



		MONDAY	TUESDAY	WEDNESDAY 01-Nov-2017	THURSDAY 02-Nov-2017	FRIDAY 03-Nov-2017
MORNING SNACK	WESTERN			SINGAPORE FRIED MEE HOON	ANCHOVIES FRIED RICE	BANANA CAKE
		LUNCH		CHICKEN LASAGNE GREEN PEAS	GRILLED FISH FILLET BUTTER RICE RATATOUILLE	BEEF GOULASH MASHED POTATO BROCOLLI WITH GARLIC
			ASIAN		GINGER BEEF STEAMED RICE MIX VEGETABLES	BUTTER CHICKEN SINGAPORE MEE HOON BABY KAILAN
VEGETARIAN		VEGETARIAN PIZZA PICO DE GALLO CUT FRUITS	MAC & CHEESE GARLIC BREAD	VEGETARIAN EGG PANINI SANDWICH MIX SALAD		

Information & Privilege:
 All the food served are Halal
 Menu may change according to food supply seasons

SHF Healthy Food Guidelines
 No added salt in cooking
 We reduce saturated fat in our production
 We bake, grill and steam rather than fry
 We reduce the sugar content and artificial coloring in our production
 All our food is MSG (monosodium glutamate) free
 Most of the food is palm oil free





		MONDAY 06-Nov-2017	TUESDAY 07-Nov-2017	WEDNESDAY 08-Nov-2017	THURSDAY 09-Nov-2017	FRIDAY 10-Nov-2017
MORNIN G SNACK	WESTERN	SAUSAGE FRIED RICE	NASI LEMAK	KWAY TEOW	DRY PRAWN RICE	PIZZA BUN
	ASIAN	FISH FINGER FRENCH FRIES COLESLAW SALAD	OVEN BAKED CHICKEN SPAGHETTI WITH HERBS FRENCH BEANS	LAMB CHOPS GARLIC RICE CARROT VICHY	BAKED CHICKEN WING PARSLEY POTATO MIX VEGETABLES	CHEESY MAC & FISH BROCCOLI WITH HERBS
	VEGETARIAN	TUMERIC CHICKEN STEAMED RICE SIEW PAK CHOY	BEEF LIGHT CURRY WHITE RICE MIX VEGETABLES	BUTTER CHICKEN SINGAPORE MEE HOON CHINESE CABBAGE	DARK SOYA FISH YEE MEE WITH MUSHROOM CABBAGE WITH CARROT	PAPRIK CHICKEN STEAMED RICE MIX VEGETABLES
LUNCH	VEGETARIAN	SUNNY SIDE UP SINGAPORE MEEHOON MIX VEGETABLES	STUFFING TAU FOO EGG PAN CAKE CUT FRUITS	MAGARITA PIZZA GREEN SALAD	ALO GOBI GARLIC BREAD PRATHA BREAD	CHEESE SANDWICH POTATO SALAD CUT FRUITS

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International School



		MONDAY 13-Nov-2017	TUESDAY 14-Nov-2017	WEDNESDAY 15-Nov-2017	THURSDAY 16-Nov-2017	FRIDAY 17-Nov-2017
MORNIN G SNACK		CHINESE FRIED RICE	YELLOW NOODLES	KAMPUNG FRIED RICE	YEE MEE	CHOCOLATE ROLL
	WESTERN	ROASTED CHICKEN WING PENNE WITH GARLIC GREEN PEAS	TUNA PIZZA CUT FRUITS	CHICKEN HOT DOG FRENCH FRIES MIX SALAD	<i>Thai Food Promotion</i> GREEN CURRY CHICKEN WHITE RICE KERABU (BEAN SPROUT) COCONUT JELLY	DEEP FRIED FISH SPAGHETTI WITH HERBS MIX VEGETABLES
		LUNCH	FISH TIKKA STEAMED RICE BITTER GOURD	TOMATO CHICKEN TOMATO RICE ACAR RANPAI	GARLIC FISH STEAMED RICE SIEW PAK CHOY	BEEF KURMA YELLOW NOODLES MIX VEGETABLES
VEGETARIAN	SPRING ROLL CHINESE FRIED RICE MIX VEGETABLES		SPAGHETTI ALA - MUSHROOM GARLIC BREAD	JAPANESE TAU FOO SINGAPORE MEEHOON MIX VEGETABLES	EGG SANDWICH POTATO SALAD CUT FRUIT	BRUCHETTA CORN SALAD HASH BROWN

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	MONDAY 20-Nov-2017	TUESDAY 21-Nov-2017	WEDNESDAY 22-Nov-2017	THURSDAY 23-Nov-2017	FRIDAY 24-Nov-2017
MORNIN G SNACK	CHICKEN FRIED RICE	SINGAPORE MEEHOON	DRIED PRAWN RICE	EGG NOODLES	SAUSAGE BUN
WESTERN	CHICKEN FAJITAS SPIRAL WITH BUTER MIX VEGETABLES	FISH & CHIPS COLESLAW SALAD CUT FRUITS	BEEF STEW ROASTED POTATO FRENCH BEANS	SPAGHETTI CHICKEN BOLOGNAISE GARLIC BREAD	BBQ DRUMSTICK GARLIC RICE MIX VEGETABLES
LUNCH	LAMB MASALLA STEAMED RICE LONG BEANS	KUNG POH CHICKEN GARLIC RICE MIX VEGETABLES	LIGHT FISH CURRY STEAMED RICE CABBAGE WITH GARLIC	SQUID TEMPURA CLAYPOT RICE BITTER GOURD	GINGER BEEF FILLET MEEHOON SIEW PAK CHOY
ASIAN	VEGETARIAN PIZZA COLESLAW SALAD CUT FRUIT	PANINI CHEESE SANDWICH WALDORF SALAD	SPAGHETTI AGLIO - ALIO GARLIC BREAD	VEGETARIAN WRAP POTATO SALAD CUT FRUITS	PANINI WITH SRAMBLED EGG HASH BROWN
VEGETARIAN					

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