



Early Year Menu



Week day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	20.10.2025	21.10.2025	22.10.2025	23.10.2025	24.10.2025
Morning Snack 1	Apple Puff 	Ham & Cheese Croissant 	Pizza Snail 	NATIONAL HOLIDAY SCHOOL HOLIDAY	
Drinks	Milk or Water & Seasonal Fresh Fruit	Milk or Water & Seasonal Fresh Fruit	Milk or Water & Seasonal Fresh Fruit		
Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar		
Soup	Shoyu Ramen 	Jade Noodles with Chicken Soup 	Instant Noodles with Braised Chicken 		
Western	Roasted Fish on Ratatouille 	Beef Lasagna 	Honey-Mustard Chicken 		
Side Dish	Glazed Carrots 	Stir Fried Vegetables in Soy Sauce 	Garden Vegetables		
Side dish	Roasted Potatoes	Potato Gratin 	Mashed Potatoes 		
Egg	Stir Fried Cucumber with Eggs 	Fried Boiled Egg with Tamarind Sauce 	Thai Style Omelette 		
Asian	Chicken Sausage 	Stir Fried Minced Chicken with Basil 	Stir Fried Squid with Oyster Sauce and Bell Peppers 		
Vegetarian	Pad Thai with Tofu 	Kung Pao Tofu 	Baked Spinach & Cheese 		
Rice	Steamed Rice	Steamed Rice	Steamed Rice		



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Early Year Menu



Week day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	27.10.2025	28.10.2025	29.10.2025	30.10.2025	31.10.2025
Morning Snack 1	Banana & Oat Muffin  	Pizza Pastry  	Spelt & Raspberry Muffin  	Cinnamon Snail  	Strawberry Lava  
Drinks	Milk or Water & Seasonal Fresh Fruit	Milk or Water & Seasonal Fresh Fruit	Milk or Water & Seasonal Fresh Fruit	Milk or Water & Seasonal Fresh Fruit	Milk or Water & Seasonal Fresh Fruit
Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar
Soup	Shoyu Ramen  	Wide Egg Noodles with Chicken Soup  	Braised Chicken Udon  	Macaroni with Chicken Soup  	Veggie Egg Noodles with Chicken Ball Soup  
Western	Roasted Chicken Breast & Gravy 	Stir Fried Macaroni & Chicken  	Beef & Carrot Stew  	Grilled Fish A La Provence 	Fish & Chips  
Side Dish	Roasted Pumpkin & Cauliflower 	Vegetables in Soy Sauce 	Glazed Carrots 	Sauteed Spinach 	Garden Peas & Cauliflower 
Side dish	Roasted Potatoes	Parsley Potatoes	Fried Potatoes & Spring Onions 	Potato Gratin 	French Fries
Egg	Boiled Egg 	Shakshuka 	Stir Fried Egg Tofu and Broccoli with Soy Sauce  	Chicken Ham Scrambled Egg  	Fried Boiled Egg with Tamarind Sauce  
Asian	Hong Kong Noodles with Chicken  	Fried Fish with Tamarind Sauce  	Hainanese Chicken Rice 	Chinese Orange Chicken  	Stir Fried Chicken & Bell Peppers  
Vegetarian	Mac N' Cheese 	Mexican Bean Chili 	Thai Style Omelette 	Swee & Sour Tofu 	Egg Tofu with Cabbage in Clear Soup 
Rice	Steamed Rice	Steamed Rice	Steamed Rice & Chicken Rice	Steamed Rice	Steamed Rice



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Early Year Menu



Week day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	03.11.2025	04.11.2025	05.11.2025	06.11.2025	07.11.2025
Morning Snack 1	Carrot & Lemon Muffin   	Chocolate Croissant   	Chocolate Chip Cookie   	Blueberry Muffin   	Pinky Croissant   
Drinks	Milk or Water & Seasonal Fresh Fruit	Milk or Water & Seasonal Fresh Fruit	Milk or Water & Seasonal Fresh Fruit	Milk or Water & Seasonal Fresh Fruit	
Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar
Soup	Shoyu Ramen   	Jade Noodles with Chicken Soup   	Instant Noodles with Braised Chicken   	Maccaroni with Chicken Soup   	Egg Noodles with Chicken Ball Soup   
Western	Chicken Stew 	Spaghetti Bolognese  	Chicken Cottage Pie   	Meat Balls   	
Side Dish	Glazed Carrots 	Mixed Vegetables in Soy Sauce  	Garden Vegetables	Steamed Broccoli	
Side dish	Mashed Potatoes 	Potato Wedges 	Mashed Potatoes 	Rosemary Potatoes	
Egg	Scrambled Eggs with Chives 	Palo Egg  	Thai Style Omelet   	Shakshuka 	Mushroom Omelet  
Asian	Fried Fish & Garlic   	Grilled Chicken Satay   	Chicken Teriyaki   	Stir Fried Fish with Celery   	Chicken Pad Se Ew   
Vegetarian	Spinach Lasagna   	Pineapple Fried Rice  	Mexican Bean Stew  	Napolitana Pasta 	Baked Cauliflower & Cheese  
Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice



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Early Year Menu



Week day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	10.11..2025	11.11.2025	12.11.2025	13.11.2025	14.11.2025
Morning Snack 1	Spelt & Raspberry Muffin 	Coconut Twist 	Vanilla Cup Cake 	Croissant & Caramel Topping 	Sugar Puff
Drinks	Milk or Water & Seasonal Fresh Fruit	Milk or Water & Seasonal Fresh Fruit	Milk or Water & Seasonal Fresh Fruit	Milk or Water & Seasonal Fresh Fruit	Milk or Water & Seasonal Fresh Fruit
Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar
Soup	Shoyu Ramen 	Wide Egg Noodles with Chicken Soup 	Braised Chicken Udon 	Maccaroni with Chicken Soup 	Veggie Egg Noodles with Chicken Ball Soup
Western	Grilled Chicken Breast 	Chicken Fricasse 	Grilled Fish with Balsamic Sauce 	Chicken Fajitas 	Fish & Chips
Side Dish	Roasted Pumpkin & Cauliflower	Garden & Peas & Sweet Corn 	Garden Vegetables	Sweet Corn & Carrots	Garden Peas & Carrots
Side dish	Roasted Potatoes	Mashed Potatoes	Fried Potatoes & Spring Onions	Potato Wedges	French Fries
Egg	Egg Drop Soup 	Steamed Egg with Spinach 	Thai Style Omelet 	Boiled Egg Salad 	Egg & Chicken Palo
Asian	Stir Fried Chicken in Oyster Sauce 	Stir-Fried Fish with Bell Peppers 	Chinese Orange Chicken 	Fried Chicken 	Chicken & Egg Palo
Vegetarian	Crispy Baked Pasta 	Vegetarian American Fried Rice 	Pasta Alfredo 	Chinese Egg Tofu Soup 	Stir Fried Bean Sprouts with Tofu
Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice



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Early Year Menu



Week day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	17.11.2025	18.11.2025	19.11.2025	20.11.2025	21.11.2025
Morning Snack 1	Apple Puff 	Ham & Cheese Croissant 	Pizza Snail 	Banana & Oat Muffin 	Cheese Stick
Drinks	Milk or Water & Seasonal Fresh Fruit	Milk or Water & Seasonal Fresh Fruit	Milk or Water & Seasonal Fresh Fruit	Milk or Water & Seasonal Fresh Fruit	Milk or Water & Seasonal Fresh Fruit
Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar
Soup	Shoyu Ramen 	Jade Noodles with Chicken Soup 	Instant Noodles with Braised Chicken 	Maccaroni with Chicken Soup 	Egg Noodles with Chicken Ball Soup
Western	Roasted Fish on Ratatouille 	Beef Lasagna 	Honey-Mustard Chicken 	Spaghetti Beef Bolognese 	Fish & Chips
Side Dish	Glazed Carrots 	Stir Fried Vegetables in Soy Sauce 	Garden Vegetables	Steamed Broccoli	Garden Peas & Carrots
Side dish	Roasted Potatoes	Potato Gratin 	Mashed Potatoes 	Rosemary Potatoes	French Fries
Egg	Stir Fried Cucumber with Eggs 	Fried Boiled Egg with Tamarind Sauce 	Thai Style Omelette 	Japanese Steamed Egg with Leek 	Omelette with Mushroom
Asian	Chicken Sausage 	Stir Fried Minced Chicken with Basil 	Stir Fried Squid with Oyster Sauce and Bell Peppers 	Korean BBQ Chicken 	Stir Fried Chicken with Black Pepper
Vegetarian	Pad Thai with Tofu 	Kung Pao Tofu 	Baked Spinach & Cheese 	Vegetable Fried Rice 	Vegetable Lasagna
Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice



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Early Year Menu



Week day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	24.11.2025	25.11.2025	26.11.2025	27.11.2025	28.11.2025
Morning Snack 1	Banana & Oat Muffin  	Pizza Pastry  	Spelt & Raspberry Muffin  	Cinnamon Snail  	Strawberry Lava  
Drinks	Milk or Water & Seasonal Fresh Fruit	Milk or Water & Seasonal Fresh Fruit	Milk or Water & Seasonal Fresh Fruit	Milk or Water & Seasonal Fresh Fruit	Milk or Water & Seasonal Fresh Fruit
Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar	Salad & Fruit Bar
Soup	Shoyu Ramen  	Wide Egg Noodles with Chicken Soup  	Braised Chicken Udon  	Macaroni with Chicken Soup  	Veggie Egg Noodles with Chicken Ball Soup  
Western	Roasted Chicken Breast & Gravy 	Stir Fried Macaroni & Chicken  	Beef & Carrot Stew  	Grilled Fish A La Provence 	Fish & Chips  
Side Dish	Roasted Pumpkin & Cauliflower 	Vegetables in Soy Sauce 	Glazed Carrots 	Sauteed Spinach 	Garden Peas & Cauliflower 
Side dish	Roasted Potatoes	Parsley Potatoes	Fried Potatoes & Spring Onions 	Potato Gratin 	French Fries
Egg	Boiled Egg 	Shakshuka 	Thai Style Omelette  	Chicken Ham Scrambled Egg  	Fried Boiled Egg with Tamarind Sauce  
Asian	Hong Kong Noodles with Chicken  	Fried Fish with Tamarind Sauce  	Hainanese Chicken Rice 	Chinese Orange Chicken  	Stir Fried Chicken & Bell Peppers  
Vegetarian	Mac N' Cheese  	Mexican Bean Chili 	Thai Style Omelette  	Swee & Sour Tofu 	Stir Fried Hong Kong Kale with Red Sauce  
Rice	Steamed Rice	Steamed Rice	Steamed Rice & Chicken Rice	Steamed Rice	Steamed Rice



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