

# 4 week sample menu

<i>Week 1</i>	Breakfast	Lunch	Tea
<b>Monday</b>	<ul style="list-style-type: none"> <li>Wholemeal pao/mini mantou</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Mixed grain rice ball ★ <i>mixed brown rice ball filled with tuna and vegetables</i></li> <li>Seasonal cut fruits</li> </ul>	<ul style="list-style-type: none"> <li>Chwee Kueh ★ <i>spin off of the local's favourite Chwee Kueh topped with mushroom and black fungus</i></li> </ul>
<b>Tuesday</b>	<ul style="list-style-type: none"> <li>Steamed pumpkin with hard boiled egg</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Brown chicken rice ★ <i>wholegrain twist on a local delight</i></li> <li>Seasonal cut fruits</li> </ul>	<ul style="list-style-type: none"> <li>Steamed wholemeal chocolate cake ★</li> </ul>
<b>Wednesday</b>	<ul style="list-style-type: none"> <li>Plain oat porridge cooked with milk and raisins</li> </ul>	<ul style="list-style-type: none"> <li>Wholemeal char kway teow ★ <i>wholegrain twist on a local delight</i></li> <li>Seasonal cut fruits</li> </ul>	<ul style="list-style-type: none"> <li>Fruit salad or seasonal cut fruits</li> </ul>
<b>Thursday</b>	<ul style="list-style-type: none"> <li>Wholemeal bread with reduced fat cheese slice</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Chicken oat balls alphabet soup ★ <i>ABC macaronic soup with tender juicy chicken balls mixed with oats and carrots</i></li> <li>Seasonal cut fruits</li> </ul>	<ul style="list-style-type: none"> <li>Wholemeal cookies ★ and milk <i>plain cookies made with wholemeal flour</i></li> </ul>
<b>Friday</b>	<ul style="list-style-type: none"> <li>Wholemeal banana pancakes ★</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Brown rice biryani ★ <i>wholegrain twist on a local delight</i></li> <li>Seasonal cut fruits</li> </ul>	<ul style="list-style-type: none"> <li>Green bean soup ★</li> </ul>
<b>Saturday</b>	<ul style="list-style-type: none"> <li>Steamed sweet potato and hard boiled eggs</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Wonton soup ★ with mixed brown rice and vegetables</li> <li>Seasonal cut fruits</li> </ul>	<p>★ Refer to HPB Recipes</p>



Mixed grain rice ball



Brown chicken rice



Chicken oat balls alphabet soup

# 4 week sample menu

<i>Week 2</i>	Breakfast	Lunch	Tea
<b>Monday</b>	<ul style="list-style-type: none"> <li>Wholemeal tuna (HCS) sandwich</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Meatless burger ★ <i>wholemeal burger, with cauliflower as the star ingredient, topped with eggs, caramelized onions, and BBQ sauce</i></li> <li>Seasonal cut fruits</li> </ul>	<ul style="list-style-type: none"> <li>Pulut hitam kueh ★ <i>black glutinous rice with pandan custard</i></li> </ul>
<b>Tuesday</b>	<ul style="list-style-type: none"> <li>Wholemeal cereal</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Hash brown ★ with scrambled egg and vegetables <i>humble potato made delicious with added carrots and broccoli</i></li> <li>Seasonal cut fruits</li> </ul>	<ul style="list-style-type: none"> <li>Steamed corn cup</li> </ul>
<b>Wednesday</b>	<ul style="list-style-type: none"> <li>Mixed brown rice porridge</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Wonton noodle ★ <i>tangy wholegrain noodles seasoned with dark soya sauce, served with homemade wonton and leafy green</i></li> <li>Seasonal cut fruits</li> </ul>	<ul style="list-style-type: none"> <li>Vegetable sticks with dip ★ <i>crunchy vegetable sticks alongside 3 special dips – Guacamole dip, Ricotta cheese dip and spinach dip</i></li> </ul>
<b>Thursday</b>	<ul style="list-style-type: none"> <li>Wholemeal scrambled egg sandwich</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Soba noodle ★ <i>own soba noodles, cubed chicken and sea weed seasoned with teriyaki sauce</i></li> <li>Seasonal cut fruits</li> </ul>	<ul style="list-style-type: none"> <li>Wholemeal banana pancakes (mini) ★</li> </ul>
<b>Friday</b>	<ul style="list-style-type: none"> <li>Steamed corn with hard boiled egg</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Lentil pasta ★ <i>bowl of lentils and pasta soup that is infused with natural flavours from lemon and tomato</i></li> <li>Seasonal cut fruits</li> </ul>	<ul style="list-style-type: none"> <li>Wholemeal waffles ★</li> </ul>
<b>Saturday</b>	<ul style="list-style-type: none"> <li>Wholemeal French toast with bananas</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Gimbap ★ <i>Korean seaweed mixed brown rice roll packed with flavourful fillings of carrot &amp; spinach</i></li> <li>Seasonal cut fruits</li> </ul>	

★ Refer to HPB Recipes



Hash brown



Wonton noodle



Gimbap



Wholemeal waffle

# 4 week sample menu

Week 3	Breakfast	Lunch	Tea
<b>Monday</b>	<ul style="list-style-type: none"> <li>• Steamed sweet potato and hard boiled eggs</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Brown rice biryani ★ <i>wholegrain twist on a local delight</i></li> <li>• Seasonal cut fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Steamed wholemeal chocolate cake ★</li> </ul>
<b>Tuesday</b>	<ul style="list-style-type: none"> <li>• Wholemeal bread with reduced fat cheese slice</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Brown chicken rice ★ <i>wholegrain twist on a local delight</i></li> <li>• Seasonal cut fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Chwee Kueh ★ <i>spin off of the local's favourite Chwee Kueh topped with mushroom and black fungus</i></li> </ul>
<b>Wednesday</b>	<ul style="list-style-type: none"> <li>• Wholemeal banana pancakes ★</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Wonton soup ★ with mixed brown rice and vegetables</li> <li>• Seasonal cut fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Green bean soup ★</li> </ul>
<b>Thursday</b>	<ul style="list-style-type: none"> <li>• Steamed pumpkin with hard boiled egg</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Wholemeal char kway teow ★ <i>wholegrain twist on a local delight</i></li> <li>• Seasonal cut fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Wholemeal cookies ★ and milk <i>plain cookies made with wholemeal flour</i></li> </ul>
<b>Friday</b>	<ul style="list-style-type: none"> <li>• Plain oat porridge cooked with milk and raisins</li> </ul>	<ul style="list-style-type: none"> <li>• Mixed grain rice ball ★ <i>mixed brown rice ball filled with tuna and vegetables</i></li> <li>• Seasonal cut fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit salad or seasonal cut fruits</li> </ul>
<b>Saturday</b>	<ul style="list-style-type: none"> <li>• Wholemeal pao/mini mantou</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken oat balls alphabet soup ★ <i>ABC macaronic soup with tender juicy chicken balls mixed with oats and carrots</i></li> <li>• Seasonal cut fruits</li> </ul>	<p>★ Refer to HPB Recipes</p>



Wholemeal char kway teow



Wonton soup



Chwee kueh

# 4 week sample menu

Week 4	Breakfast	Lunch	Tea
<b>Monday</b>	<ul style="list-style-type: none"> <li>• Steamed corn with hard boiled egg</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Lentil pasta ★ <i>bowl of lentils and pasta soup that is infused with natural flavours from lemon and tomato</i></li> <li>• Seasonal cut fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Steamed corn cup</li> </ul>
<b>Tuesday</b>	<ul style="list-style-type: none"> <li>• Wholemeal French toast with bananas</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Soba noodle ★ <i>own soba noodles, cubed chicken and sea weed seasoned with teriyaki sauce</i></li> <li>• Seasonal cut fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Wholemeal banana pancakes (mini) ★</li> </ul>
<b>Wednesday</b>	<ul style="list-style-type: none"> <li>• Wholemeal scrambled egg sandwich</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Gimbap ★ <i>Korean seaweed mixed brown rice roll packed with flavourful fillings of carrot &amp; spinach</i></li> <li>• Seasonal cut fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Wholemeal waffles ★</li> </ul>
<b>Thursday</b>	<ul style="list-style-type: none"> <li>• Mixed brown rice porridge</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Hash brown ★ with scrambled egg and vegetables <i>humble potato made delicious with added carrots and broccoli</i></li> <li>• Seasonal cut fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Pulut hitam kueh ★ <i>black glutinous rice with pandan custard</i></li> </ul>
<b>Friday</b>	<ul style="list-style-type: none"> <li>• Wholemeal tuna (HCS) sandwich</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Meatless burger ★ <i>wholemeal burger, with cauliflower as the star ingredient, topped with eggs, caramelized onions, and BBQ sauce</i></li> <li>• Seasonal cut fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable sticks with dip ★ <i>crunchy vegetable sticks alongside 3 special dips – Guacamole dip, Ricotta cheese dip and spinach dip</i></li> </ul>
<b>Saturday</b>	<ul style="list-style-type: none"> <li>• Wholemeal cereal</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Wholemeal chow mien ★ <i>wholegrain noodles stir-fried in a blend of soy sauce and sesame oil, served with a generous portion of chye sim</i></li> <li>• Seasonal cut fruits</li> </ul>	<p>★ Refer to HPB Recipes</p>



Meatless burger    Wholemeal chow mien    Pulut hitam kueh