

Week 1

FOOD



Breakfast

Lunch

Snacks

monday

- Cereal 
- Fruits 
- Milk 

- Penne baked pasta 
- Chicken / Tofu 
- Milk 

- Granola Bar 
- Fruits 


tuesday

- Waffles with syrup 
- Fruits 
- Milk 



- Chicken / Tofu abodo with veggies 
- Brown rice 
- Milk 

- Cheese crackers 
- Fruits 




wednesday

- Veggie congee 
- Toast 
- Milk 

- Beef/Veggie Chili 
- Bun / toast 
- Milk 

- Mixed trail 
- Mixed fruits 

thursday

- Bagels with cream cheese or jam 
- Fruits 
- Milk 

- Alfredo Pasta 
- Grill chicken or Tofu 
- Milk 

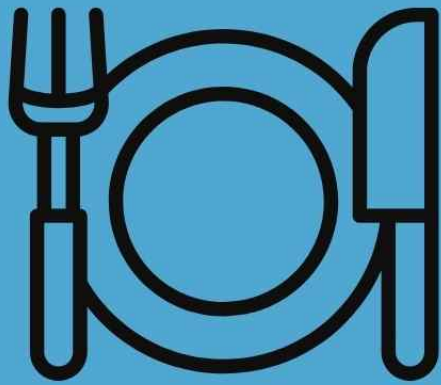
- Yogurt cones 
- Mixed fruits 

friday

- Scrambled egg 
- Toast 
- Fruits 
- Milk 

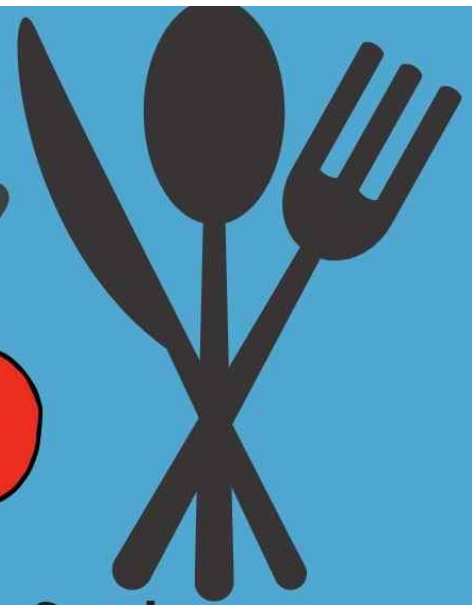
- Chicken 
- Finger potato 
- Veggies & salad 
- Milk 

- Cinnamon bread 
- Fruits 



Week 2

FOOD



Breakfast

Lunch

Snacks

monday

- Cereal 
- Fruits 
- Milk 

- Chicken stew 
- Veggie tofu 
- Rice 
- Milk 

- Mixed trails 
- Fruits 

tuesday

- Waffles with syrup 
- Fruits 
- Milk 

- Grilled cheese 
- Veggie/chicken 
- Soup 
- Milk 

- Cheese crackers 
- Fruits 

wednesday

- Boiled egg 
- Toast 
- Fruits 
- Milk 

- Rice noodles with veggie 
- Baked chicken 
- Milk 

- Oatmeal balls 
- Fruits 

thursday

- Pancake with sugar 
- Fruits 
- Milk 

- Beef/tofu 
- Chilli soup 
- Bun/toast 
- Milk 

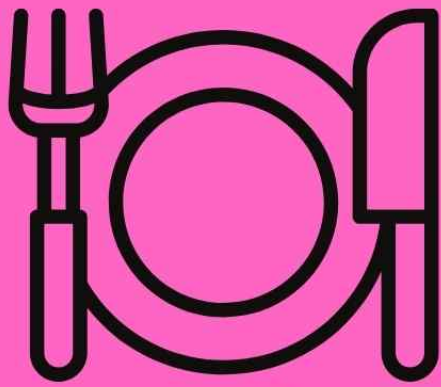
- Veggie stick 
- Ranch crackers 
- Fruits 

friday

- Waffle with syrup 
- Fruits 
- Milk 

- Chef's choice 
- Milk 

- Lemon bread 
- Fruits 



Week 3

FOOD



Breakfast

Lunch

Snacks

monday

- Cereal 
- Fruits 
- Milk 

- Meat balls / veggie 
- Baked spaghetti 
- Steam veggies 
- Milk 

- Veggie stick with ranch 
- Crackers 
- Fruits 

tuesday

- Scrambled egg 
- Toast 
- Fruits 
- Milk 

- Beef/tofu 
- Broccoli 
- Rice 
- Quinoa 
- Milk 

- Mix trail 
- Fruits 

wednesday

- Bagels with jam 
- Fruits 
- Milk 

- Creamy veggie 
- Chicken soup 
- Sandwich/buns 
- Milk 

- Yogurt in cone 
- Fruits 

thursday

- Oats meal 
- Fruits 
- Milk 

- Chicken/veggie 
- Finger potato 
- Veggie salad 
- Milk 

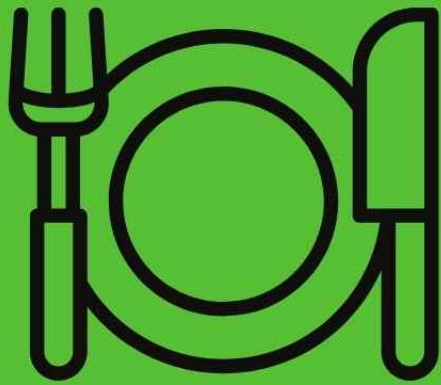
- Granola bar 
- Fruits 

friday

- Waffle with syrup 
- Fruits 
- Milk 

- Sweet & sour fish fillet 
- Fried rice 
- Milk 

- Cheese crackers 
- Fruits 



Week 4

FOOD



Breakfast

Lunch

Snacks

monday

- Cereal 
- Fruits 
- Milk 

- Meat loaf 
- Fried rice with mixed veggies 
- Milk 

- Mixed trail 
- Fruits 

tuesday

- Bagels with jam 
- Cream cheese 
- Fruits 
- Milk 

- Chicken/tofu 
- Finger potato 
- Veggie salad 
- Milk 

- Cheese 
- Rice crackers 
- Fruits 

wednesday

- Oatmeal 
- Fruits 
- Milk 

- Creamy soup 
- Veggies 
- Sandwich(egg/tuna) 
- Milk 

- Oatmeal balls 
- Fruits 

thursday

- Waffles 
- Fruits 
- Milk 

- Rice noodles 
- Stir fry veggie 
- Baked chicken 
- Milk 

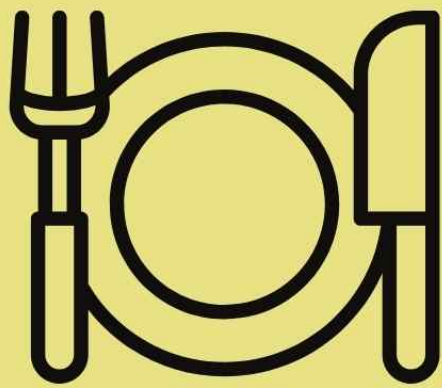
- Yogurt with cone 
- Fruits 

friday

- Yogurt 
- Fruits 
- Cheerios 

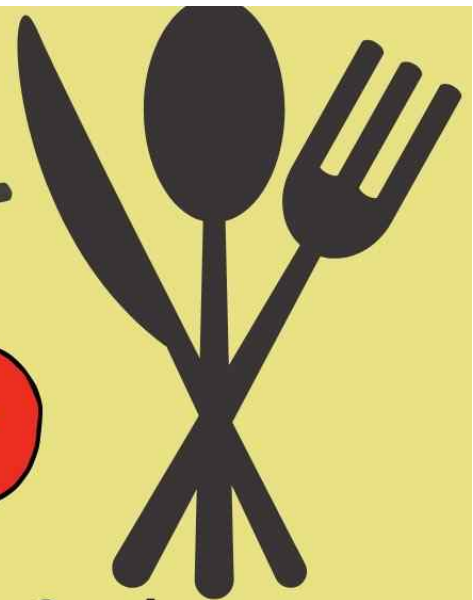
- Pizza veggie 
- Salad 
- Milk 

- Granola bar 
- Fruits 



Week 5

FOOD



Breakfast

Lunch

Snacks

monday

- Cereal 
- Fruits 
- Milk 

- Chicken/tofu 
- Casserole 
- veggie stick 
- Milk 

- Granola bars 
- Fruits 

tuesday

- Waffles with syrup 
- Fruits 
- Milk 

- Pad thai 
- Baked chicken 
- Milk 

- Oatmeal balls 
- Fruits 

wednesday

- Trittata toast 
- Milk 

- Beef/veggie 
- Barley 
- Toast/buns 
- Milk 

- Veggie stick with ranch 
- Rice 
- Cracker 
- Fruits 

thursday

- Oatmeal 
- Fruits 
- Milk 

- Baked fish 
- Potato 
- Mixed veggie 
- Milk 

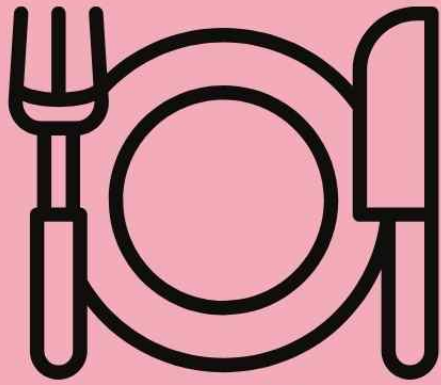
- Cheese 
- Crackers 
- Fruits 

friday

- Bagels 
- Cheese/jam 
- Fruits 
- Milk 

- Sloppy joe burger 
- Macaroni salad 
- Milk 

- Mixed trail 
- Fruits 



Week 6

FOOD



Breakfast

Lunch

Snacks

monday

- Cereal 
- Fruits 
- Milk 

- Mac & Cheese 
- Mixed veggies 
- Milk 

- Cheese crackers 
- Fruits 

tuesday


- Congee (veggie) 
- Toast 
- Milk 

- Baked chicken or tofu 
- Chopsuey 
- Rice 
- Milk 

- Mixed trails 
- Fruits 

wednesday

- Waffles with syrup 
- fruits 
- Milk 

- Mixed veggies in tomato soup 
- Egg 
- Tuna sandwich 
- Milk 

- Veggie stick 
- Cracker 
- Fruits 

thursday

- pancake with syrup 
- Fruits 
- Milk 

- Beef/veggie balls 
- Spaghetti 
- Cucumber 
- Milk 

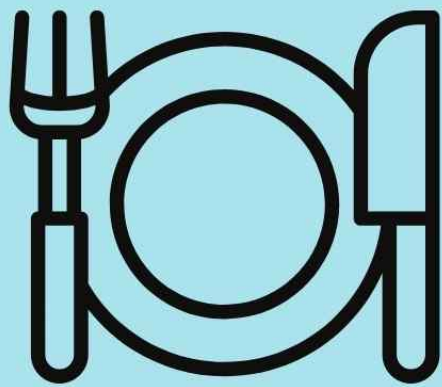
- Granola bars 
- Fruits 

friday

- Bagels with Cream/jam 
- Fruits 
- Milk 

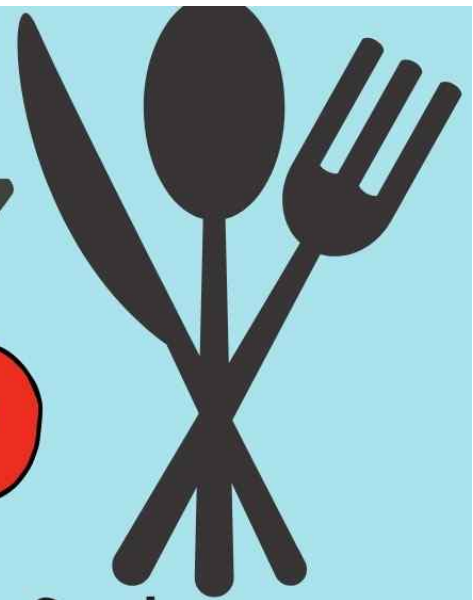
- Chef's choice 
- Milk 

- Banana bread 
- Fruits 



Week 7

FOOD



Breakfast

Lunch

Snacks

monday

- Cereal 
- Fruits 
- Milk 

- Feta spinach lasagn 
- Veggies stick 
- Milk 

- Cheese crackers 
- Fruits 

tuesday

- Oatmeal 
- Fruits 
- Milk 

- Beef stew 
- Veggie 
- Rice quinoa 
- Milk 

- Veggie stick with ranch 
- Rice crackers 
- Fruits 

wednesday

- Waffles 
- Fruits 
- Milk 

- Broccoli soup 
- Turkey sandwich 
- Egg sandwich 
- Milk 

- Muffins 
- Fruits 

thursday

- Scrambled egg toast 
- Fruits 
- Milk 

- Filipino pancit 
- Veggies 
- Chicken finger 
- Milk 

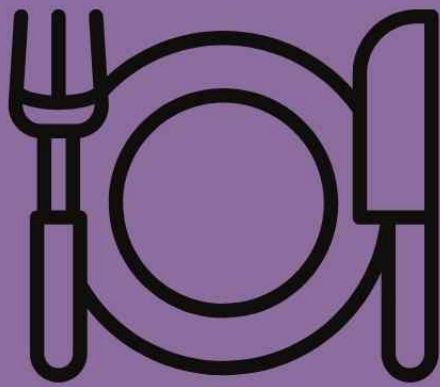
- Granola bars 
- Fruits 

friday

- Bagels with cheese/jam 
- Fruits 
- Milk 

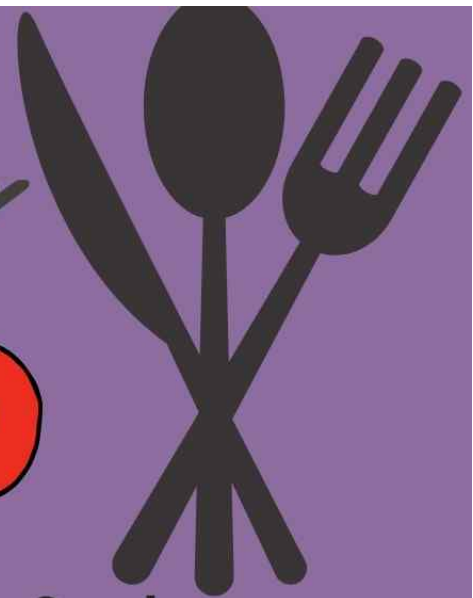
- Veggie pizza 
- Salad 
- Milk 

- Banana bread 
- Fruits 



Week 8

FOOD



Breakfast

Lunch

Snacks

monday

- Cereal 
- Fruits 
- Milk 

- Shepherd's pie 
- Beef/tofu 
- Veggies stick 
- Milk 

- Mixed trail 
- Fruits 

tuesday

- Waffles with syrup 
- Fruits 
- Milk 

- Butter chicken 
- tofu with veggie 
- Rice 
- Milk 

- Cheese 
- Crackers 
- Fruits 

wednesday

- Oatmeal with apple 
- Cinnamon 
- Milk 



- Creamy soup 
- Buns/toast 
- Milk 

- Veggie stick 
- Ranch 
- Rice crackers 
- Fruits 

thursday

- Bagels with cream/jam 
- Fruits 
- Milk 

- Pad thai 
- Mixed veggies 
- Milk 

- Yougurt 
- Mixed fruits 

friday

- Toast with butter/jam 
- Fruits 
- Milk 

- Fish fillets 
- Potato 
- veggie salad 
- Milk 

- Banana bread 
- Fruits 