

MENU A LUNCH



Contains gluten



Contains dairy



Normal

Pesto Pasta with Cherry
Tomato, Chickpea & Corn

Vegetarian

Pesto Pasta with Cherry
Tomato, Chickpea & Corn

Special

Gluten-free Pesto Pasta with
Cherry Tomato & Corn

House Salad
Red Apple

MON



Normal

Margherita Pizza

Vegetarian

Margherita Pizza

Special

Stir-fried Bak Choy & Carrot
Steamed Mixed Brown Rice

House Salad
Red Apple

TUE



Normal

Teriyaki Salmon Patty with
Bonito Flakes & Nori
Pickled Cucumber
Steamed Japanese Rice

Vegetarian

Teriyaki Tau Kwa with Nori
Pickled Cucumber
Steamed Japanese Rice

Special

Roasted Zucchini & Carrot

House Salad
Red Apple

WED



Normal

Butter Chicken
Roasted Cauliflower
Steamed Mixed Brown Rice

Vegetarian

Butter Paneer
Roasted Cauliflower
Steamed Mixed Brown Rice

Special

Roasted Cauliflower & Carrot
Steamed Mixed Brown Rice

House Salad
Red Apple

THU



Normal

Steamed Chicken with Soy
Dressing
Stir-fried Baby Bak Choy
Chicken Rice

Vegetarian

Silken Tofu with Soy Dressing
Stir-fried Baby Bak Choy
Steamed Pandan Rice

Special

Stir-fried Bak Choy with Carrot
Steamed Pandan Rice

House Salad
Red Apple

FRI

MENU B LUNCH



Contains gluten



Contains dairy



Normal

Stir-fried Mushroom Minced Chicken 🌾
Stir-fried Baby Bak Choy
Steamed Mixed Brown Rice

Vegetarian

Stir-fried Cauliflower 🌾
Stir-fried Baby Bak Choy
Steamed Mixed Brown Rice

Special

Stir-fried Cauliflower,
Mushroom & Bak Choy
Steamed Mixed Brown Rice

House Salad
Red Apple

MON



Normal

Roasted Pumpkin Soup with
Chicken Breast & Zucchini 🌱
Wholemeal Bread 🌾

Vegetarian

Roasted Pumpkin Soup with
Edamame & Zucchini 🌱
Wholemeal Bread 🌾

Special

Roasted Pumpkin
Sauteed Pea
Steamed Mixed Brown Rice

House Salad
Red Apple

TUE



Normal

Braised Soya Chicken with
Quail Egg 🌾
Stir-fried Long Cabbage
Steamed Mixed Brown Rice

Vegetarian

Braised Tau Kwa 🌾
Stir-fried Long Cabbage
Steamed Mixed Brown Rice

Special

Stir-fried Long Cabbage
Steamed Broccoli
Steamed Mixed Brown Rice

House Salad
Red Apple

WED



Normal

Roasted Herb Fish
Ratatouille
Steamed Mixed Brown Rice

Vegetarian

Sauteed Green Bean
Ratatouille
Steamed Mixed Brown Rice

Special

Stir-fried Spinach, Carrot &
Corn
Steamed Mixed Brown Rice

House Salad
Red Apple

THU



Normal

Barbecue Chicken 🌾
Sauteed Garlic Corn
Greek Pasta Salad 🌾

Vegetarian

Plant-based Chicken Nugget
with Barbecue Sauce 🌾
Sauteed Garlic Corn
Greek Pasta Salad 🌾

Special

Sauteed Capsicums & Tomato
Steamed Mixed Brown Rice

House Salad
Red Apple

FRI

MENU C LUNCH



Contains gluten



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Normal

Four Cheese Tortellini with
Vegetable Marinara  

Vegetarian

Four Cheese Tortellini with
Vegetable Marinara  



Special

Brown Rice Vermicelli with
Carrot & Beansprout

House Salad
Red Apple

MON

Normal

Roasted Mesquite Chicken
Steamed Broccoli & Carrot
Mashed Potato  

Vegetarian

Roasted Mesquite Pumpkin
Steamed Broccoli & Carrot
Mashed Potato  


Special

Stir-fried Pumpkin & Long
Cabbage
Mixed Brown Rice


House Salad
Red Apple

TUE

Normal

Sweet & Sour Fish 
Stir-fried Spinach
Steamed Mixed Brown Rice

Vegetarian

Sweet & Sour Beancurd 
Stir-fried Spinach
Steamed Mixed Brown Rice


Special

Stir-fried Baby Bak Choy &
Carrot
Steamed Mixed Brown Rice


House Salad
Red Apple

WED

Normal

Bulgogi Chicken 
Cucumber & Cherry Tomato
Steamed Mixed Brown Rice

Vegetarian

Bulgogi Beancurd 
Cucumber & Cherry Tomato
Steamed Mixed Brown Rice


Special

Roasted Eggplant, Zucchini &
Carrot
Parsley Potato


House Salad
Red Apple

THU

Normal

Soba Noodles with Chicken,
Bak Choy & Shoyu Broth 

Vegetarian

Soba Noodles with Tofu,
Bak Choy & Shoyu Broth 

Special

Stir-fried Bak Choy
Steamed Corn
Gluten-free Pasta

House Salad
Red Apple

FRI

MENU D LUNCH



Contains gluten



Contains dairy



Normal

Pasta Bolognese 🌾

Vegetarian

Vegetable Pasta Bolognese 🌾

Special

Pasta with Tomato Sauce

House Salad

Red Apple

MON

Normal

Steamed Egg with Fish 🌾
Stir-fried Bak Choy
Steamed Mixed Brown Rice

Vegetarian

Silken Tofu with Soy Dressing 🌾
Stir-fried Baby Bak Choy
Steamed Pandan Rice

Special

Stir-fried Bak Choy with Carrot
Steamed Pandan Rice

House Salad

Red Apple

TUE

Normal

Japanese Curry Chicken with
Carrot & Potato 🌾🥛
Sliced Cucumber
Steamed Mixed Brown Rice

Vegetarian

Japanese Curry Beancurd with
Carrot & Potato 🌾🥛
Sliced Cucumber
Steamed Mixed Brown Rice

Special

Stir-fried Carrot & Potato with
Capsicum
Steamed Mixed Brown Rice

House Salad

Red Apple

WED

Normal

Country Style Chicken Stew 🌾🥛
Roasted Broccoli
Steamed Mixed Brown Rice

Vegetarian

Country Style Mushroom &
Potato Stew 🌾🥛
Roasted Broccoli
Steamed Mixed Brown Rice

Special

Roasted Potato & Carrot
Steamed Broccoli
Steamed Mixed Brown Rice

House Salad

Red Apple

THU

Normal

Chicken Burger with Cheese,
Lettuce & Ketchup 🌾🥛

Vegetarian

Vegan Burger with Cheese,
Lettuce & Ketchup 🌾🥛

Special

Sauteed Cauliflower & Corn
Steamed Mixed Brown Rice

House Salad

Red Apple

FRI

MENU A

BREAKFAST AND AFTERNOON TEA



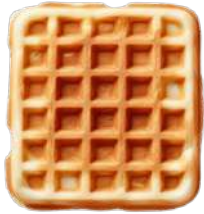
Contains gluten



Contains dairy



Available daily, upon request



BREAKFAST

Normal and Vegetarian

Wholemeal Red Bean Bun /
Wholemeal Pandan Lotus Bun 🌾
Oat 🌾
Cereal 🌾
Fresh Milk / Soy Milk
Fruit of the Day

AFTERNOON TEA

Normal and Vegetarian

Mini Pancake / Waffle 🌾🌾
Fresh Milk / Soy Milk
Fruit of the Day

Fruit of the Day:
Guava/Green Apple/Honeydew
Melon/Watermelon/Banana
depending on the ripeness of the
fruit

MON

BREAKFAST

Normal and Vegetarian

Cheese Sandwich 🌾🌾
Oat 🌾
Cereal 🌾
Fresh Milk / Soy Milk
Fruit of the Day

AFTERNOON TEA

Normal and Vegetarian

Green Bean Soup
Fresh Milk / Soy Milk
Fruit of the Day

Fruit of the Day:
Guava/Green Apple/Honeydew
Melon/Watermelon/Banana
depending on the ripeness of the
fruit

TUE

BREAKFAST

Normal and Vegetarian

Steamed Sweet Potato /
Pumpkin / Yam Cube
Oat 🌾
Cereal 🌾
Fresh Milk / Soy Milk
Fruit of the Day

AFTERNOON TEA

Normal and Vegetarian

Wholemeal Pumpkin Bun /
Wholemeal Brown Rice Bun 🌾🌾
Fresh Milk / Soy Milk
Fruit of the Day

Fruit of the Day:
Guava/Green Apple/Honeydew
Melon/Watermelon/Banana
depending on the ripeness of the
fruit

WED

BREAKFAST

Normal and Vegetarian

Oat 🌾
Cereal 🌾
Fresh Milk
Fruit of the Day

AFTERNOON TEA

Normal

Sardine & Veggie Sandwich 🌾

Vegetarian

Cheese Sandwich 🌾🌾
Fruit of the Day

Fruit of the Day:
Guava/Green Apple/Honeydew
Melon/Watermelon/Banana
depending on the ripeness of the fruit

THU

BREAKFAST

Normal and Vegetarian

Hard Boiled Egg
Oat 🌾
Cereal 🌾
Fresh Milk
Fruit of the Day

AFTERNOON TEA

Normal and Vegetarian

Cheese Sandwich 🌾🌾
Carrot & Cucumber Stick
Fresh Milk
Fruit of the Day

Fruit of the Day:
Guava/Green Apple/Honeydew
Melon/Watermelon/Banana
depending on the ripeness of the
fruit

FRI

MENU B

BREAKFAST AND AFTERNOON TEA



Contains gluten



Contains dairy



Available daily,
upon request



BREAKFAST

Normal and Vegetarian

Mini Oat Red Bean Bun /
Mini Oat Mushroom Bun
Oat
Cereal
Fresh Milk / Soy Milk
Fruit of the Day

AFTERNOON TEA

Normal and Vegetarian

Mini Pancake / Waffle
Fresh Milk / Soy Milk
Fruit of the Day

Fruit of the Day:
Guava/Green Apple/Honeydew
Melon/Watermelon/Banana
depending on the ripeness of the
fruit

MON



BREAKFAST

Normal

Tuna Sandwich
Oat

Vegetarian

Cheese Sandwich
Cereal
Fresh Milk
Fruit of the Day

AFTERNOON TEA

Normal and Vegetarian

Red Bean Soup
Fresh Milk
Fruit of the Day

Fruit of the Day:
Guava/Green Apple/Honeydew
Melon/Watermelon/Banana
depending on the ripeness of the
fruit

TUE



BREAKFAST

Normal and Vegetarian

Steamed Sweet Potato /
Pumpkin / Yam Cube
Oat
Cereal
Fresh Milk / Soy Milk
Fruit of the Day

AFTERNOON TEA

Normal and Vegetarian

Potato Egg Salad
Fresh Milk
Fruit of the Day

Fruit of the Day:
Guava/Green Apple/Honeydew
Melon/Watermelon/Banana
depending on the ripeness of the
fruit

WED



BREAKFAST

Normal and Vegetarian

Oat
Cereal
Fresh Milk
Fruit of the Day

AFTERNOON TEA

Normal

Bread Pudding
Fresh Milk
Fruit of the Day

Fruit of the Day:
Guava/Green Apple/Honeydew
Melon/Watermelon/Banana
depending on the ripeness of the
fruit

THU



BREAKFAST

Normal and Vegetarian

Scrambled Egg
Oat
Cereal
Fresh Milk
Fruit of the Day

AFTERNOON TEA

Normal and Vegetarian

Cheese Sandwich
Carrot & Cucumber Stick
Fresh Milk
Fruit of the Day

Fruit of the Day:
Guava/Green Apple/Honeydew
Melon/Watermelon/Banana
depending on the ripeness of the
fruit

FRI

MENU C

BREAKFAST AND AFTERNOON TEA



Contains gluten



Contains dairy



Available daily,
upon request



BREAKFAST

Normal and Vegetarian

Wholemeal Red Bean Bun /
Wholemeal Pandan Lotus Bun
Oat
Cereal
Fresh Milk / Soy Milk
Fruit of the Day

AFTERNOON TEA

Normal and Vegetarian

Mini Pancake / Waffle
Fresh Milk / Soy Milk
Fruit of the Day

Fruit of the Day:
Guava/Green Apple/Honeydew
Melon/Watermelon/Banana
depending on the ripeness of the
fruit

BREAKFAST

Normal and Vegetarian

Cheese Sandwich
Oat
Cereal
Fresh Milk
Fruit of the Day

AFTERNOON TEA

Normal and Vegetarian

Split Green Bean Soup
Fresh Milk
Fruit of the Day

Fruit of the Day:
Guava/Green Apple/Honeydew
Melon/Watermelon/Banana
depending on the ripeness of the
fruit

BREAKFAST

Normal and Vegetarian

Steamed Sweet Potato /
Pumpkin / Yam Cube
Oat
Cereal
Fresh Milk / Soy Milk
Fruit of the Day

AFTERNOON TEA

Normal and Vegetarian

Wholemeal Pumpkin Bun /
Wholemeal Brown Rice Bun
Fresh Milk / Soy Milk
Fruit of the Day

Fruit of the Day:
Guava/Green Apple/Honeydew
Melon/Watermelon/Banana
depending on the ripeness of the
fruit

BREAKFAST

Normal and Vegetarian

Oat
Cereal
Fresh Milk
Fruit of the Day

AFTERNOON TEA

Normal

Steamed Corn Kernel
Fresh Milk
Fruit of the Day

Fruit of the Day:
Guava/Green Apple/Honeydew
Melon/Watermelon/Banana
depending on the ripeness of the
fruit

BREAKFAST

Normal and Vegetarian

Hard Boiled Egg
Oat
Cereal
Fresh Milk
Fruit of the Day

AFTERNOON TEA

Normal and Vegetarian

Cheese Sandwich
Carrot & Cucumber Stick
Fresh Milk
Fruit of the Day

Fruit of the Day:
Guava/Green Apple/Honeydew
Melon/Watermelon/Banana
depending on the ripeness of the
fruit

MON

TUE

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FRI

MENU D

BREAKFAST AND AFTERNOON TEA



Contains gluten



Contains dairy



Available daily,
upon request



BREAKFAST Normal and Vegetarian

Mini Oat Red Bean Bun /
Mini Oat Mushroom Bun
Oat
Cereal
Fresh Milk / Soy Milk
Fruit of the Day

AFTERNOON TEA Normal and Vegetarian

Mini Pancake / Waffle
Fresh Milk / Soy Milk
Fruit of the Day

Fruit of the Day:
Guava/Green Apple/Honeydew
Melon/Watermelon/Banana
depending on the ripeness of the
fruit



BREAKFAST Normal and Vegetarian

Egg Mayo Sandwich
Oat
Fresh Milk
Fruit of the Day

AFTERNOON TEA Normal and Vegetarian

Barley Pandan Soup
Fresh Milk
Fruit of the Day

Fruit of the Day:
Guava/Green Apple/Honeydew
Melon/Watermelon/Banana
depending on the ripeness of the
fruit



BREAKFAST Normal and Vegetarian

Steamed Sweet Potato /
Pumpkin / Yam Cube
Oat
Cereal
Fresh Milk / Soy Milk
Fruit of the Day

AFTERNOON TEA Normal and Vegetarian

Wholemeal Pumpkin Bun /
Wholemeal Brown Rice Bun
Fresh Milk / Soy Milk
Fruit of the Day

Fruit of the Day:
Guava/Green Apple/Honeydew
Melon/Watermelon/Banana
depending on the ripeness of the
fruit



BREAKFAST Normal and Vegetarian

Oat
Cereal
Fresh Milk
Fruit of the Day

AFTERNOON TEA Normal

Bread Pudding
Fresh Milk
Fruit of the Day

Fruit of the Day:
Guava/Green Apple/Honeydew
Melon/Watermelon/Banana
depending on the ripeness of the
fruit

BREAKFAST Normal and Vegetarian

Scrambled Egg
Oat
Fresh Milk
Fruit of the Day

AFTERNOON TEA Normal and Vegetarian

Cheese Sandwich
Carrot & Cucumber Stick
Fresh Milk
Fruit of the Day

Fruit of the Day:
Guava/Green Apple/Honeydew
Melon/Watermelon/Banana
depending on the ripeness of the
fruit

MON

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