(Week -1) 19 Oct to 23 Oct 2026				
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Morning snack				
Butter Cookies and choice of drink	**Piece of cheese & tomato pizza or banana and choice of drink**	**Chocolate croissant or honeydew melon and choice of drink** ***Will be packed if going out for a field trip***	**Blueberry muffin choice of drink**	**Fruit Danish or apple and choice of drink**
Dietary information: ***Gluten, Egg & Dairy***	**Dietary information:** ***Gluten, Egg & Dairy***	**Dietary information:** ***Gluten, Egg & Dairy***	**Dietary information:** ***Gluten, Egg & Dairy***	**Dietary information:** ***Gluten, Egg & Dairy***
Lunch menu				
Fusilli pasta with tomato sauce, carrots & grated cheese, plus choice of drink **or** **Stir fried tofu and green beans, plus choice of drink (allergy option)**	**Vegetable fried rice, fried egg & sliced cucumber, plus choice of drink** **or** **same as above without egg (allergy option)** ***** **or** **Stir fried tofu and green beans, plus choice of drink (allergy option)**	**Vegetarian Fish &Chips Coleslaw Salad, French Fries plus choice of drink** ***Packed lunch (if applicable): plain cheese sandwich**, watermelon or grapes, vanilla muffin plus a carton of juice*** ****Please bring something from home if the above is not suitable***	**Stir-Fried Char Kway Teow veg Noodles, Crispy tofu plus choice of drink** **Or** **Rice with Crispy tofu and stir-fried Greens**	**Kale Quinoa Burger, French Fries, Green Salad, plus choice of drink** **or** **Veg Pattie Fries& Green Salad (allergy option)**
Nutrition and dietary information: Energy (kcal): 474.7 Carbs (g):51.6 Protein (g):21.1 Fat (g):20.4 *Gluten, Egg & Dairy*	**Nutrition and dietary information:** Energy (kcal): 574.4 Carbs (g):68.5 Protein (g):22.5 Fat (g):23.3 *Gluten, Egg & Dairy*	**Nutrition and dietary information:** Energy (kcal): 343 Carbs (g):42.9 Protein (g):18.1 Fat (g): 10.8 *Gluten & Egg*	**Nutrition and dietary information:** Energy (kcal):479 Carbs (g):36.7 Protein (g):22.9 Fat (g):25.7 *Gluten, Egg & Dairy*	**Nutrition and dietary information:** Energy (kcal):769.8 Carbs (g):67.8 Protein (g):38.6 Fat (g):37.6 *Gluten & Dairy*

(Week -2)26 OCT TO 30 OCT 2026				
Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Morning snack				
Wholemeal banana bread and choice of drink	**Cheese Crackers or banana and choice of drink**	**Butter croissant or honeydew melon and choice of drink** ***Will be packed if going out for a field trip***	**Chocolate Chips Cookies choice of drink**	**Churros or apple and choice of drink**
Dietary information: ***Gluten, Egg & Dairy***	**Dietary information:** ***Gluten, Egg & Dairy***	**Dietary information:** ***Gluten, Egg & Dairy***	**Dietary information:** ***Gluten, Egg & Dairy***	**Dietary information:** ***Gluten, Egg & Dairy***
Lunch menu				
Penne pasta with tomato sauce with grated cheese & broccoli, plus choice of drink **or** **Teriyaki tofu, vegetable fried rice with local greens, plus choice of drink (allergy option)**	**Sweet & Sour Tofu with Steamed rice with local greens, plus choice of drink**	**Veg Fried rice vegetable spring roll, bok choy with tofu, plus choice of drink**	**Egg Noodles with vegetables, crispy fried Tofu, fried egg, plus choice of drink**	**Kale Quinoa burger and potato wedges, with coleslaw and salad, plus choice of drink**
Nutrition and dietary information: **Energy (kcal): 474.7** **Carbs (g):51.6** **Protein (g):21.1** **Fat (g):20.4** ***Gluten, Egg & Dairy***	**Nutrition and dietary information:** **Energy (kcal): 574.4** **Carbs (g):68.5** **Protein (g):22.5** **Fat (g):23.3** ***Gluten, Egg & Dairy***	**Nutrition and dietary information:** **Energy (kcal): 343** **Carbs (g):42.9** **Protein (g):18.1** **Fat (g): 10.8** ***Gluten & Egg***	**Nutrition and dietary information:** **Energy (kcal):479** **Carbs (g):36.7** **Protein (g):22.9** **Fat (g):25.7** ***Gluten, Egg & Dairy***	**Nutrition and dietary information:** Energy (kcal):769.8 Carbs (g):67.8 Protein (g):38.6 Fat (g):37.6