

	Category	Monday	Tuesday	Wednesday	Thursday	Friday
week 1 02nd-06th	Meal A	Sweet & Sour Pork with Rice 	Bacon with Mac & Cheese 	Char Siu with Rice 	Chicken a la king with Rice 	Hotdog with Fries 
	Veggie/ Starch	Wok Fried Broccoli 	Choy Sum 	Cauliflower 	Dry-Fried Green Beans 	Butter Sweet Corn 
week 2 09-13th	Meal A	Char Siu Chicken with Rice 	Baked Ziti 	Roasted Herbs Chicken in Brown sauce with Mashed Potato 	Stir-Fried Udon with Pork 	Fish with Tater tots 
	Veggie/ Starch	Broccoli 	Butter & Herbs Carrot 	Baby Bok Choy 	Choy Sum 	Butter Sweet Corn 
week 3 16-20th	Meal A	Carbonara 	Ham & Cheese with Pita Bread 	BBQ Chicken with Rice 	Spaghetti Bolognese 	Roasted Pork Jowl with Rice 
	Veggie/ Starch	Roasted Pumpkin 	Sauteed Mushroom 	Shanghai Brassica 	Sweet Corn 	Choy Sum 
week 4 23-27th	Meal A	Chicken Teriyaki with Rice 	Stir-Fried Rice Noodle with Chicken 	Chicken A La King with Rice 	Char Siu Fried Rice 	Red Bean Bun, Dumpling, Ham & Cheese Sandwich 
	Veggie/ Starch	Broccoli 	Roasted Pumpkin 	Baby Bok Choy 	Dry-Fried Green Beans 	Spring Roll, Orange, Mochi 
Week 1-4	Fruit	Cut Fruit	Cut Fruit	Cut Fruit	Cut Fruit	Cut Fruit



AISL Food Project



(V) Suitable for lacto-ovo vegetarians

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