergine Fries & Rice	Fish Burger & French Fries with Salad	Vegetarian Burger with Fries & Salad (Vegetarian)
Fri, 7 April, 2023	Baked Smoked Duck Rice with White Sauce & Salad	Vegetarian Pandan Fried Rice with Mushrooms & Chicken			
Mon, 10 April, 2023	Sambal Fried Noodles & Cut Fruits	Sambal Fried Noodles & Cut Fruits (Vegetarian)	Fish Chana Massala with Onion Rice	Chicken Blanquette with Mushroom & Pasta	Brinjal Aloo Gobi & Rice (Vegetarian)
Tue, 11 April, 2023	Fried Yee Mee with Chicken & Fruits Juice	Fried Yee Mee & Fruits Juice (Vegetarian)	Ayam Berempah with Fried Rice	TURKEY PASTA with VEGETABLES CRANBERRY & BREADCRUMS	Vegetarian Chicken Pasta with Vegetables, Cranberry & Breadcrumbs (Vegetarian)
Wed, 12 April, 2023	Paratha with Curry & Cut Fruits	Paratha with Curry & Cut Fruits (Vegetarian)	Lemongrass Chicken with Rice & Lemon Sauce	Seared Sea-Bass with Lemon Pasta	Vegetarian Spaghetti & Carrot (Vegetarian)
Thu, 13 April, 2023	Korean Rice Bowl & Cut Fruits	Korean Rice Bowl & Cut Fruits (Vegetarian)	Black Pepper Fish Fried Yee Mee with Capsicum	Beef Stroganoff with Mashed Potato & Salad	Dry Aloo Gobi with Rice & Salad (Vegetarian)
Fri, 14 April, 2023	Cheese & Sausage Fried Rice & Salad	Cheese Fried Rice & Salad (Vegetarian)			

TERM BREAK (17th APRIL 2021 - 30th APRIL 2022)