

Week 1							
Mon	Mushroom Ham Cream Sauce	Stewed chicken with eggs	Steamed rice	French bread	Pasta with tomato sauce	Vegetable Spring Rolls	Aug-24
Tue	Tomato Sauce	Fried Chicken Wing	Egg fried rice	Whole wheat slice	Pastas	Corn slices with butter	Aug-24
Wed	Barbecue Braised Chicken	Thai Omelette	Steamed rice	Soft roll	Pastas	Stir-fried glass noodles with eggs	Aug-24
Thu	Fish and Chips	Teriyaki Chicken	Steamed rice	Whole wheat slice	Pasta with tomato sauce	Stir-fried bean sprouts	Aug-24
Fri	Isan Grilled Chicken	Egg Miso Soup	Steamed rice	Soft roll	Jade Noodles	Hash Brown Potatoes	Aug-24

Week 2							
Mon	Chicken stew	Chicken nuggets	Steamed rice	French bread	Pastas	Stir-fried spinach with cheese	Aug-24
Tue	Beef Bolognese	Breaded Fish chips	Steamed rice	Whole wheat slice	Pastas	Italian Caprese	Aug-24
Wed	Chicken Ham Cheese Sandwich	Soup with tofu and minced shrimp	Steamed rice	Soft roll	Pasta with tomato sauce	Stir-fried cabbage with strawberries	Aug-24
Thu	Tomato Sauce	Fried chicken wings	Sticky rice	Whole wheat slice	Pastas	Stir-fried morning glory	Aug-24
Fri	Beef stew	Stir-fried Chicken with Garlic	Egg fried rice	Soft roll	Pastas	Mashed potatoes	Aug-24

Week 3							
Mon	Tomato Sauce with Chicken	Stewed Chicken and Tofu with Fish	Steamed rice	French bread	Pastas	Hash Brown Potatoes	Aug-24
Tue	Ham Mushroom Cream Sauce	Fish and Chips	Steamed rice	Whole wheat slice	Pastas	Corn slices with butter	Aug-24
Wed	Tomato Sauce with Beef	Medium fried chicken wings	Egg fried rice	Soft roll	Pastas	Stir-fried Broccoli	Aug-24
Thu	Margarita Pizza	Chicken Soup with Seaweed	Steamed rice	Whole wheat slice	Pasta with tomato sauce	Vegetable Gyoza	Aug-24
Fri	Barbecue Braised Chicken	Thai Omelette	Steamed rice	Soft roll	Pastas	Stir-fried glass noodles with eggs	Aug-24

Week 4							
Mon	Beef Bolognese	Prawn Cake Bomb	Egg fried rice	French bread	Pastas	Italian Caprese	Aug-24
Tue	Isan Grilled Chicken	Soup with tofu, egg, fish balls	Steamed rice	Whole wheat slice	Jade Noodles	Hash Brown Potatoes	Aug-24
Wed	Chicken stew	Breaded Fish Chips	Steamed rice	Soft roll	Pastas	Cauliflower Soup	Aug-24
Thu	Tomato Sauce	Fried chicken wings	Steamed rice	Sticky rice	Pastas	Corn with butter	Aug-24
Fri	Chicken Ham Cheese Sandwich	Sweet chicken	Steamed rice	Soft roll	Pasta with tomato sauce	Stir-fried morning glory	Aug-24