

Week 1							
Mon	Deep fried fish	Stewed chicken with eggs	Steamed rice	French bread	Pasta with tomato sauce	Baked Spinach with Cheese	Jan-24
Tue	Tomato Sauce	Fried Chicken Wing	Egg fried rice	Whole wheat slice	Pastas	Corn with butter	Jan-24
Wed	Barbecue Braised Chicken	Thai Omelette	Steamed rice	Soft roll	Pastas	Shimeji mushrooms in butter	Jan-24
Thu	Ham Chicken Pizza	Teriyaki Chicken	Steamed rice	Whole wheat slice	Pasta with tomato sauce	Three-colored vegetables with butter	Jan-24
Fri	Chicken Bolognese	Egg Miso Soup	Steamed rice	Soft roll	Pastas	Hash Brown Potatoes	Jan-24

Week 2							
Mon	Chicken stew	Chicken nuggets	Steamed rice	French bread	Pastas	Baked Beans	Jan-24
Tue	Beef Bolognese	Deep fried vegetable spring rolls	Steamed rice	Whole wheat slice	Pastas	Cauliflower with Parmesan Cheese	Jan-24
Wed	Chicken Ham Cheese Sandwich	Soup with tofu and minced shrimp	Steamed rice	Soft roll	Pasta with tomato sauce	Stir-fried morning glory	Jan-24
Thu	Tomato Sauce	Fried chicken wings	Sticky rice	Whole wheat slice	Pastas	Green Peas with Butter	Jan-24
Fri	Beef stew	Deep Fired Chicken Roll	Egg fried rice	Soft roll	Pastas	Mashed potatoes	Jan-24

Week 3							
Mon	Tomato Sauce	Stewed Chicken and Tofu with Fish	Steamed rice	French bread	Pastas	Corn with butter	Jan-24
Tue	Ham Mushroom Cream Sauce	Deep fried fish	Steamed rice	Whole wheat slice	Pasta with tomato sauce	Shimeji mushrooms in butter	Jan-24
Wed	Ground chicken tomato sauce	Fried Chicken Sausage	Egg fried rice	Soft roll	Pastas	Stir-fried Broccoli	Jan-24
Thu	Hawaiian Pizza	Chicken Soup with Seaweed	Steamed rice	Whole wheat slice	Pasta with tomato sauce	Three-colored vegetables with butter	Jan-24
Fri	Barbecue Braised Chicken	Thai Omelette	Steamed rice	Soft roll	Pastas	Butter-fried cherry tomatoes	Jan-24

Week 4							
Mon	Beef Bolognese	Prawn Cake Bomb	Egg fried rice	French bread	Pastas	Butter Carrots	Jan-24
Tue	Isan Grilled Chicken	Soup with tofu, egg, fish balls	Steamed rice	Whole wheat slice	Jade Noodles	Baked Beans	Jan-24
Wed	Chicken stew	Breaded Fish Chips	Steamed rice	Soft roll	Pastas	Stir-fried Glass Noodles with Egg	Jan-24
Thu	Tomato Sauce	Fried chicken wings	Steamed rice	Sticky rice	Pastas	Green Peas with Butter	Jan-24
Fri	Chicken Ham Cheese Sandwich	Sweet chicken	Steamed rice	Soft roll	Pasta with tomato sauce	Cauliflower with Parmesan Cheese	Jan-24