



	Monday 02/10	Tuesday 03/10	Wednesday 04/10	Thursday 05/10	Friday 06/10
Hot Dish A		Creamy Tuna & Sweet Corn Fusilli	Thousand Islands Seafood & Ham Pizza with Garlic Bread		
B	School Holiday	Stewed Chicken & Potato In Korean Style served with Rice	Korean Style Sauteed Squid In Chili Paste served with Rice	Half Day School	Half Day School
C		Stir Fried Ho Fan & Vegetarian Chicken	Mixed Vegetables Curry served with Red Rice		
Vegetables		Cauliflower	Romaine Lettuce Salad		
	09/10	10/10	11/10	12/10	EAT GLOBAL 13/10
Hot Dish A	Teriyaki Chicken served with Rice	Penne Carbonara	Hawaii Pizza served with Sweet Corn	Mixed Vegetables Lasagna	Beef Keema
B	Marinated Minced Pork In Taiwanese Style served with Rice	Stewed Kimchi & Tofu served with Rice	Marinated Beef with Turnip served with Rice	Korean Sushi	Chicken Korma
C	Stir Fried Noodles with Chinese Chives & Straw Mushroom	Braised Vegetarian Meatball In Sweet & Sour Sauce served with Red Rice	Stir Fried Pumpkin & Corn with Rice	Stir Fried Mixed Veggie In Lite Pepper Sauce served with Rice	Vegetable Biryani
Vegetables	Garlic Zucchini	Broccoli	Mixed Vegetables	Romaine Lettuce Salad	Indian Vegetables
	16/10	17/10	18/10	19/10	20/10
Hot Dish A					
B	Midterm Break	Midterm Break	Midterm Break	Midterm Break	Midterm Break
C					
Vegetables					

EAT MORE There foods should form the basis of your diet. So fill up on them.

EAT MODERATELY Best eaten in moderation. These food are still important for a balanced diet.

EAT LESS Don't have too much of these. Just treat ourselves every so often.



	Monday 23/10	Tuesday 24/10	Wednesday 25/10	Thursday 26/10	Friday 27/10
Hot Dish					
A	Hamburger served with Fries	Grilled Rosemary Chicken with Mashed Potato	Pepperoni Pizza served with Fries	Meat Lasagna	Italian Meatballs with Pasta
B	Spaghetti Bolognese	Korean Bibim Rice	Korean BBQ Beef served with Rice	Korean Style Rice Vermicelli	Grilled Beef & Veggie served with Udon In Hot Soup
C	Vegetarian Risotto	Baked Cheesy Broccoli served with Spaghetti	Stew Kimchi Tofu with Rice	Satay Tofu served with Red Rice	Braised Tofu & Mixed Vegetables with Rice
Vegetables	Vegetable Mix	Cabbage & Carrot	Romaine Lettuce Salad	Asian Greens	Zucchini & Carrot
	30/10	31/10	01/11	02/11	03/11
Hot Dish					
A	Hamburger served with Fries	Mapo Tofu with Rice	Thousand Islands Seafood Pizza w/ Garlic Bread	Meat Lasagne	Curry Pork Chop in Japanese Style w/ Rice
B	Spaghetti Bolognese	Korean BBQ Beef with Rice	Western Fried Rice	Korean Style Sautéed Chicken in Chili Pasta with Rice	Smoked Duck Breast In Pepper Sauce served w/ Pasta
C	Vegetarian Risotto	Braised Veg. Chicken & Potato with Red Rice	Satay Veg. Chicken & Mixed Veggie with Red Rice	Scrambled Egg with Tomato & Rice	Pumpkin Risotto
Vegetables	Vegetable Mix	Cabbage & Carrot	Sweet Corn	Cauliflower & Pumpkin	Asian Greens
	06/11	07/11	08/11	09/11	10/11
Hot Dish					
A	Grilled Steak In Gravy with Spaghetti	Curry Beef with Rice	Bell Peppers Pizza with Sweet Corn	Meat Lasagna	Hot Dog w/ Fries
B	Korean Cha Jang Udon	Stewed Pork Belly Meat & Kimchi with Rice	Marinated Minced Pork In Taiwanese Style with Rice	Korean Braised Chicken & Potato with Rice	Roasted Chicken with Mash Potato In Gravy
C	Scrambled Egg w/ Tomato & Corn with Red Rice	Braised Tofu & Enoki Mushroom with Red Rice	Stir Fried Mixed Veggie & Pumpkin In Lite Pepper Sauce with Red Rice	Cheesy Marcaroni Bake	Korean Style Sautéed Veg & Rice Vermicelli with Rice
Vegetables	Cabbage & Sweet Corn	Stir Fried Seasonal Vegetables	Cauliflower & Broccoli	Asian Greens	Romaine Lettuce Salad

EAT MORE

These foods should form the basis of your diet. So fill up on them.

EAT MODERATELY

Best eaten in moderation. These food are still important for a balanced diet.

EAT LESS

Don't have too much of these. Just treat ourselves every so often.





	Monday 13/11	Tuesday 14/11	Wednesday 15/11	Thursday 16/11	Friday 17/11
Hot Dish A	Hamburger served with Fries	Spaghetti Bolognaise	Pepperoni Pizza with Garlic Bread	Grilled Pork with Mashed Potato	Roasted Chicken Steak with Rosemary & Mashed Potato
B	Spaghetti Bolognaise	Noodles In Hot Soup In Korean Style	Braised Pork In Black Pepper Sauce with Rice	Stir Fried Ho Fan w/ Shredded Chicken In Thai Style	Braised Beef in Tomato Sauce & Rice
C	Vegetarian Risotto	Fried Rice Vermicelli w/Mix veg.	Baked Cheesy Broccoli w/ Pasta	Stewed Tofu & Kimchi with Rice	Vegetarian Mapo Tofu with Corn Rice
Vegetables	Vegetable Mix	Garlic Zucchini	Sweet Corn	Seasonal Vegetables	Asian Greens
	20/11	21/11	22/11	23/11	24/11
Hot Dish A	Pork Chop in Lemon Grass Sauce w/Rice	Carbonara Pasta	Tuna & Sweet Corn Pizza w/ Corn on Cob	Meat Lasagna	Grilled Steak in Pepper Sauce & Rice
B	Fried Rice w/Chicken & Pineapple	Satay Beef w/ Rice	Braised Beef Brisket & Turnip with Rice	Japanese Sushi	Korean Style Rice Vermicelli
C	Steamed Egg Custard w/ Shitake Mushroom w/ Red Rice	Braised Veg. Meatball In Sweet & Sour Sauce w/ Red Rice	Braised Tofu w/ Mixed Vegetables & Rice	Curry Veg. Chicken with Red Rice	Baked Pasta with Creamy Mushroom Sauce
Vegetables	Cabbage & Mushroom	Seasonal Vegetables	Roasted Vegetables	Romaine Lettuce Salad	Seasonal Vegetables
	27/11	28/11	29/11	30/11	
Hot Dish A	Sole Fillet In Cream Sauce w/ Rice	Creamy Tuna & Sweet Corn Fusilli	Thousand Islands Seafood & Ham Pizza w/ Garlic Bread	Korean Sushi	
B	Korean Bibim Rice	Stewed Chicken & Potato In Korean Style with Rice	Korean Style Sautéed Squid In Chili Paste with Rice	Pan Fried Fish Fillet In Corn Sauce w/ Red Rice	
C	Steamed Egg Custard with Pumpkin & Corn w/ Red Rice	Stir Fried Ho Fan & Vegetarian Chicken	Mixed Vegetables Curry with Red Rice	Braised Tofu with Bean Sprout with Rice	
Vegetables	Cauliflower & Mushroom	Cauliflower	Romaine Lettuce Salad	Vegetable Medley	

EAT MORE

These foods should form the basis of your diet. So fill up on them.

EAT MODERATELY

Best eaten in moderation. These foods are still important for a balanced diet.

EAT LESS

Don't have too much of these. Just treat ourselves every so often.

