

LITTLE URBAN FOREST FOOD MENU

Week 1					
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	- Steamed Buns - Milk	- Cinnamon French Toast With Honey - Milk	- Egg Salad Sandwich - Milk	- Pancake - Milk	- Mini Cheese Toast - Milk
Snack AM	Seasonal Fresh Fruit				
Lunch	- Aglio e Olio	- Egg Foo Young with Braised Vegetables & Rice	- Chicken Kurma with Rice	- Chicken Sandwich with Potato Leek Soup	- Kuey Teow Soup with Shredded Chicken & Bak Choy
Snack PM	- Strawberry Sandwich	- Baked open face sandwich with cheese and tomato sauce	- Bread Pudding	- Canape veggies sandwich (baguette slice, mix veggies & cheese)	- Tuna Sandwich
Week 2					
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	- Steamed Mantou - Milk	- Breakfast Smoothie - Hard-boiled Egg	- Scrambled Eggs & Toast - Milk	- Tuna Salad Sandwich - Milk	- Breakfast Cereal - Milk
Snack AM	Seasonal Fresh Fruit				
Lunch	- Sweet & Sour Chicken with Rice	- Carbonara pasta with mushroom	- Steamed Soft Tofu with Braised Chicken & Rice	- Japanese Curry with Rice	- Fried Rice
Snack PM	- Kaya Sandwich	- Garlic Bread	- Cheese Sandwich	- Butter Cake	- Biscuit & milk
Week 3					
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	- French Toast - Milk	- Pancake - Milk	- Finger toast with mix berries compote - Milk	- Banana Bread - Milk	- Egg Sandwich - Milk
Snack AM	Seasonal Fresh Fruit				
Lunch	- Fried Kuey Teow	- Turmeric Chicken with veggies & Rice	- Spaghetti Bolognese	- Creamy Spinach and chicken with rice	- Tomato Rice with Chicken
Snack PM	- Blueberry Sandwich	- Baked Potato Fries	- Strawberry Sandwich	- Raisin Cake	- Tuna Sandwich
Week 4					
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	- Grilled Cheese Sandwich - Milk	- Butter corn Kernels - Milk	- Baked Beans with Toast - Milk	- Kaya Toast - Milk	- Breakfast Cereal - Milk
Snack AM	Seasonal Fresh Fruit				
Lunch	- Mapo Tofu with Rice	- Chicken & Egg Drop Soup with Yee Mee	- Macaroni Stir Fried with Veggies & Chicken	- Roast chicken in creamy tomato stew with rice	- Potato & Minced Meat Stew with Rice
Snack PM	- Marmalade Sandwich	- Garlic Bread	- Kaya Sandwich	- Steamed Cake	- Swiss Rolls