

4-week sample menu

Week 1	Breakfast	Lunch	Tea
Monday	<ul style="list-style-type: none"> Wholemeal steamed buns (e.g pau, mantou) Low-fat milk* 	<ul style="list-style-type: none"> Wholegrains rice ball[#] Mixed brown rice ball filled with tuna and vegetables Seasonal cut fruits 	<ul style="list-style-type: none"> Chwee Kueh[#] Spin off from the local's favourite Chwee Kueh topped with mushroom and black fungus
Tuesday	<ul style="list-style-type: none"> Steamed pumpkin with hard-boiled egg Low-fat milk* 	<ul style="list-style-type: none"> Brown chicken rice[#] A healthier twist paired with blanched vegetables Seasonal cut fruits 	<ul style="list-style-type: none"> Steamed wholemeal chocolate cake[#]
Wednesday	<ul style="list-style-type: none"> Plain oat porridge cooked with low-fat milk* and raisins 	<ul style="list-style-type: none"> Wholegrains char kway teow[#] A healthier twist with taukwa, egg and vegetables Seasonal cut fruits 	<ul style="list-style-type: none"> Fruit salad or seasonal cut fruits
Thursday	<ul style="list-style-type: none"> Wholemeal bread with reduced fat cheese slice Low-fat milk* 	<ul style="list-style-type: none"> Chicken oat balls alphabet soup[#] ABC macaroni soup with tender juicy chicken balls mixed with oats and carrots Seasonal cut fruits 	<ul style="list-style-type: none"> Oatmeal cookies[#] and low-fat milk* High fiber snack made with wholemeal flour, oatmeal and dried cranberries
Friday	<ul style="list-style-type: none"> Wholemeal banana pancake[#] Low-fat milk* 	<ul style="list-style-type: none"> Brown rice chicken biryani[#] An aromatic dish prepared with brown rice, chicken, vegetables and fresh herbs and spices Seasonal cut fruits 	<ul style="list-style-type: none"> Green bean soup[#]
Saturday	<ul style="list-style-type: none"> Steamed sweet potato and hard-boiled eggs Low-fat milk* 	<ul style="list-style-type: none"> Wonton soup[#] with mixed brown rice and vegetables Oriental wontons filled with tofu, juicy mushrooms and vegetables Seasonal cut fruits 	

* Children aged 12 months to 2 years old require full cream milk to meet their dietary requirements for fat, protein, vitamins and minerals which are essential for their growth and development.

[#] Refer to HPB recipes

4-week sample menu

Week 2	Breakfast	Lunch	Tea
Monday	<ul style="list-style-type: none"> Wholemeal sandwich with tuna (with Healthier Choice Symbol) Low-fat milk* 	<ul style="list-style-type: none"> Meatless burger[#] Wholemeal burger, with cauliflower as the star ingredient, topped with eggs, caramelised onions, and BBQ sauce Seasonal cut fruits 	<ul style="list-style-type: none"> Pulut hitam kueh[#] Black glutinous rice with pandan custard
Tuesday	<ul style="list-style-type: none"> Wholemeal cereal Low-fat milk* 	<ul style="list-style-type: none"> Hash brown[#] with scrambled egg and vegetables Humble potato made delicious with added carrots and broccoli Seasonal cut fruits 	<ul style="list-style-type: none"> Steamed corn cup
Wednesday	<ul style="list-style-type: none"> Mixed brown rice porridge Low-fat milk* 	<ul style="list-style-type: none"> Wonton noodle[#] Tangy wholegrains noodles seasoned with dark soya sauce, served with homemade wonton and leafy green Seasonal cut fruits 	<ul style="list-style-type: none"> Vegetable sticks with dip[#] Crunchy vegetables sticks alongside 3 special dips – guacamole dip, ricotta cheese dip and spinach dips
Thursday	<ul style="list-style-type: none"> Wholemeal scrambled egg sandwich Low-fat milk* 	<ul style="list-style-type: none"> Soba noodle[#] Brown soba noodles, cubed chicken and seaweed seasoned with teriyaki sauce Seasonal cut fruits 	<ul style="list-style-type: none"> Wholemeal banana pancakes (mini)[#]
Friday	<ul style="list-style-type: none"> Steamed corn with hard-boiled egg Low-fat milk* 	<ul style="list-style-type: none"> Lentil pasta[#] Bowl of lentils and pasta soup that is infused with natural flavours from lemon and tomato Seasonal cut fruits 	<ul style="list-style-type: none"> Wholemeal waffle[#]
Saturday	<ul style="list-style-type: none"> Wholemeal french toast with bananas Low-fat milk* 	<ul style="list-style-type: none"> Gimbap[#] Korean seaweed mixed brown rice roll packed with flavourful fillings of carrot and spinach Seasonal cut fruits 	

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Week 3	Breakfast	Lunch	Tea
Monday	<ul style="list-style-type: none"> Steamed sweet potato and hard-boiled eggs Low-fat milk* 	<ul style="list-style-type: none"> Brown rice chicken biryani[#] An aromatic dish prepared with brown rice, chicken, vegetables and fresh herbs and spices Seasonal cut fruits 	<ul style="list-style-type: none"> Steamed wholemeal chocolate cake[#]
Tuesday	<ul style="list-style-type: none"> Wholemeal bread with reduced fat cheese slice Low-fat milk* 	<ul style="list-style-type: none"> Brown chicken rice[#] A healthier twist paired with blanched vegetables Seasonal cut fruits 	<ul style="list-style-type: none"> Chwee Kueh[#] Spin off from the local's favourite Chwee Kueh topped with mushroom and black fungus
Wednesday	<ul style="list-style-type: none"> Wholemeal banana pancake[#] Low-fat milk* 	<ul style="list-style-type: none"> Wonton soup[#] with mixed brown rice and vegetables Oriental wontons filled with tofu, juicy mushrooms and vegetables Seasonal cut fruits 	<ul style="list-style-type: none"> Green bean soup[#]
Thursday	<ul style="list-style-type: none"> Steamed pumpkin and hard-boiled eggs Low-fat milk* 	<ul style="list-style-type: none"> Wholegrain char kway teow[#] A healthier twist with taukwa, egg and vegetables Seasonal cut fruit 	<ul style="list-style-type: none"> Oatmeal cookies[#] and low-fat milk* High fiber snack made with wholemeal flour, oatmeal and dried cranberries
Friday	<ul style="list-style-type: none"> Plain oat porridge cooked with low-fat milk* and raisins 	<ul style="list-style-type: none"> Wholegrain rice ball[#] Mixed brown rice ball filled with tuna and vegetables Seasonal cut fruits 	<ul style="list-style-type: none"> Fruit salad or seasonal cut fruits
Saturday	<ul style="list-style-type: none"> Wholemeal steamed buns (e.g pau, mantou) Low-fat milk* 	<ul style="list-style-type: none"> Chicken oat balls alphabet soup[#] ABC macaroni soup with tender juicy chicken balls mixed with oats and carrots Seasonal cut fruits 	

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4-week sample menu

Week 4	Breakfast	Lunch	Tea
Monday	<ul style="list-style-type: none"> Steamed corn with hard-boiled egg Low-fat milk* 	<ul style="list-style-type: none"> Lentil pasta[#] Bowl of lentils and pasta soup that is infused with natural flavours from lemon and tomato Seasonal cut fruits 	<ul style="list-style-type: none"> Steamed corn cup
Tuesday	<ul style="list-style-type: none"> Wholemeal french toast with bananas Low-fat milk* 	<ul style="list-style-type: none"> Soba noodle[#] Brown soba noodles, cubed chicken and seaweed seasoned with teriyaki sauce Seasonal cut fruits 	<ul style="list-style-type: none"> Wholemeal banana pancakes (mini)[#]
Wednesday	<ul style="list-style-type: none"> Wholemeal scrambled egg sandwich Low-fat milk* 	<ul style="list-style-type: none"> Gimbap[#] Korean seaweed mixed brown rice roll packed with flavourful fillings of carrot and spinach Seasonal cut fruits 	<ul style="list-style-type: none"> Wholemeal waffle[#]
Thursday	<ul style="list-style-type: none"> Mixed brown rice porridge Low-fat milk* 	<ul style="list-style-type: none"> Hash brown[#] with scrambled egg and vegetables Humble potato made delicious with added carrots and broccoli Seasonal cut fruits 	<ul style="list-style-type: none"> Pulut hitam kueh[#] Black glutinous rice with pandan custard
Friday	<ul style="list-style-type: none"> Wholemeal sandwich with tuna (with Healthier Choice Symbol) Low-fat milk* 	<ul style="list-style-type: none"> Meatless burger[#] Wholemeal burger, with cauliflower as the star ingredient, topped with eggs, caramelised onions, and BBQ sauce Seasonal cut fruits 	<ul style="list-style-type: none"> Vegetable sticks with dip[#] Crunchy vegetables sticks alongside 3 special dips – guacamole dip, ricotta cheese dip and spinach dips
Saturday	<ul style="list-style-type: none"> Wholemeal cereal Low-fat milk* 	<ul style="list-style-type: none"> Wholegrains chow mien[#] Wholegrains noodles stir-fried with egg in a blend of soy sauce and sesame oil, served with a generous portion of chye sim Seasonal cut fruits 	

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