# 4 week sample menu

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Tea</th>
</tr>
</thead>
</table>
| **Monday** | • Wholemeal pao/mini mantou  
    • Milk | • Mixed grain rice ball ★  
    *mixed brown rice ball filled with tuna and vegetables*  
    • Seasonal cut fruits | • Chwee Kueh ★  
    *spin off of the local’s favourite Chwee Kueh topped with mushroom and black fungus* |
| **Tuesday** | • Steamed pumpkin with hard boiled egg  
    • Milk | • Brown chicken rice ★  
    *wholegrain twist on a local delight*  
    • Seasonal cut fruits | • Steamed wholemeal chocolate cake ★ |
| **Wednesday** | • Plain oat porridge cooked with milk and raisins | • Wholemeal char kway teow ★  
    *wholegrain twist on a local delight*  
    • Seasonal cut fruits | • Fruit salad or seasonal cut fruits |
| **Thursday** | • Wholemeal bread with reduced fat cheese slice  
    • Milk | • Chicken oat balls alphabet soup ★  
    *ABC macaronic soup with tender juicy chicken balls mixed with oats and carrots*  
    • Seasonal cut fruits | • Wholemeal cookies ★  
    *and milk*  
    *plain cookies made with wholemeal flour* |
| **Friday** | • Wholemeal banana pancakes ★  
    • Milk | • Brown rice biryani ★  
    *wholegrain twist on a local delight*  
    • Seasonal cut fruits | • Green bean soup ★ |
| **Saturday** | • Steamed sweet potato and hard boiled eggs  
    • Milk | • Wonton soup ★ with mixed brown rice and vegetables  
    • Seasonal cut fruits | ★ Refer to HPB Recipes |
<table>
<thead>
<tr>
<th>Week 2</th>
<th>Breakfast</th>
<th>Lunch</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>• Wholemeal tuna (HCS) sandwich&lt;br&gt;• Milk</td>
<td>• Meatless burger ★&lt;br&gt;wholemeal burger, with cauliflowers as the star ingredient, topped with eggs, caramelized onions, and BBQ sauce&lt;br&gt;• Seasonal cut fruits</td>
<td>• Pulut hitam kueh ★&lt;br&gt;black glutinous rice with pandan custard</td>
</tr>
<tr>
<td>Tuesday</td>
<td>• Wholemeal cereal&lt;br&gt;• Milk</td>
<td>• Hash brown ★ with scrambled egg and vegetables&lt;br&gt;humble potato made delicious with added carrots and broccoli&lt;br&gt;• Seasonal cut fruits</td>
<td>• Steamed corn cup</td>
</tr>
<tr>
<td>Wednesday</td>
<td>• Mixed brown rice porridge&lt;br&gt;• Milk</td>
<td>• Wonton noodle ★&lt;br&gt;tangy wholegrain noodles seasoned with dark soya sauce, served with homemade wonton and leafy green&lt;br&gt;• Seasonal cut fruits</td>
<td>• Vegetable sticks with dip ★&lt;br&gt;crunchy vegetable sticks alongside 3 special dips – Guacamole dip, Ricotta cheese dip and spinach dip</td>
</tr>
<tr>
<td>Thursday</td>
<td>• Wholemeal scrambled egg sandwich&lt;br&gt;• Milk</td>
<td>• Soba noodle ★&lt;br&gt;own soba noodles, cubed chicken and seaweed seasoned with teriyaki sauce&lt;br&gt;• Seasonal cut fruits</td>
<td>• Wholemeal banana pancakes (mini) ★</td>
</tr>
<tr>
<td>Friday</td>
<td>• Steamed corn with hard boiled egg&lt;br&gt;• Milk</td>
<td>• Lentil pasta ★&lt;br&gt;bowl of lentils and pasta soup that is infused with natural flavours from lemon and tomato&lt;br&gt;• Seasonal cut fruits</td>
<td>• Wholemeal waffles ★</td>
</tr>
<tr>
<td>Saturday</td>
<td>• Wholemeal French toast with bananas&lt;br&gt;• Milk</td>
<td>• Gimbap ★&lt;br&gt;Korean seaweed mixed brown rice roll packed with flavourful fillings of carrot &amp; spinach&lt;br&gt;• Seasonal cut fruits</td>
<td>★ Refer to HPB Recipes</td>
</tr>
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<th>Week 3</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Tea</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Steamed sweet potato and hard boiled eggs • Milk</td>
<td>Brown rice biryani ★ wholegrain twist on a local delight • Seasonal cut fruits</td>
<td>Steamed wholemeal chocolate cake ★</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Wholemeal bread with reduced fat cheese slice • Milk</td>
<td>Brown chicken rice ★ wholegrain twist on a local delight • Seasonal cut fruits</td>
<td>Chwee Kueh ★ spin off of the local’s favourite Chwee Kueh topped with mushroom and black fungus</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Wholemeal banana pancakes ★ • Milk</td>
<td>Wonton soup ★ with mixed brown rice and vegetables • Seasonal cut fruits</td>
<td>Green bean soup ★</td>
</tr>
<tr>
<td>Thursday</td>
<td>Steamed pumpkin with hard boiled egg • Milk</td>
<td>Wholemeal char kway teow ★ wholegrain twist on a local delight • Seasonal cut fruits</td>
<td>Wholemeal cookies ★ and milk plain cookies made with wholemeal flour</td>
</tr>
<tr>
<td>Friday</td>
<td>Plain oat porridge cooked with milk and raisins</td>
<td>Mixed grain rice ball ★ mixed brown rice ball filled with tuna and vegetables • Seasonal cut fruits</td>
<td>Fruit salad or seasonal cut fruits</td>
</tr>
<tr>
<td>Saturday</td>
<td>Wholemeal pao/mini mantou • Milk</td>
<td>Chicken oat balls alphabet soup ★ ABC macaronic soup with tender juicy chicken balls mixed with oats and carrots • Seasonal cut fruits</td>
<td>★ Refer to HPB Recipes</td>
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August 2018

Refer to HPB Recipes
# 4 week sample menu

<table>
<thead>
<tr>
<th>Week 4</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Tea</th>
</tr>
</thead>
</table>
| **Monday** | • Steamed corn with hard boiled egg  
• Milk | • Lentil pasta ★  
_bowl of lentils and pasta soup that is infused with natural flavours from lemon and tomato_  
• Seasonal cut fruits | • Steamed corn cup |
| **Tuesday** | • Wholemeal French toast with bananas  
• Milk | • Soba noodle ★  
_own soba noodles, cubed chicken and sea weed seasoned with teriyaki sauce_  
• Seasonal cut fruits | • Wholemeal banana pancakes (mini) ★ |
| **Wednesday** | • Wholemeal scrambled egg sandwich  
• Milk | • Gimbap ★  
_Korean seaweed mixed brown rice roll packed with flavourful fillings of carrot & spinach_  
• Seasonal cut fruits | • Wholemeal waffles ★ |
| **Thursday** | • Mixed brown rice porridge  
• Milk | • Hash brown ★ with scrambled egg and vegetables  
_humble potato made delicious with added carrots and broccoli_  
• Seasonal cut fruits | • Pulut hitam kueh ★  
_black glutinous rice with pandan custard_ |
| **Friday** | • Wholemeal tuna (HCS) sandwich  
• Milk | • Meatless burger ★  
_wholemeal burger, with cauliflower as the star ingredient, topped with eggs, caramelized onions, and BBQ sauce_  
• Seasonal cut fruits | • Vegetable sticks with dip ★  
_crunchy vegetable sticks alongside 3 special dips – Guacamole dip, Ricotta cheese dip and spinach dip_ |
| **Saturday** | • Wholemeal cereal  
• Milk | • Wholemeal chow mien ★  
_wholegrain noodles stir-fried in a blend of soy sauce and sesame oil, served with a generous portion of chye sim_  
• Seasonal cut fruits | ★ Refer to HPB Recipes |

*Refer to HPB Recipes*