



# Early Year Menu



Week day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	05.01.2026	06.01.2026	07.01.2026	08.01.2026	09.01.2026
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 BBQ 	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



Please be aware that items on this menu may change or be unavailable at certain times.



# Early Year Menu



Week day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	12.01.2026	13.01.2026	14.01.2026	15.01.2026	16.01.2026
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 	Maccaroni with Chicken Soup 	Veggie Egg Noodles with Chicken Ball Soup 
Western	Roasted Chicken Breast & Gravy 	Stir Fried Maccaroni & 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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# Early Year Menu



Week day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	19.01.2026	20.01.2026	21.01.2026	22.01.2026	23.01.2026
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	26.01.2026	27.01.2026	28.01.2026	29.01.2026	30.01.2026
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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