

LITTLE URBAN FOREST FOOD MENU

Week 1					
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	- Steamed Buns - Milk	- Breakfast Cereal - Milk	- Egg Salad Sandwich - Milk	- Steamed Sweet Potato - Milk	- Breakfast Cereal - Milk
Snack AM	Seasonal Fresh Fruit				
Lunch	- Aglio e Olio	- Chicken Kurma with Rice	- Chicken Sandwich with Potato Leek Soup	- Kuey Teow Soup with Shredded Chicken & Bak Choy	- Egg Foo Young with Braised Vegetables & Rice
Snack PM	Jam Sandwich				
Week 2					
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	- Steamed Mantou - Milk	- Breakfast Cereal - Milk	- Scrambled Eggs & Toast - Milk	- Tuna Salad Sandwich - Milk	- Breakfast Smoothie - Hard-boiled Egg
Snack AM	Seasonal Fresh Fruit				
Lunch	- Sweet & Sour Chicken with Rice	- Mushroom Soup with Bread	- Steamed Soft Tofu with Braised Chicken & Rice	- Japanese Curry with Rice	- Fried Rice
Snack PM	Jam Sandwich				
Week 3					
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	- Breakfast Cereal - Milk	- French Toast - Milk	- Banana Bread - Milk	- Korean Pancake - Milk	- Toast with Banana & Honey - Milk
Snack AM	Seasonal Fresh Fruit				
Lunch	- Fried Kuey Teow	- Tomato Rice with Chicken	- Lentils & Vegetable Dhal Curry with Bread	- Spaghetti Bolognese	- Chicken Porridge with Carrots
Snack PM	Jam Sandwich				
Week 4					
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	- Grilled Cheese Sandwich - Milk	- Breakfast Cereal - Milk	- Baked Beans with Toast - Milk	- Kaya Toast - Milk	- Breakfast Cereal - Milk
Snack AM	Seasonal Fresh Fruit				
Lunch	- Mapo Tofu with Rice	- Macaroni Stir Fried with Veggies & Chicken	- Pumpkin Rice	- Chicken & Egg Drop Soup with Yee Mee	- Potato & Minced Meat Stew with Rice
Snack PM	Jam Sandwich				