

WEEK 1

11:05

12:15
Green Corner

12:15
Meat or fish

12:15
Veggie

13:50

Freshly sliced fruit

Cucumber
Tomato
Carrot

Broccoli
Lettuce
Boiled egg

Fish & chips

Tofu & chips

Sorbet

MONDAY

Freshly sliced fruit

Cucumber
Tomato
Carrot

Corn
Lettuce
Boiled egg

Homemade pizza

Homemade pizza

Cracker

TUESDAY

Freshly sliced fruit

Cucumber
Tomato
Carrot

Bell peppers
Lettuce
Boiled egg

Chicken wiener schnitzel with veggies

Vegetarian schnitzel with veggies

Sorbet

WEDNESDAY

Freshly sliced fruit

Cucumber
Tomato
Carrot

Corn
Lettuce
Boiled egg

Potato croquette roll with salad, homemade apple & nut coleslaw

Potato croquette roll with salad, homemade apple & nut coleslaw

Cracker

THURSDAY

Freshly sliced fruit

Cucumber
Tomato
Carrot

Peas
Lettuce
Boiled egg

Teriyaki chicken & veggie skillet served with rice

Teriyaki tofu & veggie skillet served with rice

Popcorn

FRIDAY



WEEK 2

11:05



12:15
Green Corner

12:15
Meat or fish

12:15
Veggie

13:50

Freshly sliced fruit

Cucumber
Tomato
Carrot
Peas
Lettuce
Boiled egg

Stir-fried rice noodles with soy sauce & pork

Stir-fried rice noodles with soy sauce & tofu

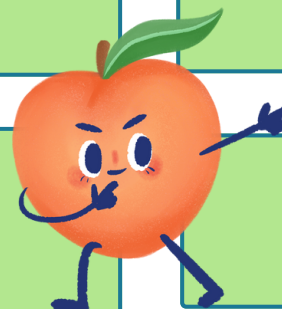
Sorbet

MONDAY

Freshly sliced fruit

Cucumber
Tomato
Carrot
Broccoli
Lettuce
Boiled egg

Chicken soup served with rice



Vegetable soup served with rice

Cracker

TUESDAY

Freshly sliced fruit

Cucumber
Tomato
Carrot
Corn
Lettuce
Boiled egg

Khao Man Kai (chicken & rice) with a clear chicken broth

Khao Man Jay (tofu & rice) with a clear vegetable broth

Sorbet

WEDNESDAY

Freshly sliced fruit

Cucumber
Tomato
Carrot
Long Beans
Lettuce
Boiled egg

Chicken wiener schnitzel with veggies



Vegetarian schnitzel with veggies

Cracker

THURSDAY

Freshly sliced fruit

Cucumber
Tomato
Carrot
Coriander
Lettuce
Boiled egg

Spaghetti bolognese chicken

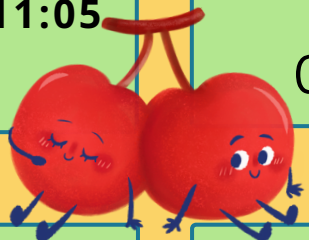
Spaghetti marinara

Popcorn

FRIDAY

WEEK 3

11:05



12:15
Green Corner

12:15
Meat or fish

12:15
Veggie



13:50

MONDAY

Freshly sliced fruit

Cucumber
Tomato
Carrot
Corn
Lettuce
Boiled egg

Pasta pesto served with garlic bread

Pasta pesto served with garlic bread

Sorbet

Freshly sliced fruit

Cucumber
Tomato
Carrot
Peas
Lettuce
Boiled egg

Chicken steak with veggies

Chicken steak with veggies

Cracker

TUESDAY

Freshly sliced fruit

Cucumber
Tomato
Carrot
Broccoli
Lettuce
Boiled egg

Chicken taco salad

Vegetarian taco salad

Sorbet

WEDNESDAY

Freshly sliced fruit

Cucumber
Tomato
Carrot
Peas
Lettuce
Boiled egg

Mac & cheese

Mac & cheese

Cracker

THURSDAY

Freshly sliced fruit

Cucumber
Tomato
Carrot
Broccoli
Lettuce
Boiled egg

Tom Kha Gai
(chicken in coconut soup)

Tom Kha Ja
(vegetables in coconut soup)

Popcorn

FRIDAY

