



Children's Menu

*Green Leafy vegetables include Spinach, Chye Sim, Kailan and Bai Chye will be brought according to its availability in the market.

All 3 meals will be served for children in the Full Day Programme.
Lunch, Breakfast/Tea will be provided for children in the Half Day and Before/After Care School Programme

*Dishes have less salt and oil & No MSG. The rice, pasta, bread used in our meals are whole-grain. Vegetables & Fruits will be served daily.

Coconut milk in Nasi Lemak, Bubur Cha-Cha, Honeydew Sago & Bubur Hitam will be replaced by milk. These above are as recommended by ECDA, HPB & Nutritionist.

*Our ingredients are from halal sources with the Healthier Choice Symbol (HCS) that contain nutritional quality of vitamins & minerals (calcium, protein, fibre).

Our centre partners with the Health Promotion Board (HPB) and is recipient of Healthy Promoting pre-school Programme and Healthy Meals in Child Care Centre Programme

updated as on 01/01/2020



Children's Menu Week 1

Meals	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Cereals with Milk	Sunny side up eggs with milk	Wholemeal Bread with Kaya and Milk	Banana Cakes with Milo & Milk	Egg Sandwich and Milk	Cereals and Milo with milk
Fruits	Red Apple/Pear	Honeydew/Papaya	Orange/Starfruit	Watermelon /banana	Pear/Green Apple	Rock Melon
Lunch	Fish Porridge with tau kwa, carrot and cauliflower	Chicken Claypot rice with Vegetables soup	Nasi Goreng with vegetable & chicken soup	Muifan with fish, carrot and leafy vegetables	Braised chicken, with braised egg, taukwa on brown rice and xiaobaicai	Chicken porridge with spring onion
Tea Break	Pulut Hitam (Black glutinous rice).	French Toast and Milk	Oats with fruits and Milk	Toasted wholemeal bread with creamy vegetable soup	Homemade Steamed carrot cake with Barley	

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*Dishes have less salt and oil & No MSG. The rice, pasta, bread used in our meals are wholemeal.

Fruits & vegetable will be served daily. Coconut milk in Nasi Lemak, Bubur Cha Cha & Bubur Hitam will be replaced by milk.

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Children's Menu Week 2

Meals	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Cereals with Milo and Milk	Hard-boiled eggs and Milk	Broccoli and Tau Kwa Porridge	Oats with fruits and Milk	Wholegrain Mantou and Milk	Cereals and Milo with milk
Fruits	Green Apple/Pear	Honeydew/Papaya	Orange/starfruit	Watermelon /banana	Pear/Red apple	Rock Melon
Lunch	Fish Porridge with Leafy Vegetables, Carrots and Tofu	Rice with stewed chicken, broccoli, potato and carrot	Spaghetti meatball with mixed vegs in tomato sauce	Grilled chicken with cauliflower, carrot, French beans & brown rice	Meehoon Soup, shitake mushroom, chicken meatball & leafy vegetables	Chicken porridge with carrot and spring onion
Tea Break	Homemade Steamed carrot cake with Barley	Honey Fruity pancake with milk	Toasted wholemeal garlic bread with milk	Potato & carrot Salad with Barley water	Red Bean Soup	

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Children's Menu Week 3

Meals	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Cereals with Milo and Milk	Hard-boiled eggs and Milk	Homemade Pinwheel bread with Milk	Pandan Cake with Milk	Oats with fruits and milk	Cereals and Milo with milk
Fruits	Green Apple/Pear	Honeydew/Papaya	Orange/starfruit	Watermelon /banana	Pear/Red apple	Rock Melon
Lunch	Fish porridge with cauliflower/ broccoli, carrot & taukwa	Fried Mee Hoon with green leafy vegs, bean sprouts, Tua Kwa and diced chicken	NasiLemak with tomatoes, cucumber and chicken patty	Rice with steamed egg and chicken & vegs soup	Macaroni soup with minced chicken carrot and leafy vegetables	Chicken porridge with carrot and spring onion
Tea Break	Pulut Hitam (Black glutinous rice.	Boiled Potatoes with milk	Green Bean Soup	Toasted wholemeal break with Milk	French Toast and Milk	

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Children's Menu Week 4



Meals	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Scrambled eggs with tomatoes and Milk	Cereals with Milo and Milk	Bread with Kaya and Milk	Oats with fruits and milk	Pandan Cake and Milk	Cereals and Milo with milk
Fruits	Green Apple/Pear	Honeydew/Papaya	Orange/starfruit	Watermelon /banana	Pear/Red apple	Rock Melon
Lunch	Fish porridge with cauliflower/ broccoli, carrot & taukwa	Luo han Zhai with brown rice & egg and tofu soup	Egg Fried rice with chicken breast and cabbage & carrot soup	Mee Hoon soup, shitake mushroom, chicken meatball and leafy vegetables	Chicken rice with cherry tomatoes & cabbage and carrot soup	Fish porridge with carrot and spring onion
Tea Break	Pancake with Honey and Milk	Tomatoes Soup with wholemeal bread	Sweet Potato Soup	Omelette Wholemeal Bread with milo & milk	Steamed corn with milk	

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Children's Menu Week 5



Meals	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Steamed bao with Milk	Oats with Fruits and Milk	Cornflakes with milk	Bread with Jam and Milk	Garlic wholemeal bread with milk	Cereals and Milo with Milk
Fruits	Green Apple/Pear	Honeydew/Papaya	Orange/starfruit	Watermelon /banana	Pear/Red apple	Rock Melon
Lunch	Mui Fan with fish, carrot and green leafy vegetables	Egg Sushi with carrot & cucumber and miso tofu soup	Chicken and egg Lo Mai Gai with vegetables soup	Chicken meatball with egg & ABC soup and brown rice	Broccoli & Carrot Pasta with diced chicken	Fish porridge with carrot and spring onion
Tea Break	Green Bean Soup	Cornflakes with milk	Steamed cake with milk	Red bean Soup	Kaya bread with milk & milo	

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