

My Kiddie Klubhouse

WEEK 1 MENU



MONDAY

Breakfast

- Sunny side up eggs with milk

Fruits

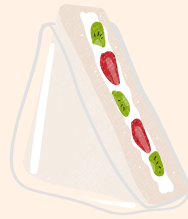
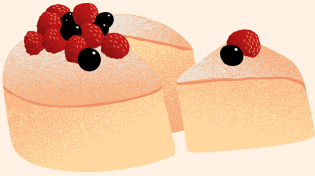
- Red Apple/Pear

Lunch

- Fish Porridge with Tau Kwa, Carrot, Cauliflower and Stir-Fried Egg with Long Beans/Minced Chicken

Tea Break

- Pulut Hitam (Black glutinous rice)



TUESDAY

Breakfast

- Cereal with milk

Fruits

- Honeydew/Papaya

Lunch

- Chicken Claypot Rice with Vegetable soup

Tea Break

- French Toast with Milk

WEDNESDAY

Breakfast

- Wholemeal Bread with Kaya and Milk

Fruits

- Orange/Starfruit

Lunch

- Braised Chicken, Egg and Taukwa on Brown Rice and Xiaobaicai

Tea Break

- Oats with Fruits and Milk

THURSDAY

Breakfast

- Egg sandwich with Milk
- Watermelon/Banana

Lunch

- All in a pot - Rice with chicken, cabbage and long beans. Watercress with red/honey dates soup

Tea Break

- Toasted Wholemeal Bread with Creamy Vegetable Soup

FRIDAY

Breakfast

- Banana cake with Milo and Milk

Fruits

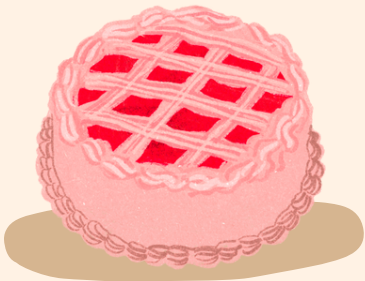
- Green Apple/Pear

Lunch

- Nasi Goreng with Vegetables and Chicken Soup

Tea Break

- Homemade Steamed Carrot Cake with Barley



OUR INGREDIENTS ARE FROM HALAL SOURCES WITH THE HEALTHIER CHOICE SYMBOL (HCS) THAT CONTAINS NUTRITIONAL QUALITY OF VITAMINS AND 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.

My Kiddie Klubhouse

WEEK 2 MENU



MONDAY

Breakfast

- Cereals with Milo and Milk

Fruits

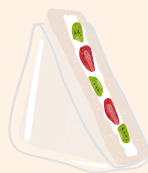
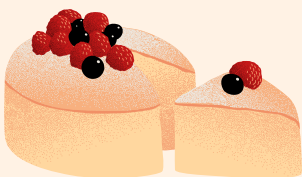
- Green Apple/Pear

Lunch

- Fish Porridge with Leafy Vegetables, Carrots, Tofu and Stir-fried Egg with Mixed Vegetables

Tea Break

- Fruity Pancake with Milk



TUESDAY

Breakfast

- Hard-boiled eggs and Milk

Fruits

- Honeydew/Papaya

Lunch

- Rice with Stewed Chicken, Cauliflower/Broccoli, Potato and Carrot

Tea Break

- Tau Suan

WEDNESDAY

Breakfast

- Broccoli and Tau Kwa Porridge

Fruits

- Orange/Starfruit

Lunch

- Stir-fried fish with celery, egg tofu with spring onion, tomato, chinese cabbage soup and brown rice

Tea Break

- Toasted Wholemeal Garlic Bread with Milk

THURSDAY

Breakfast

- Whole grain mantou with Milk

Fruits

- Watermelon/Banana

Lunch

- Stir-fried rice with minced chicken, long beans, celery, carrot, cabbage soup and egg omelette

Tea Break

- Potato and Carrot Salad with Barley Water

FRIDAY

Breakfast

- Oats with Fruits and Milk

Fruits

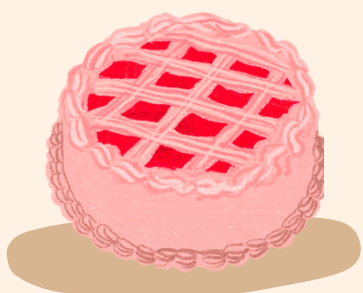
- Red Apple/Pear

Lunch

- Meehoon Soup, Shitake Mushroom, Chicken Meatball and Leafy Vegetables

Tea Break

- Bread Pudding



OUR INGREDIENTS ARE FROM HALAL SOURCES WITH THE HEALTHIER CHOICE SYMBOL (HCS) THAT CONTAINS NUTRITIONAL QUALITY OF VITAMINS AND 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.

My Kiddie Klubhouse

WEEK 3 MENU



MONDAY

Breakfast

- Cereals with Milo and Milk

Fruits

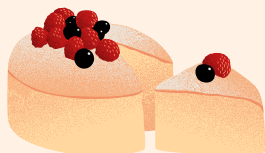
- Green Apple/Pear

Lunch

- Fish Porridge with Cauliflower/Broccoli, Carrot, Stir-Fried Egg with Onions/Bitter gourd & Tau Kwa

Tea Break

- Potatoes and Corn Salad with Milk



TUESDAY

Breakfast

- Homemade Pinwheel Bread with Milk

Fruits

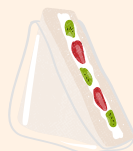
- Honeydew/Papaya

Lunch

- Seoul Good Gimbab with stir-fried long beans, tofu and seaweed soup

Tea Break

- Pulut Hitam in a cup



WEDNESDAY

Breakfast

- Hard-boiled eggs and Milk

Fruits

- Orange/Starfruit

Lunch

- Nasi Lemak with Tomatoes, Cucumber, Baked Beans, Scrambled Egg and Chicken Patty

Tea Break

- Green Bean Soup

THURSDAY

Breakfast

- Pandan cake with Milk

Fruits

- Watermelon/Banana

Lunch

- Rice with Steamed Egg, Chicken, tofu and Vegetable Soup

Tea Break

- Toasted Wholemeal Bread with Milk

FRIDAY

Breakfast

- Oats with Fruits and Milk

Fruits

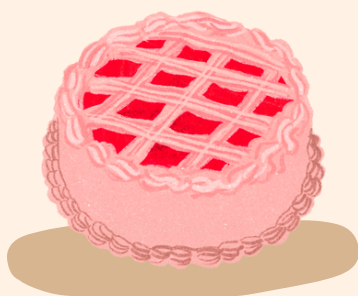
- Red Apple/Pear

Lunch

- Mama's Yummy Chicken - Oat ball soup with wholemeal pasta

Tea Break

- Nana's Roti Jala



OUR INGREDIENTS ARE FROM HALAL SOURCES WITH THE HEALTHIER CHOICE SYMBOL (HCS) THAT CONTAINS NUTRITIONAL QUALITY OF VITAMINS AND 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.

My Kiddie Klubhouse

WEEK 4 MENU



MONDAY

Breakfast

- Scrambled Eggs with Tomato and Milk

Fruits

- Green Apple/Pear

Lunch

- Fish Porridge with cabbage, chicken, spinach and wolfberries

Tea Break

- Pancake with Honey and Milk

TUESDAY

Breakfast

- Cereals with Milo and Milk

Fruits

- Honeydew/Papaya

Lunch

- Stir-Fried Cabbage with Diced Chicken, Brown Rice and Egg and Tofu Soup

Tea Break

- Grandma's Chocolate Cake

WEDNESDAY

Breakfast

- Bread with Kaya and Milk

Fruits

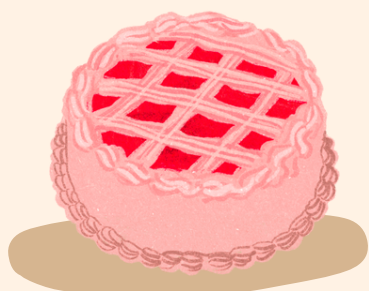
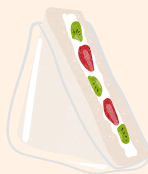
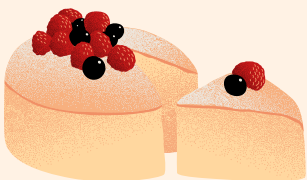
- Orange/Starfruit

Lunch

- Pasta with Carbonara Sauce, Broccoli, Carrot

Tea Break

- Tau Suan



FRIDAY

Breakfast

- Pancake Cake and Milk

Fruits

- Red Apple/Pear

Lunch

- Chicken Rice with Cherry Tomatoes, cucumber and cabbage and carrot soup

Tea Break

- Steamed Corn with Milk

THURSDAY

Breakfast

- Oats with Fruits and Milk

Fruits

- Watermelon/Banana

Lunch

- All in a pot - rice with chicken, cabbage, long beans and watercress and red honey dates soup

Tea Break

- Omelette Wholemeal Bread with Milo and Milk



OUR INGREDIENTS ARE FROM HALAL SOURCES WITH THE HEALTHIER CHOICE SYMBOL (HCS) THAT CONTAINS NUTRITIONAL QUALITY OF VITAMINS AND 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.

My Kiddie Klubhouse

WEEK 5 MENU



MONDAY

Breakfast

- Steamed Bao with Milk

Fruits

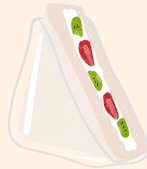
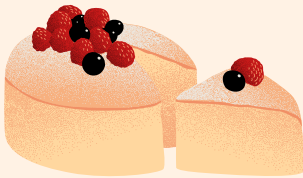
- Green Apple/Pear

Lunch

- Mui Fan with Fish, Carrots, Tomato Fried Egg and Green Leafy Vegetables

Tea Break

- Cornflakes with Milk and Apples



TUESDAY

Breakfast

- Oats with Fruits and Milk

Fruits

- Honeydew/Papaya

Lunch

- Egg fried rice with chicken breast, cabbage and carrot soup

Tea Break

- Green Bean Soup

WEDNESDAY

Breakfast

- Cornflakes with Milk

Fruits

- Orange/Starfruit

Lunch

- Broccoli and Carrot Pasta with Diced Chicken

Tea Break

- Steamed Cake with Milk

THURSDAY

Breakfast

- Bread with Jam and Milk

Fruits

- Watermelon/Banana

Lunch

- Chicken Meatballs with Egg, ABC Soup and Brown Rice

Tea Break

- Pulut Hitam (Black Glutinous Rice)

FRIDAY

Breakfast

- Garlic Wholemeal Bread with Milk

Fruits

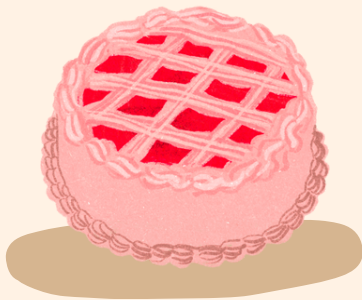
- Red Apple/Pear

Lunch

- Teriyaki Chicken with rice, stir-fried vegetable, seaweed and tofu soup

Tea Break

- Kaya Bread with Milk



OUR INGREDIENTS ARE FROM HALAL SOURCES WITH THE HEALTHIER CHOICE SYMBOL (HCS) THAT CONTAINS NUTRITIONAL QUALITY OF VITAMINS AND 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.