



### Week 1 Menu

Day	Lunch	Dinner
1	Braised Chicken with Black Fungus Mapo Tofu Stir Fried Mustard Green Vegetables Seafood Vegetable Soup Brown Rice Fruits	Grilled Black Pepper Sirloin Steak Grilled Asparagus & Carrots Baked Baby New Potatoes Fruits
2	Prawn with Celery & Cashew Nut Beancurd with Black Pepper Sauce Stir Fried Chye Sim with Onion Chop Suey Vegetable Soup Brown Rice Fruits	Pan Fried Cod with Lemon Sauce Wholemeal Aglio Olio APTIMA Salad Fruits
3	Stir Fried Beef with Teriyaki Sauce Tofu with Yellow Bean & Ginger Stir Fried Spinach with Mushroom Fish Ball Tang Hoon Soup Brown Rice Fruits	Grilled Prawns, Scallops, Fish, Squid Brown Rice Pan Fried Broccoli & Cauliflower Fruits
4	Steamed Fish with Fermented Black Bean Sauce Beancurd with Sweet & Sour Sauce Stir Fried Kow Peh Chye Chinese Seaweed Soup Brown Rice Fruits	BBQ Boneless Chicken Leg Wholemeal Pasta with Arabiatta Sauce APTIMA Salad Fruits
5	Steamed Chicken with Red Dates & Wolf Berry Braised Tofu with Asian Spices Stir Fried Pah Boh Chye Fish Ball Tang Hoon Soup Brown Rice Fruits	Wholemeal Beef Tortilla Wrap APTIMA Salad Fruits

\*Menu may be subjected to change



## Vegetarian Menu

Day	Lunch	Dinner
1	Brown Rice Chives and Mushrooms Omelette Grilled Capsicum & Asparagus Fruits	Vegetarian Lasagne Apple Glazed Carrots Fruits
2	Vegetarian Wholemeal Tortilla Wrap APTIMA Salad Fruits	Brown Rice Lemon Black Dhal & Red Beans Okara Masala Fruits
3	Vegetarian Pad Thai with Tofu & Sprouts Fruits	Wholemeal Pasta with Arrabiata Sauce Bean Salad with Walnuts & Feta Fruits
4	Vegetarian Biryani Chilli Lima Beans Indian Style Sugar Snap Peas Fruits	Pumpkin & Potato Mash Baked Lentil Cake Mediterranean Chickpea Salad Fruits
5	Vegetarian Rice Casserole Baked Tofu with Mozarella Green Beans with Honey Cashew Sauce Fruits	Homemade Black Bean Veggie Burgers APTIMA Salad Fruits

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