

# Islander

Pre-School

By EtonHouse

# MENU

Nutritionally certified by:

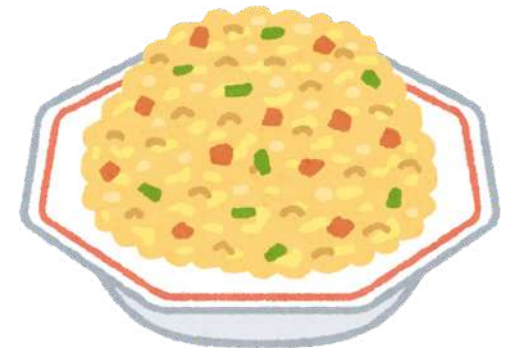
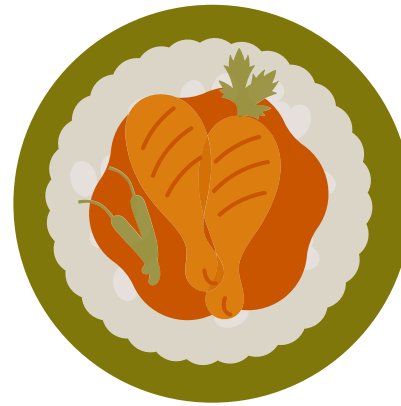
**HEALTH CAN BE FUN**  
NUTRITION CONSULTANCY CO.

*"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.



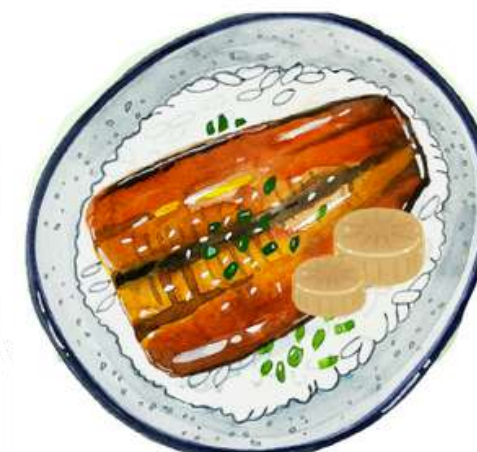
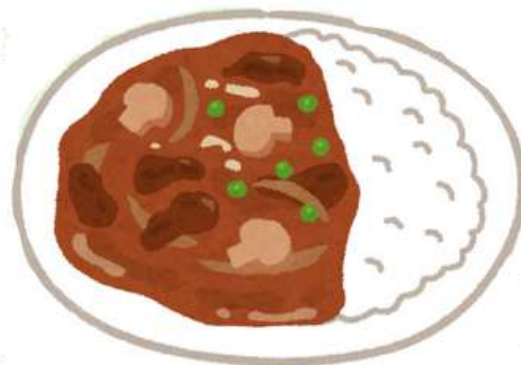
# MENU A



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

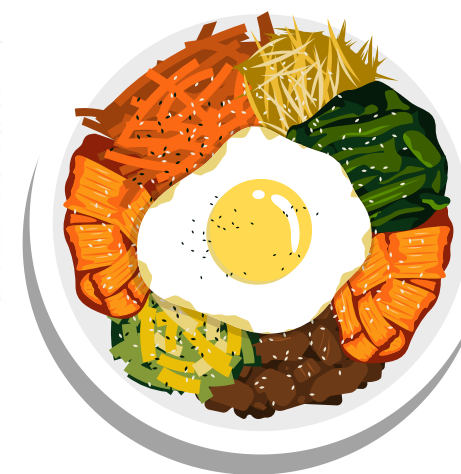
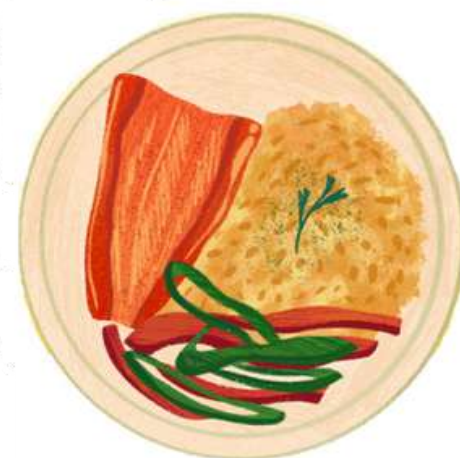


# MENU B



	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Non-vegetarian Lunch</b>	Stir-fried Mushroom Minced Chicken Stir-fried Baby Bak Choy Steamed Mixed Brown Rice	Chicken Macaroni Soup	Roasted Lemon Oregano Chicken Roasted Broccoli Parsley Potato	Baked Miso Fish Braised Daikon with Dashi Steamed Japanese Rice	Chicken Cacciatore Steamed Mixed Brown Rice
<b>Vegetarian Lunch</b>	Stir-fried Cauliflower Stir-fried Baby Bak Choy Steamed Mixed Brown Rice	Macaroni Soup with Vegetables	Saute Lemon Oregano Mushroom Roasted Broccoli Parsley Potato	Baked Miso Firm Tofu Braised Daikon with Dashi Steamed Japanese Rice	Tofu Fried Rice with Sweet Corn, Carrot & Bak Choy

# MENU C



	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Non-vegetarian Lunch</b>	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
<b>Vegetarian Lunch</b>	Four Cheese Tortellini with Vegetable Marinara	Roasted Lemongrass Tempeh Nuoc Cham Lite Pickled Shredded Carrot Sliced Cucumber Steamed Mixed Brown Rice	Roasted Cauliflower with Tahini Sauce Roasted Zucchini Steamed Mixed Brown Rice	Bibimbap Silken Tofu, Carrot, Nori, Spinach, Gochujang Sauce, Japanese Rice	Vegetable Ramen with Soy Tofu, Black Fungus & Spring Onion

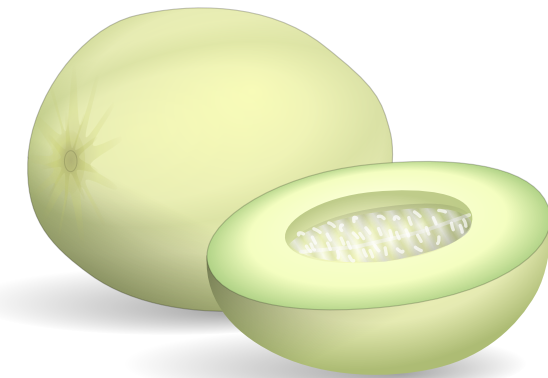
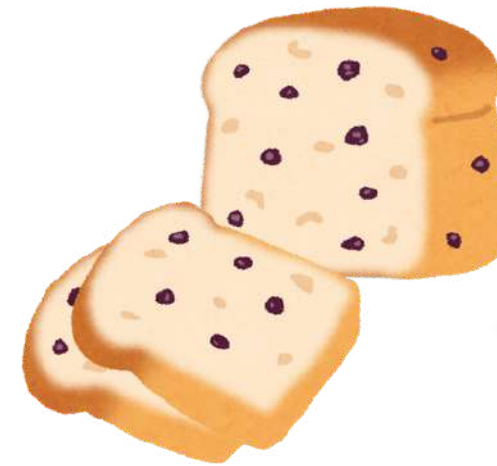
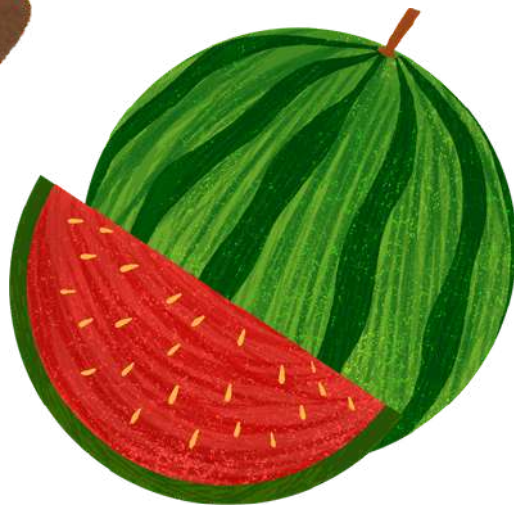
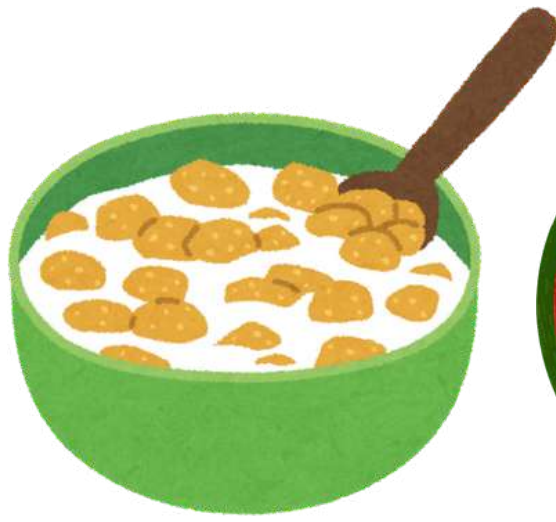


# MENU D



	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Non-vegetarian Lunch</b>	Pasta Puttanesca with Glazed Carrots & 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
<b>Vegetarian Lunch</b>	Pasta Puttanesca with Glazed Carrots & 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, Beansprout & Spring Onion

# SNACK MENU



	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Cornflakes with Fresh Milk	Oats with Dried Fruits and Fresh Milk	Cornflakes with Fresh Milk	Boiled Eggs and Fresh Milk	Oats with Dried Fruits and Fresh Milk
<b>Morning Snack</b>	Apple	Watermelon	Mixed Fruits	Orange	Honeydew
<b>Afternoon Snack</b>	Wholemeal Sandwich with Cheese and Water	Vegetable Sticks with Cheese	Boiled Sweet Potato and Water	Raisin Bread and Water	Oatmeal Cookies and Water