



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



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



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