

伊顿双语幼儿学校

Eton House Bilingual Pre-School

| WEEK 1 | MORNING SNACK | LUNCH | AFTERNOON SNACK |
|-----------|--|--|--------------------------------|
| MONDAY | OAT PUFFS WITH MILK | BASIL TOMATO PASTA | PANDAN CAKE & FRESH FRUITS |
| TUESDAY | CORN FLAKES WITH MILK | HAINANESE CHICKEN RICE WITH JAPANESE CUCUMBER AND TOMATO | RED BEAN BUN & FRESH FRUITS |
| WEDNESDAY | SANDWICH WITH LIGHT CREAM CHEESE WITH MILK | CREAMY CHICKEN CORN SOUP WITH WHOLE MEAL BREAD | OATS BISCUITS & FRESH FRUITS |
| THURSDAY | CORN FLAKES WITH DRIED RAISIN & MILK | BAKED DORY COATED WITH PARMESAN HERB ,STEAMED POTATO, BROCCOLI, SWEET CORN | BANANA CAKE & FRESH FRUITS |
| FRIDAY | BROWN RICE BALLS WITH MILK | BRAISED DARK SOYA CHICKEN STEW WITH VEGETABLES, STEAM RICE AND JAPANESE CUCUMBER | CHEESE SANDWICH & FRESH FRUITS |

VEGETARIAN

| WEEK 1 | MORNING SNACK | LUNCH | AFTERNOON SNACK |
|-----------|--|---|--------------------------------|
| MONDAY | OAT PUFFS WITH MILK | BASIL TOMATO PASTA | PANDAN CAKE & FRESH FRUITS |
| TUESDAY | CORN FLAKES WITH MILK | SILKEN TOFU WITH MIXED VEGETABLE , JAPANESE CUCUMBER , TOMATO, GINGER RICE | RED BEAN BUN & FRESH FRUITS |
| WEDNESDAY | SANDWICH WITH LIGHT CREAM CHEESE WITH MILK | CREAMY SWEET CORN SOUP WITH WHOLE MEAL BREAD | OATS BISCUITS & FRESH FRUITS |
| THURSDAY | CORN FLAKES WITH DRIED RAISIN & MILK | ROASTED TOFU COATED WITH PARMESAN HERB,STEAMED POTATO,BROCCOLI,SWEET CORN AND PINTO BEANS | BANANA CAKE & FRESH FRUITS |
| FRIDAY | BROWN RICE BALLS WITH MILK | BRAISED DARK SOYA TOFU STEW WITH VEGETABLES, STEAM RICE AND JAPANESE CUCUMBER | CHEESE SANDWICH & FRESH FRUITS |

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| WEEK 2 | MORNING SNACK | LUNCH | AFTERNOON SNACK |
|-----------|--|--|--------------------------------|
| MONDAY | OAT PUFFS WITH MILK | SALMON IN MORNEY SAUCE WITH MIXED VEGETABLES AND STREAM RICE | PANDAN CAKE & FRESH FRUITS |
| TUESDAY | CORN FLAKES WITH MILK | ROSEMARY CHICKEN WITH BROCCOLI, CARROT, PASTA | RED BEAN BUN & FRESH FRUITS |
| WEDNESDAY | SANDWICH WITH LIGHT CREAM CHEESE WITH MILK | CHINESE STYLE STEAM FISH WITH SHANGHAI CABBAGE, CARROT, RICE | OATS BISCUITS & FRESH FRUITS |
| THURSDAY | CORN FLAKES WITH DRIED RAISIN & MILK | PASTA WITH CHICKEN BOLONAISE WITH PARMESAN CHEESE | BANANA CAKE & FRESH FRUITS |
| FRIDAY | BROWN RICE BALLS WITH MILK | RATATOULLI WITH BUTTER RICE | CHEESE SANDWICH & FRESH FRUITS |

VEGETARIAN

| WEEK 2 | MORNING SNACK | LUNCH | AFTERNOON SNACK |
|-----------|--|---|--------------------------------|
| MONDAY | OAT PUFFS WITH MILK | VEGETABLE IN MORNEY SAUCE WITH RICE | PANDAN CAKE & FRESH FRUITS |
| TUESDAY | CORN FLAKES WITH MILK | ROASTED PUMPKIN,CARROT, BROCCOLI AND PASTA | RED BEAN BUN & FRESH FRUITS |
| WEDNESDAY | SANDWICH WITH LIGHT CREAM CHEESE WITH MILK | BRAISED TOFU, SHANGHAI CABBAGE ,CARROTS,STEAM RICE | OATS BISCUITS & FRESH FRUITS |
| THURSDAY | CORN FLAKES WITH DRIED RAISIN & MILK | PASTA WITH VEGETABLE BOLONAISE WITH PARMESAN CHEESE | BANANA CAKE & FRESH FRUITS |
| FRIDAY | BROWN RICE BALLS WITH MILK | RATATOULLI WITH BUTTER RICE | CHEESE SANDWICH & FRESH FRUITS |

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| WEEK 3 | MORNING SNACK | LUNCH | AFTERNOON SNACK |
|-----------|--|--|--------------------------------|
| MONDAY | OAT PUFFS WITH MILK | PUMPKIN CARROT SOUP TUNA OR CHEESE SLICE WITH WHOLE MEAL BREAD | PANDAN CAKE & FRESH FRUITS |
| TUESDAY | CORN FLAKES WITH MILK | TERIYAKI CHICKEN WITH BROCCOLI, CARROT SLICE AND STEAM RICE | RED BEAN BUN & FRESH FRUITS |
| WEDNESDAY | SANDWICH WITH LIGHT CREAM CHEESE WITH MILK | EGG FRIED RICE WITH SALMON FLAKE AND MIXED VEGETABLES | OATS BISCUITS & FRESH FRUITS |
| THURSDAY | CORN FLAKES WITH DRIED RAISIN & MILK | ROASTED LEMON BASIL CHICKEN THIGH WITH CARROTS, BROCCOLI AND PASTA | BANANA CAKE & FRESH FRUITS |
| FRIDAY | BROWN RICE BALLS WITH MILK | CREAMY CHICKEN A LA KING WITH VEGETABLES AND PILIF RICE | CHEESE SANDWICH & FRESH FRUITS |

VEGETARIAN

| WEEK 3 | MORNING SNACK | LUNCH | AFTERNOON SNACK |
|-----------|--|--|--------------------------------|
| MONDAY | OAT PUFFS WITH MILK | PUMPKIN CARROT SOUP TUNA OR CHEESE SLICE WITH WHOLE MEAL BREAD | PANDAN CAKE & FRESH FRUITS |
| TUESDAY | CORN FLAKES WITH MILK | TERIYAKI TOFU, MIXED VEGETABLES , BROCCOLI,CARROT SLICE WITH STEAM RICE | RED BEAN BUN & FRESH FRUITS |
| WEDNESDAY | SANDWICH WITH LIGHT CREAM CHEESE WITH MILK | FRIED RICE WITH MIXED VEGETABLE | OATS BISCUITS & FRESH FRUITS |
| THURSDAY | CORN FLAKES WITH DRIED RAISIN & MILK | VEGETABLE PATTIE WITH CARROTS BROCCOLI AND PASTA | BANANA CAKE & FRESH FRUITS |
| FRIDAY | BROWN RICE BALLS WITH MILK | CREAMY BEAN AND VEGETABLES STEW, WITH PILIF RICE | CHEESE SANDWICH & FRESH FRUITS |