

# MENU

Nutritionally certified by:  
**HEALTH CAN BE FUN**  
NUTRITION CONSULTANCY CO.

*"Nourishing minds one bite at a time. EtonHouse Pre-school provides nutritious meals for our eager twos to curious 6 years olds. Healthy meals with colorful vegetables and fruits, build strong resilient bodies with quality whole grains and varied lean protein that fosters growth! A menu with grand recipes that is nutritious to fuel their growing brains, learning, and exploring with boundless gains."*

Fiona Chia  
Founder and Managing Director  
Health Can be Fun Nutrition Consultancy Co.



# MENU A



	Monday	Tuesday	Wednesday	Thursday	Friday
Non-Vegetarian Lunch	Romesco Pasta with Roasted Broccoli & Parmesan	Italian Sausage Pizza	Tandoori Chicken with Vegetable Dalcha Steamed Mixed Brown Rice	Chicken & Spinach Lasagna	Salmon Fried Rice with Egg, Carrot & Bak Choy
Vegetarian Lunch	Romesco Pasta with Roasted Broccoli & Parmesan	Margherita Pizza	Tandoori Paneer with Vegetable Dalcha Steamed Mixed Brown Rice	Spinach & Cheese Lasagna	Tofu Fried Rice with Sweet Corn, Carrot and Bak Choy

\*Special Menu is available, please speak to our office staff if your child has dietary requirements. Updated July 2024

# MENU B



	Monday	Tuesday	Wednesday	Thursday	Friday
Non-Vegetarian Lunch	Stir-fried Mushroom Minced Chicken with Stir-fried Baby Bak Choy  Steamed Mixed Brown Rice	Chicken Macaroni Soup	Roasted Lemon Oregano Chicken with Roasted Broccoli  Parsley Potato	Baked Miso Fish with Braised Daikon with Dashi  Steamed Japanese Rice	Chicken Cacciatore  Steamed Mixed Brown Rice
Vegetarian Lunch	Stir-fried Cauliflower Stir-fried Baby Bak Choy  Steamed Mixed Brown Rice	Macaroni Soup with Vegetables	Saute Lemon Oregano Mushroom with Roasted Broccoli  Parsley Potato	Baked Miso Firm Tofu with Braised Daikon with Dashi  Steamed Japanese Rice	Cannellini Bean Cacciatore  Steamed Mixed Brown Rice

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# MENU C



	Monday	Tuesday	Wednesday	Thursday	Friday
Non-Vegetarian Lunch	Four Cheese Tortellini with Vegetable Marinara	Roasted Lemongrass Chicken, Nuoc Cham Lite, Pickled Shredded Carrot & Sliced Cucumber  Steamed Mixed Brown Rice	Roasted Spiced Fish with Tahini Sauce & Roasted Zucchini  Steamed Mixed Brown Rice	Bibimbap (Chicken, Carrot, Nori, Spinach, Gochujang Sauce, Hard Boiled Egg & Japanese Rice)	Chicken Ramen with Soy Egg, Naruto, Black Fungus & Spring Onion
Vegetarian Lunch	Four Cheese Tortellini with Vegetable Marinara	Roasted Lemongrass Tempeh, Nuoc Cham Lite, Pickled Shredded Carrot & Sliced Cucumber  Steamed Mixed Brown Rice	Roasted Spiced Cauliflower with Tahini Sauce & Roasted Zucchini  Steamed Mixed Brown Rice	Bibimbap (Silken Tofu, Carrot, Nori, Spinach, Gochujang Sauce, Hard Boiled Egg & Japanese Rice)	Vegetable Ramen with Soy Egg, Naruto, Black Fungus & Spring Onion

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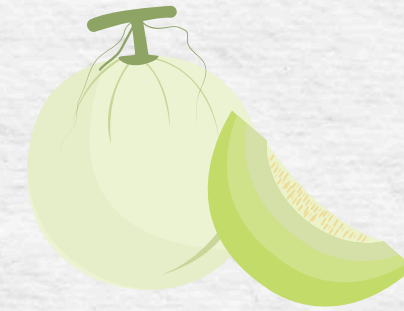
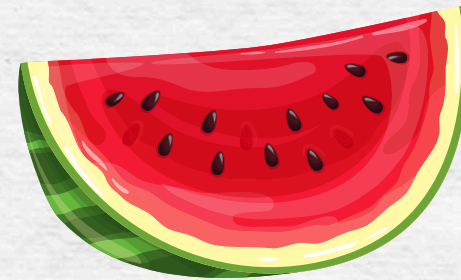
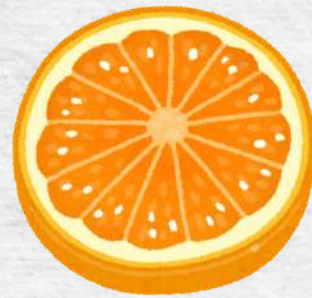
# MENU D



	Monday	Tuesday	Wednesday	Thursday	Friday
Non-Vegetarian Lunch	Pasta Puttanesca with Glazed Carrots and Sunflower Seed	Japanese Curry Udon with Chicken, Carrot & Potato	Roasted Mesquite Chicken, Steamed Broccoli & Carrot  Mashed Potato	Fish Bouillabaisse & Roasted Cauliflower  Steamed Mixed Brown Rice	Chicken Pho with Rice Noodle, Chicken Breast, Beansprout & Spring Onion
Vegetarian Lunch	Pasta Puttanesca with Glazed Carrots and Sunflower Seed	Japanese Curry Udon with Firm Tofu, Carrot & Potato	Roasted Mesquite Pumpkin & Steamed Broccoli & Carrot  Mashed Potato	Ratatouille, Roasted Cauliflower  Steamed Mixed Brown Rice	Vegetable Pho with Rice Noodle, Shiitake Mushroom, Beansprout & Spring Onion

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# SNACK MENU



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Oatmeal Cookies Orange Fresh Milk	Cheese Sticks Apple Fresh Milk	Vegetable Sticks Watermelon Fresh Milk	Pandan Bread Honeydew Melon Fresh Milk	Wholemeal Crackers Pear Fresh Milk
Afternoon Snack	Vegetable Sticks Apple Water	Sweet Potato Honeydew Melon Water	California Raisin Bread Dragon Fruit Water	Edamame Beans Orange Water	Cornflakes (Menu A & C) Banana Cake (Menu B & D) Watermelon Water

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