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	Category	Monday	Tuesday	Wednesday	Thursday	Friday
week 1 1st-5th	Meal A	Custard Bun, Dumpling, Ham & Cheese Sandwich 	Beef Fried Rice 	Roasted Chicken in Tomato Sauce with Rice 	Char Siu with Rice 	Fish & Chips 
	Veggie/ Starch	Spring Roll, Orange, Mochi 	Wok-fried Broccoli 	Cauliflower 	Dry-fried Green Beans 	Buttered Sweet Corn 
week 2 8-12th	Meal A	Char Siu Chicken with Rice 	Baked Ziti 	Roasted Chicken in Brown Sauce with Rice 	Stir-fried Udon with Pork 	Hot Dog with French Fries 
	Veggie/ Starch	Baby Bok Choy 	Butter & Herbs Carrot 	Broccoli 	Choy Sum 	Butter Sweet Corn 
week 3 15-19th	Meal A	BBQ Chicken with Rice 	Bacon with Mac & Cheese 	Ham & Cheese with Pita Bread 	Spaghetti Bolognese with Garlic Bread 	Public Holiday
	Veggie/ Starch	Choy Sum 	Dry-fried Green Beans 	Cauliflower 	Butter Sweet Corn 	Public Holiday
week 4 22-26th	Meal A	Char Siu Fried Rice 	Carbonara 	Sauteed Chicken in Soya Sauce with Rice 	Spaghetti Bolognese 	Custard Bun, Dumpling, Ham & Cheese Sandwich 
	Veggie/ Starch	Wok-fried Choy Sum 	Cauliflower 	Broccoli 	Shanghai Brassica 	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.