



	Monday 02/12	Tuesday 03/12	Wednesday 04/12	Thursday 05/12	Friday 06/12
Hot Dish	Fish Fillet in Sweet & Sour with Rice	Korean Style Braised Chicken with Potato & Rice	Hawaiian Pizza with Sweetcorn	Korean Cha Jang Noodle (Jia Jang Myun)	Fish Burger & Potato Wedge
A					
B	Japanese Sushi	Honey Glazed Chinese BBQ Pork with Rice	Steamed Sole Fish in Spring Onion & Soy Sauce with Red Rice	Chicken A La King with Rice	Korean BBQ Beef with Red Rice
C	Braised Veg Chicken in Portuguese Sauce with Rice	Mac & Cheese	Korean Glass Noodle with Vegetable & Rice	Tomato And Zucchini Lasagna	Mushroom Stroganoff with Rice
Vegetables	Stir Fried Seasonal Vegetables	Broccoli	Cabbage & Carrot	Roasted Vegetable	Romaine Lettuce Salad
	Green Monday 09/12	10/12	11/12	Xmas Theme 12/12	13/12
Hot Dish	Korean Kimchi Tofu Stew with Red Rice	Braised Pork Fillet with Tomato & Rice	Tuna & Sweetcorn Pizza	Roasted Turkey & Stuffing in Rich Gravy Sauce with Roasted Potato	Sole Fillet in Spinach Sauce with Garlic Bread
A					
B	Steamed Egg with Shitake Mushroom & Red Rice	Pan Fried Sole Fillet in Cream Corn Sauce with Rice	Korean Style Marinated Beef with Rice	Roasted Pork Loin with Spiced Apple Sauce & Mashed Potato	Korean Green Sprout Rice
C	Stir Fried Ho Fan & Vegetarian Chicken	Vegetarian Singapore Noodle (less oil)	Mushroom Stroganoff Pasta	Braised Veg. Meatball In Sweet & Sour Sauce with Rice	Braised Enoki Mushroom & Egg Tofu with Rice
Vegetables	Mixed Vegetables	Garlic Choy Sum	Garden Green Salad	Cinnamon Carrot	Califlower & Mushrooms
	16/12	17/12			
Hot Dish	Smoked Duck Breast in Gravy with Pasta	Steamed Fish in Soy Sauce with Rice			
A					
B	Black Vinegar Pork Rib with Rice	Stir Fried Korean Glass Noodle with Mixed Vegetable & Pork Slices			
C	Pumpkin Risotto	Steamed Egg Custard with Mushroom & Rice			
Vegetables	Seasonal Vegetables	Garlic Zucchini			

School Holiday

Christmas Break



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



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



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





	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Dish			01/01	02/01	03/01
A				Penne Carbonara	
B			School Holiday	Korea Pork Bulgogi Rice	PD Day
C				Cauliflower Pumpkin & Pea Korma	
Vegetables				Garlic Zucchini	
	Green Monday 06/01	07/01	08/01	09/01	10/01
Hot Dish	Braised Bean Curd with Winter Melon & Rice	Meat Lasagna	BBQ Chicken Pizza	Spaghetti Bolognese	Hot Dog with Fries
A					
B	Mac & Cheese	Haemul Pajeon (Korean Seafood Pancake) with Rice	Lemongrass Pork Chop with Rice	Steamed Sole Fish in Pumpkin Sauce with Rice	Grilled Garlic Chicken with Rice
C	Gungjung Tteokbokki (Stir Fried Korean Rice Cake with Mix Vegetable)	Korean Glass Noodle with Vegetable & Rice	Linguine with Spinach & Mushroom Cream Sauce	Vegetarian Kimchi Fried Rice (Less Oil)	Korean Zucchini Fritters (Hobak Buchimgae)
Vegetables	Cauliflower & Broccoli	Stir Fried Seasonal Vegetables	Romaine Lettuce Salad	Garlic Long Beans	Sweet Corn & Carrots
	13/01	14/01	15/01	16/01	17/01
Hot Dish	Korean Style Sautéed Chicken in Chili Paste with Rice	Korean Miso & Honey Glazed Fish Fillet with Rice	La Reine Pizza (Ham & Mushroom)	Japanese Curry Pork Chop with Rice	Teriyaki Chicken with Red Rice
A					
B	Roast Pork Loin with Gravy & Mashed Potato	Baked Chicken in Tomato Sauce & Pasta	Malaysian Fish Curry with Rice	Chicken Chasseur with Rice	Korean Cha Jang Noodle (Jia Jang Myun)
C	Mushroom Stroganoff Pasta	Cheesy Mixed Vegetable Potato Cake & Rice	Stir Fried Udon with Assorted Veg & Tofu (less oil)	Gungjung Tteokbokki (Stir Fried Korean Rice Cake with Mix Vegetable)	Ratatouille Pasta
Vegetables	Broccoli	Garlic Zucchini	Honey Roasted Carrots	Stir Fried Seasonal Vegetables	Cabbage

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.





Monday
20/01

Tuesday
21/01

Wednesday
22/01

Thursday
23/01

Friday
24/01

Hot Dish

A

Taiwanese Style
Minced Pork &
Braised Egg with
Mushroom Rice

Steamed Chicken
(Skinless) &
Mushroom with
Rice

Chicken & Bell
Pepper Pizza

B

Korean Chicken
Bibimbap Rice

Baked Fish with
Salsa Verde &
Roasted Potato

Diced Pork in Sweet
Corn Sauce with Rice

C

Tomato Pasta
Bake

Braised Tofu &
Mixed Vegetables
with Rice

Stir Fried Tomato &
Scrambled Egg with
Rice

Vegetables

Garlic Bak Choy

Roasted Vegetables

Sweet Corn &
Cabbage



30/01

31/01

Hot Dish

A

Italian Chicken
Cacciatore with
Pasta

Haemul Pajeon
(Korean Seafood
Pancake) with Rice

B

Young Chow Fried
Rice

Stir Fried Chicken
with Zucchini &
Black Fungus with
Rice

C

Korean Veg.
Kimbap

Japanese Curry
(mild) & Mixed
Vegetable with
Red Rice

Vegetables

Steamed Broccoli

Garlic Choy Sum

Hot Dish

A

B

C

Vegetables



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