

**BREAKFAST**

Menu	MONDAY 7.01.2019	TUESDAY 8.01.2019	WEDNESDAY 9.01.2019	THURSDAY 10.01.2019	FRIDAY 11.01.2019	SATURDAY 12.01.2019	SUNDAY 13.01.2019 Brunch (9.00am-12.00pm)
BREAKFAST ESSENTIALS	Toast with butter, jam and honey						
	Homemade Bread Loaf						
	2 types of breakfast cereals						
	Cut fruit / Whole fruit						
	Low fat milk / Chocolate milk /Soy milk / Fruit juice / Water						
ACTION	Omelette / Scrambled egg						
SPECIAL	Oatmeal -Oats -Diced fruits -Honey	Soup Noodles -Shredded chicken / anchovies / sliced tofu -Cubed vegetables -Spring onion -Fried shallot	Porridge -Salted egg / anchovies / shredded chicken -Julienned ginger -Spring onion -Soy sauce	BBQ Chicken Pau		Chicken Porridge -Shredded chicken -Julienned ginger -Spring onion -Soy sauce	Mixed Garden Salad with Salad Dressing
ASIAN	-Tom yum fried rice -Fried noodles	-Kampung fried rice -Lebanese bread -Potato curry	-Fried Kway Teow -Thai Fried Rice	-Chinese fried rice -Fried noodles -Mantou	-Spicy fried rice -Bee hoon Siam	-Nasi lemak -Fried noodles -Chicken rendang	
WESTERN	-Pancake -Breakfast sausage -Baked potato wedges -Baked beans	-Breakfast sausage -Boiled potato -Baked beans -Grilled tomato	-French toast -Breakfast sausage -Hash brown -Baked beans -Sautéed mushroom with capsicum	-Breakfast sausage -Roasted potato -Baked beans -Pancake - Waffle	-French toast -Breakfast sausage -Baked beans -Grilled tomato -Boiled Potato	-Waffle -Hash brown -Breakfast sausage -Baked beans -Steamed broccoli & carrot	

\*The menu above is subject to last-minute changes depending on the availability of ingredients.

**FOOD TRAFFIC LIGHT INDICATOR:**

	<p>Foods labelled in <b>GREEN</b>:</p> <p><i>Eat everyday / in every meal</i></p>		<p>Foods labelled in <b>YELLOW</b>:</p> <p><i>Good to have it 3 – 4 times a week</i></p>		<p>Foods labelled in <b>RED</b>:</p> <p><i>Nice to have it once a week</i></p>
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**LUNCH**

Menu		MONDAY 7.01.2019	TUESDAY 8.01.2019	WEDNESDAY 9.01.2019	THURSDAY 10.01.2019	FRIDAY 11.01.2019	SATURDAY 12.01.2019	SUNDAY 13.01.2019 Brunch (9.00am-12.00pm)
		<b>SOUP OF THE DAY &amp; SALAD BAR</b>						<b>BRUNCH</b>
Please choose either one (1)	ASIAN	-Green pea rice -Chicken curry with potatoes -Stir-fried vegetables	-Biryani rice -Chicken biryani -Stir-fried vegetables	-Mushroom pilaf -Fried fish with Thai sweet chili sauce -Stir-fried vegetables	Capsicum rice -Chicken kurma with potatoes -Stir-fried vegetables	-Brown rice -Beef rendang - Stir fried vegetables		
	WESTERN	-Potato au gratin -Baked fish pie -Steamed vegetables	-Sautéed parsley potato -Grilled fish roulade -Steamed vegetables	-Mashed potato -Chicken stew -Steamed vegetables	-Garlic sweet potato - Baked salmon with tomato coulis -Steamed vegetables	-Honey-baked pumpkin & potato wedges -Grilled fish with soy sauce & onion spring -Steamed vegetables		
	VEGETARIAN	-Yogurt rice -Mixed beans casserole -Beet root puttu -Vegetable kurma	- Biryani rice / Steamed rice - Yellow dhall - Eggplant sambal - Stir fried vegetables	-Tamarind Rice -Vege mutton curry -Stir-fried beansprout -Carrot puttu	-Capsicum rice / Steamed rice -Pucuk manis and dhall -Tofu sambal -Mix vege curry	- Brown rice / Steamed rice -Vegetarian char siew chicken -Tomato rassam -Stir-fried vegetables		
BEVERAGE		Water	Water	Water	Water	Water		
DESSERT					Dessert of the day			

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**FOOD TRAFFIC LIGHT INDICATOR:**

	<p>Foods labelled in <b>GREEN</b>:</p> <p><i>Eat everyday / in every meal</i></p>		<p>Foods labelled in <b>YELLOW</b>:</p> <p><i>Good to have it 3 – 4 times a week</i></p>		<p>Foods labelled in <b>RED</b>:</p> <p><i>Nice to have it once a week</i></p>
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### LUNCH - Real Food on Campus

Menu	MONDAY 7.01.2019	TUESDAY 8.01.2019	WEDNESDAY 9.01.2019	THURSDAY 10.01.2019	FRIDAY 11.01.2019	SATURDAY 12.01.2019	SUNDAY 13.01.2019 Brunch (9.00am-12.00pm)
LIVE NOODLE STATION		Dry wanton noodles	Dry wanton noodles	Dry wanton noodles	Dry wanton noodles	Dry wanton noodles	-
		Tomyam noodles with condiments	Vegetables soup with condiments	Fishball soup with condiments	Laksam Kelantan with condiments	Bakso with condiments	

### LUNCH & DINNER - Real Food on Campus

Menu	MONDAY 7.01.2019	TUESDAY 8.01.2019	WEDNESDAY 9.01.2019	THURSDAY 10.01.2019	FRIDAY 11.01.2019	SATURDAY 12.01.2019	SUNDAY 13.01.2019 Brunch (9.00am-12.00pm)
LIVE PASTA STATION	<b>Pasta with Milanese Sauce</b> - Tomato sauce - Diced vegetables - Chilli flakes	<b>Pasta with Napolitana Sauce</b> - Tomato sauce - Diced vegetables	<b>Pasta ala Arrabiatta</b> - Tomato sauce - Diced vegetables - Chilli flakes	<b>Pasta Puttanesca</b> - Tomato sauce - Blanched vegetables - Diced vegetables - Garlic flakes	<b>Pasta al Pomodoro</b> - Tomato sauce - Blanched asparagus - Diced vegetables	<b>Pasta with Amatriciana Sauce</b> - Tomato sauce - Beef pepperoni - Blanched vegetables	<b>Pasta with Milanese Sauce</b> - Tomato sauce - Diced vegetables - Chilli flakes
	<b>Pasta with Porcini Sauce</b> - Cream sauce - Diced vegetables - Sautéed mushrooms - Grated cheese	<b>Pasta with Carbonara Sauce</b> - Cream sauce - Chicken pepperoni - Diced vegetables	<b>Pasta al Salmone</b> - Cream sauce - Salmon Flakes - Diced vegetables - Grated cheese	<b>Pasta with Pesto Sauce</b> - Basil leaves - Olive oil - Diced vegetables - Grated cheese	<b>Pasta with Alfredo Sauce</b> - Cream sauce - Sliced chicken - Diced vegetables - Grated cheese	<b>Pollo Aglio e Olio</b> - Chicken sausages - Diced vegetables - Grated cheese	<b>Pasta with Porcini Sauce</b> - Cream sauce - Diced vegetables - Sautéed mushrooms - Grated cheese

### LUNCH & DINNER - Real Food on Campus

Menu	MONDAY 7.01.2019	TUESDAY 8.01.2019	WEDNESDAY 9.01.2019	THURSDAY 10.01.2019	FRIDAY 11.01.2019	SATURDAY 12.01.2019	SUNDAY 13.01.2019 Brunch (9.00am-12.00pm)
LIVE SANDWICH STATION	SANDWICH / WRAP OF THE DAY				SANDWICH / WRAP OF THE DAY	PIZZA DAY	

\*The menu above is subject to last-minute changes depending on the availability of ingredients

### FOOD TRAFFIC LIGHT INDICATOR:

 Foods labelled in <b>GREEN</b> :  <i>Eat everyday / in every meal</i>	 Foods labelled in <b>YELLOW</b> :  <i>Good to have it 3 – 4 times a week</i>	 Foods labelled in <b>RED</b> :  <i>Nice to have it once a week</i>
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## DINNER

Menu		MONDAY 7.01.2019	TUESDAY 8.01.2019	WEDNESDAY 9.01.2019	THURSDAY 10.01.2019	FRIDAY 11.01.2019	SATURDAY 12.01.2019	SUNDAY 13.01.2019 Brunch (9.00am-12.00pm)
Please choose either one (1)	ASIAN	-Thai fried rice -Chicken marmite - Stir-fried mixed vegetables	Yong chow fried rice -Kung pou chicken -Stir-fried vegetables	- Zucchini rice -Baked fish with chilli & lime -Stir-fried okra	-Mushroom pilaf -Char siew chicken -Stir-fried vegetables	-Butter rice -Chicken teppanyaki -Stir-fried vegetable	<b>MEXICAN CUISINE</b>  -Spicy Mexican rice / Steamed rice -Crispy taco / Bun -Chicken chili con carne -Roasted chicken wings -Mexican fish with lime salsa -Vegetable chili -Mexican Pizza -Steamed vegetables	-Kampung fried rice -Grilled fish with tamarind sauce -Stir-fried vegetables
	WESTERN	-Roasted sweet potato -Roasted cajun fish with Hollandaise sauce -Steamed vegetables	-Roasted garlic potato - Grilled fish with tangy butter sauce -Steamed vegetables	-Baked potato -Black pepper chicken -Steamed vegetables	- Lyonnaise potato - Baked fish with creamy pesto sauce -Steamed vegetables	-Braised potato & carrot -Grilled Fish Pimiento -Steamed vegetables		-Mashed potato with brown sauce -Roasted chicken chop -Steamed vegetables
	VEGETARIAN	-Thai fried rice / Steamed rice -Fried tofu with spicy chili sauce -Stir-fried mixed vegetables -Steamed vegetables	-Yong chow fried rice / Steamed rice -Veg. chicken with ginger & spring onion -Stir-fried vegetables -Steamed vegetables	-Zucchini rice / Steamed rice -Stir-fried vegetables -Tom yum soup noodles with condiments	-Mushroom pilaf / Steamed rice -Braised tofu -Stir fried vegetables -Steamed vegetables	- Steamed rice -Beans lasagna -Steamed vegetables -Stir fried vegetables		-Kampung fried rice / Steamed rice -Steamed tofu with garlic soy sauce -Stir-fried vegetables -Steamed vegetables
	BEVERAGE	-Fruit juice -Water	-Fruit juice -Water	-Fruit juice -Water	-Fruit juice -Water	-Fruit juice -Water		-Fruit juice -Water

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### MORNING SNACK

Menu	MONDAY 7.01.2019	TUESDAY 8.01.2019	WEDNESDAY 9.01.2019	THURSDAY 10.01.2019	FRIDAY 11.01.2019	SATURDAY 12.01.2019	SUNDAY 13.01.2019 Brunch (9.00am-12.00pm)
OPTION 1		Mini scone	Vegetable samosa	Danish pastry	Homemade muffin	Egg mayo sandwich	-
OPTION 2		Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk	

### AFTERNOON SNACK

Menu	MONDAY 7.01.2019	TUESDAY 8.01.2019	WEDNESDAY 9.01.2019	THURSDAY 10.01.2019	FRIDAY 11.01.2019	SATURDAY 12.01.2019	SUNDAY 13.01.2019 Brunch (9.00am-12.00pm)
OPTION 1		Chocolate cake	Spring roll	Sliced cheese sandwich	Doughnut	Danish pastry	-
OPTION 2		Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk	-

### EVENING SNACK

Menu	MONDAY 7.01.2019	TUESDAY 8.01.2019	WEDNESDAY 9.01.2019	THURSDAY 10.01.2019	FRIDAY 11.01.2019	SATURDAY 12.01.2019	SUNDAY 13.01.2019 Brunch (9.00am-12.00pm)
	Cookie	Chocolate roll	Assorted fruits	Apple strudel	Assorted fruits	Kaya whirl	Assorted fruits

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### FOOD TRAFFIC LIGHT INDICATOR:

	Foods labelled in <b>GREEN</b> :  <i>Eat everyday / in every meal</i>		Foods labelled in <b>YELLOW</b> :  <i>Good to have it 3 – 4 times a week</i>		Foods labelled in <b>RED</b> :  <i>Nice to have it once a week</i>
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### BREAKFAST

Menu	MONDAY 14.01.2019	TUESDAY 15.01.2019	WEDNESDAY 16.01.2019	THURSDAY 17.01.2019	FRIDAY 18.01.2019	SATURDAY 19.01.2019	SUNDAY 20.01.2019 Brunch (9.00am-12.00pm)
BREAKFAST ESSENTIALS	Toast with butter, jam and honey						
	Homemade Bread Loaf						
	2 types of breakfast cereals						
	Cut fruit /Whole fruits						
	Low fat milk / Chocolate milk /Soy milk / Fruit juice / Water						
ACTION	Omelette / Scrambled egg	Omelette / Scrambled egg	Omelette / Scrambled egg	Omelette / Scrambled egg	Omelette / Scrambled egg	Omelette / Scrambled egg	Omelette / Scrambled egg
SPECIAL	<b>Soup Noodles</b> -Shredded chicken / anchovies / sliced tofu -Cubed vegetables -Spring onion -Fried shallot	<b>Chicken porridge</b> - shredded chicken - beansprout - soy sauce	<b>BBQ Chicken Pau Mantou</b>	<b>Porridge</b> -Salted egg / anchovies / shredded chicken -Julienned ginger -Spring onion -Soy sauce	<b>Vegetable soup noodles</b>	<b>Oatmeal</b> -Oats -Diced fruits -Honey	<b>Caesar Salad with dressing and croutons</b>
ASIAN	-Fried Yee mee -Chinese fried rice -Roti paratha -Dhal curry	-Minang fried rice - Fried Mee mamak	-Long bean fried rice -Lebanese bread -Chickpea curry	-Malaysian fried rice -Bee hoon Siam	-Vegetarian fried rice -Fried koay teow	- Singapore fried mee Hoon	-Nasi lemak -Fried mamak noodles -Fried chicken
WESTERN	-Cinnamon toast -Breakfast sausage -Hash brown -Baked beans -Grilled herbed tomato	-French toast -Breakfast sausage -Baked Potato -Baked beans with onion -Sautéed Mushroom	-Bread butter pudding -Breakfast sausage -Chicken pandan -Boiled parsley potato -Baked beans	-Waffle -Breakfast sausage -Boiled potato -Baked beans -Sautéed mushrooms	-French toast -Breakfast sausage -Hash brown -Baked beans -Chicken meat loaf	-Pancake -Breakfast sausage -Baked potato -Baked beans -Chicken siew mai	-Waffle -Hash brown -Breakfast sausage -Baked beans with onion -Grilled herbed tomato

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### LUNCH

Menu	MONDAY 14.01.2019	TUESDAY 15.01.2019	WEDNESDAY 16.01.2019	THURSDAY 17.01.2019	FRIDAY 18.01.2019	SATURDAY 19.01.2019	SUNDAY 20.01.2019 Brunch (9.00am-12.00pm)	
	<b>SOUP OF THE DAY &amp; SALAD BAR</b>							
Please choose either one (1)	ASIAN	-Pandan rice -Spiced fried chicken -Stir-fried Cabbage	- Butter rice -Chinese style steamed fish -Stir-fried vegetables	-Raisin rice / - Ayam masak merah -Acar jelatah	-Coriander Rice -Ikan masak asam pedas -Nyonya chap chye	-Japanese garlic fried rice -Teriyaki chicken -Stir-fried beansprout	-Zucchini rice -Fish tandoori - Stir-fried vegetables	<b>BRUNCH</b>
	WESTERN	-Mashed potato -Baked parmesan crusted fish -Steamed vegetables	-Sautéed potato with capsicum -Grilled chicken with mushroom sauce -Steamed vegetables	-Roasted root vegetables -Lamb Kabsah -Steamed vegetables	-Baked parsley potato -Chicken fricassee -Steamed vegetables	- Roasted potato / Steamed rice -Grilled salmon with lemon sauce -Steamed vegetables	-Mashed potato au gratin -Roasted Mediterranean chicken with gravy -Steamed vegetables	
	VEGETARIAN	- Pandan rice / Steamed rice -Pineapple raita - Sweet& sour tofu -Stir-fried vegetables	-Butter rice / Steamed rice -Vege mutton kurma -Stir-fried vegetables -Vegetable fritters	-Raisin rice / Steamed rice -Spicy mango chutney - Stir fried vegetables - Tofu curry	- Coriander rice / Steamed rice - Mix beans sambar - Nyonya chap shye - Payasam	- Japanese garlic fried rice / Steamed rice - Green pea pie - Stir fried vegetables - Grilled mix vegetables	- Zucchini rice / Steamed rice - Dhall - Stir fried vegetables - Vegetable patty	
BEVERAGE	Water	Water	Water	Water	Water	Water		
DESSERT					Dessert of the day			

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### LUNCH - Real Food on Campus

Menu	MONDAY 14.01.2019	TUESDAY 15.01.2019	WEDNESDAY 16.01.2019	THURSDAY 17.01.2019	FRIDAY 18.01.2019	SATURDAY 19.01.2019	SUNDAY 20.01.2019 Brunch (9.00am-12.00pm)
LIVE NOODLE STATION	Dry wanton noodles	Dry wanton noodles	Dry wanton noodles	Dry wanton noodles	Dry wanton noodles	Dry wanton noodles	-
	Laksa Kedah with condiments	Curry Mee with condiments	Bakso with condiments	Vegetable Soup with condiments	Cantonese Hor Fun with condiments	Curry Mee with condiments	

### LUNCH & DINNER - Real Food on Campus

Menu	MONDAY 14.01.2019	TUESDAY 15.01.2019	WEDNESDAY 16.01.2019	THURSDAY 17.01.2019	FRIDAY 18.01.2019	SATURDAY 19.01.2019	SUNDAY 20.01.2019 Brunch (9.00am-12.00pm)
LIVE PASTA STATION	<b>Pasta with Milanese Sauce</b> - Tomato sauce - Diced vegetables - Chilli flakes	<b>Pasta with Napolitana Sauce</b> - Tomato sauce - Diced vegetables	<b>Pasta ala Arrabiatta</b> - Tomato sauce - Diced vegetables - Chilli flakes	<b>Pasta Puttanesca</b> - Tomato sauce - Olives - Blanched vegetables - Diced vegetables - Garlic flakes	<b>Pasta al Pomodoro</b> - Tomato sauce - Blanched asparagus - Diced vegetables	<b>Pasta with Amatriciana Sauce</b> - Tomato sauce - Beef pepperoni - Blanched vegetables	<b>Pasta with Milanese Sauce</b> - Tomato sauce - Diced vegetables - Chilli flakes
	<b>Pasta with Porcini Sauce</b> - Cream sauce - Diced vegetables - Sautéed mushrooms - Grated cheese	<b>Pasta with Carbonara Sauce</b> - Cream sauce - Chicken pepperoni - Diced vegetables	<b>Pasta al Salmone</b> - Cream sauce - Salmon Flakes - Diced vegetables Grated cheese	<b>Pasta with Pesto Sauce</b> - Basil leaves - Olive oil - Diced vegetables - Grated cheese	<b>Pasta with Alfredo Sauce</b> - Cream sauce - Sliced chicken - Diced vegetables Grated cheese	<b>Pollo Aglio e Olio</b> - Chicken sausages - Diced vegetables Grated cheese	<b>Pasta with Porcini Sauce</b> - Cream sauce - Diced vegetables - Sautéed mushrooms - Grated cheese

### LUNCH & DINNER - Real Food on Campus

Menu	MONDAY 14.01.2019	TUESDAY 15.01.2019	WEDNESDAY 16.01.2019	THURSDAY 17.01.2019	FRIDAY 18.01.2019	SATURDAY 19.01.2019	SUNDAY 20.01.2019 Brunch (9.00am-12.00pm)
LIVE SANDWICH STATION	SANDWICH / WRAP OF THE DAY					PIZZA DAY	

### FOOD TRAFFIC LIGHT INDICATOR:

	Foods labelled in <b>GREEN</b> :  <i>Eat everyday / in every meal</i>		Foods labelled in <b>YELLOW</b> :  <i>Good to have it 3 – 4 times a week</i>		Foods labelled in <b>RED</b> :  <i>Nice to have it once a week</i>
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## DINNER

Menu		MONDAY 14.01.2019	TUESDAY 15.01.2019	WEDNESDAY 16.01.2019	THURSDAY 17.01.2019	FRIDAY 18.01.2019	SATURDAY 19.01.2019	SUNDAY 20.01.2019 Brunch (9.00am-12.00pm)
Please choose either one (1)	ASIAN	- Turmeric rice -Fish Sambal -Stir-fried vegetables	Mushroom fried rice -Thick fish curry -Sautéed vegetables	-Yong chow fried rice -Chicken rendang -Wok-fried vegetables	-Green pea rice - Malay style grilled fish in banana leaf -Wok-fried vegetables	-Zucchini rice -Tom yam steamed fish -Stir-fried vegetables	<b>CHINESE CUISINE</b> -Chicken fried rice / Steamed rice -Chinese style sautéed potato with carrots -Cantonese kuey teow -Roasted chicken drumstick with chilli sauce -Steamed fish with garlic chilli sauce -Szechuan mah poh tofu -Stir-fried vegetables -Butter-mixed vegetables	-Vegetable fried rice -Ayam masak lemak cili api -Stir-fried vegetables
	WESTERN	-Irish potato -Chicken pie -Steamed vegetables	Boiled parsley potato -Cheesy chicken casserole -Steamed vegetables	-Roasted Cajun potato -Grilled fish with orange sauce -Steam vegetables with couscous	- Spicy potato wedges -Chicken stew -Steamed vegetables	-Baked potato / Steamed rice -Chicken Mornay -Steamed vegetables		-French fries -Fried battered fish -Roasted broccoli & carrot
	VEGETARIAN	Tumeric rice / Steamed rice - Veg. mutton curry -Stir-fried vegetables -Fried tempeh with sambal	Mushroom fried rice / Steamed rice -Vegetarian chicken with sauce -Sautéed vegetables -Steamed vegetables	Yong chow fried rice / Steamed rice -Stuffed tofu with Thai chili sauce -Wok-fried vegetables - Vegetable fritters	-Green pea rice / Steamed rice -Vegetable kurma -Wok-fried vegetables -Pineapple pajori	-Zucchini rice / Steamed rice -Eggplant sambal -Stir-fried vegetables -Steamed vegetables		Vegetable fried rice / Steamed rice -Spinach & parmesan frittata -Stir-fried vegetables -Roasted broccoli & carrot
	BEVERAGE	-Fruit juice -Water	-Fruit juice -Water	-Fruit juice -Water	- Fruit juice - Water	- Fruit juice - Water	- Fruit juice - Water	-Fruit juice -Water

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### MORNING SNACK

Menu	MONDAY 14.01.2019	TUESDAY 15.01.2019	WEDNESDAY 16.01.2019	THURSDAY 17.01.2019	FRIDAY 18.01.2019	SATURDAY 19.01.2019	SUNDAY 20.01.2019 Brunch (9.00am-12.00pm)
OPTION 1	Danish pastry	Tuna sandwich	Homemade bun	Doughnut	Vegetable samosa	Sliced banana cake	-
OPTION 2	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk	

### AFTERNOON SNACK

Menu	MONDAY 14.01.2019	TUESDAY 15.01.2019	WEDNESDAY 16.01.2019	THURSDAY 17.01.2019	FRIDAY 18.01.2019	SATURDAY 19.01.2019	SUNDAY 20.01.2019 Brunch (9.00am-12.00pm)
OPTION 1	Sliced chocolate cake	Banana gula melaka	Danish pastry	Chicken pizza	Egg mayo sandwich	Chocolate roll	-
OPTION 2	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk	

### EVENING SNACK

Menu	MONDAY 14.01.2019	TUESDAY 15.01.2019	WEDNESDAY 16.01.2019	THURSDAY 17.01.2019	FRIDAY 18.01.2019	SATURDAY 19.01.2019	SUNDAY 20.01.2019 Brunch (9.00am-12.00pm)
	Kaya Whirl	Sausage bun	Assorted fruits	Homemade muffin	Assorted fruits	Bread & butter -Milk	Assorted fruits

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### BREAKFAST

Menu	MONDAY 21.01.2019	TUESDAY 22.01.2019	WEDNESDAY 23.01.2019	THURSDAY 24.01.2019	FRIDAY 25.01.2019	SATURDAY 26.01.2019	SUNDAY 27.01.2019 Brunch (9.00am-12.00pm)
BREAKFAST ESSENTIALS	Toast with butter, jam and honey						
	Homemade Bread Loaf						
	2 types of breakfast cereals						
	Cut fruit /Whole fruits						
	Low fat milk / Chocolate milk /Soy milk / Fruit juice / Water						
ACTION	Omelette / Scrambled egg	Omelette / Scrambled egg	Omelette / Scrambled egg	Omelette / Scrambled egg	Omelette / Scrambled egg	Omelette / Scrambled egg	Omelette / Scrambled egg
SPECIAL	Chicken Porridge -Spring onion -Salted egg -Julienned ginger -Spring onion -Soy sauce	DIY Yogurt Parfait -Natural yogurt -Corn flakes -Cut fruits	Oatmeal -Oats -Diced fruits -Honey	Steamed Mantou	Porridge -Minced chicken -Mixed vegetables -Spring onion -Soy sauce	Mushroom Soup -served with sliced baguette	Garden salad with dressing
ASIAN	-Long bean fried rice -Fried Noodles	Omelette fried rice - Tom yum fried bee hoon	-Fried rice with anchovies -Fried yee mee -Lebanese bread -Dhal curry	-Oriental fried rice -Fried mee mamak -Mini pandan chicken	-Chili Padi fried rice -Fried loh shu fun	- Tomyam Fried Rice -Fried noodles -Roti paratha -Vegetable curry	-Mango fried Rice -Fried bee hoon -Spicy popcorn chicken
WESTERN	-French toast -Sautéed potato -Baked beans -Grilled tomato -Sautéed Mushroom	Grilled chicken toast -Breakfast sausage -Hash brown -Baked beans with onion -Grilled Parmesan tomato	-Pancake -Chicken ham -Breakfast sausage -Boiled potato -Baked beans	-Cinnamon toast -Breakfast sausage -Sautéed potato -Baked beans -Sautéed green pea	-French toast -Breakfast sausage -Hash brown -Baked beans with onion -Grilled herbed tomato	-Bread pudding -Breakfast sausage -Chicken ham -Baked potato -Baked beans	-Pancake -Breakfast sausage -Boiled parsley potato -Baked beans with onion -Grilled tomato -Steamed broccoli & corn

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### LUNCH

Menu		MONDAY 21.01.2019	TUESDAY 22.01.2019	WEDNESDAY 23.01.2019	THURSDAY 24.01.2019	FRIDAY 25.01.2019	SATURDAY 26.01.2019	SUNDAY 27.01.2019 Brunch (9.00am-12.00pm)	
		<b>SOUP OF THE DAY &amp; SALAD BAR</b>							
Please choose either one (1)	ASIAN	-Pumpkin rice -Sweet & sour fish -Stir-fried vegetables	- Yogurt rice - Chicken adobo - Stir fried vegetables	-Mushroom pilaf -Masala fried fish -Stir-fried vegetables	- Yellow rice - Ayam percik Kelantan - Stir fried vegetables	-Capsicum rice -Korean chicken stew -Stir-fried vegetables	-Seaweed rice -Fish curry - Stir-fried vegetables		
	WESTERN	-Boulangere potato -Oven baked chicken with cream sauce -Steamed vegetables	- Sautéed potato with caramelized onion -Grilled fish with spicy mango salsa -Steamed vegetables	-Baked rosemary potato -Mediterranean lemon chicken -Steamed vegetables	-Mashed potato au gratin -Beef pie -Steamed vegetables	-Baked whole potato with condiments - Grilled salmon with dill sauce -Steamed vegetables	-Mashed carrot & potato -Chicken casserole -Steamed vegetables		
	VEGETARIAN	- Pumpkin rice / Steamed rice - Mushroom pie - Stir fried vegetables - Potato paratel	-Yogurt rice / Steamed rice -Sautéed French beans -Stir fried vegetables -Grilled mix vegetables	- Mushroom pilaf / Steamed rice - Vegetable fritters - Mix bean casserole -Stir-fried vegetables	- Yellow rice/ Steamed rice - Fried tempeh with chilli soy sauce - Stir fried vegetables - Tomato rassam	- Capsicum rice / Steamed rice -Pumpkin pulisherry -Vegetable sambar -Stir fried vegetables	-Seaweed rice / Steamed rice -Dhall curry - Stir fried vegetables -Sautéed mix vegetables		
BEVERAGE		Water	Water	Water	Water	Water	Water		
DESSERT						Dessert of the day			

\*The menu above is subject to last-minute changes depending on the availability of ingredients.

### FOOD TRAFFIC LIGHT INDICATOR:

	Foods labelled in <b>GREEN</b> :  <i>Eat everyday / in every meal</i>		Foods labelled in <b>YELLOW</b> :  <i>Good to have it 3 – 4 times a week</i>		Foods labelled in <b>RED</b> :  <i>Nice to have it once a week</i>
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### LUNCH - Real Food on Campus

Menu	MONDAY 21.01.2019	TUESDAY 22.01.2019	WEDNESDAY 23.01.2019	THURSDAY 24.01.2019	FRIDAY 25.01.2019	SATURDAY 26.01.2019	SUNDAY 27.01.2019 Brunch (9.00am-12.00pm)
LIVE NOODLE STATION	-Dry wanton noodles -Condiments	-Dry wanton noodles -Condiments	-Dry wanton noodles -Condiments	-Dry wanton noodles -Condiments#	-Dry wanton noodles -Condiments	Dry wanton noodles -Condiments	
	Bakso with condiments	Curry Mee with Condiments	Vegetable Soup with condiments	Cantonese Yee mee with condiments	Fishball Soup with condiments	Laksa Penang with condiments	

### LUNCH & DINNER - Real Food on Campus

Menu	MONDAY 21.01.2019	TUESDAY 22.01.2019	WEDNESDAY 23.01.2019	THURSDAY 24.01.2019	FRIDAY 25.01.2019	SATURDAY 26.01.2019	SUNDAY 27.01.2019 Brunch (9.00am-12.00pm)
LIVE PASTA STATION	<b>Pasta with Milanese Sauce</b> -Tomato sauce - Diced vegetables - Chilli flakes	<b>Pasta with Napolitana Sauce</b> -Tomato sauce - Diced vegetables	<b>Pasta ala Arrabiatta</b> -Tomato sauce - Diced vegetables - Chilli flakes	<b>Pasta Puttanesca</b> -Tomato sauce -Olives - Blanched vegetables - Diced vegetables	<b>Pasta al Pomodoro</b> - Tomato sauce - Blanched asparagus - Diced vegetables	<b>Pasta with Napolitana Sauce</b> -Tomato sauce - Diced vegetables	
	<b>Pasta with Porcini Sauce</b> -Cream sauce - Diced vegetables - Sautéed mushrooms - Grated cheese	<b>Pasta with Carbonara Sauce</b> - Cream sauce - Chicken pepperoni - Diced vegetables	<b>Pasta al Salmone</b> - Cream sauce - Salmon Flakes - Diced vegetables Grated cheese#	<b>Pasta with Pesto Sauce</b> -Basil leaves - Olive oil - Diced vegetables -Grated cheese	<b>Pasta with Alfredo Sauce</b> - Cream sauce -Sliced chicken - Diced vegetables Grated cheese	<b>Pasta with Porcini Sauce</b> -Cream sauce - Diced vegetables - Sautéed mushrooms - Grated cheese	

### LUNCH & DINNER - Real Food on Campus

Menu	MONDAY 21.01.2019	TUESDAY 22.01.2019	WEDNESDAY 23.01.2019	THURSDAY 24.01.2019	FRIDAY 25.01.2019	SATURDAY 26.01.2019	SUNDAY 27.01.2019 Brunch (9.00am-12.00pm)
LIVE SANDWICH STATION	SANDWICH / WRAP OF THE DAY					PIZZA DAY	

\*The menu above is subject to last-minute changes depending on the availability of ingredients#

### FOOD TRAFFIC LIGHT INDICATOR:

 Foods labelled in <b>GREEN</b> :  <i>Eat everyday / in every meal</i>	 Foods labelled in <b>YELLOW</b> :  <i>Good to have it 3 – 4 times a week</i>	 Foods labelled in <b>RED</b> :  <i>Nice to have it once a week</i>
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## DINNER

Menu		MONDAY 21.01.2019	TUESDAY 22.01.2019	WEDNESDAY 23.01.2019	THURSDAY 24.01.2019	FRIDAY 25.01.2019	SATURDAY 26.01.2019	SUNDAY 27.01.2019 Brunch (9.00am-12.00pm)
Please choose either one (1)	ASIAN	-Chickpea rice -Chicken sambal -Wok-fried vegetables	-Coriander rice - Chinese stir fried chili fish - Stir-fried vegetables	-Chinese fried rice -Steamed fish with ginger soy sauce -Wok-fried vegetables	- Raisin rice -Chicken varuval -Stir-fried vegetables	- Butter rice -Chinese butter chicken -Stir-fried vegetables	<b>PARTY FOOD</b>  -Pineapple fried rice / Steamed rice -French fries -Battered fish with tartar sauce -BBQ chicken wings -Spicy potato wedges -Pizza margerita -Vegetable samosa -Steamed vegetables	-Anchovies fried rice -Thai chili & lime fish sauce -Stir-fried mixed vegetables
	WESTERN	-Italian potato -Grilled Fish with Spinach cream sauce -Steamed vegetables	- Mashed potato -Crispy chicken chop with mushroom sauce -Steamed vegetables	- Lyonnaise potato -Grilled honey tangy chicken -Steamed vegetables	-Parsley potato -Grilled fish with Cajun Spice -Steamed vegetables	-Baked potato wedges -Grilled fish with pimento sauce -Steamed vegetables		-Mashed potato -Roasted chicken with cream sauce -Steamed vegetables
	VEGETARIAN	- Chickpea rice / Steamed rice -Vegetable & bean moussaka -Vegetable curry -Steamed vegetables	- Coriander rice / Steamed rice -Sambal tempeh -Stir-fried vegetables -Steamed vegetables	- Chinese fried rice - Chick pea curry -Wok-fried vegetables -Grilled pesto-marinated vegetables	- Raisin rice / Steamed rice -Potato dhal soup -Vegetable raita - Stir fried vegetables	- Butter rice / Steamed rice -Japanese Tofu with sweet & sour sauce -Stir-fried vegetables -Steamed vegetables		- Steamed rice -Crispy stuffed tofu -Stir-fried mixed vegetables -Steamed vegetables
	BEVERAGE	-Fruit juice -Water	-Fruit juice -Water	-Fruit juice -Water	-Fruit juice -Water	-Fruit juice -Water		-Fruit juice -Water

\*The menu above is subject to last-minute changes depending on the availability of ingredients.

### FOOD TRAFFIC LIGHT INDICATOR:

 Foods labelled in <b>GREEN</b> :  <i>Eat everyday / in every meal</i>	 Foods labelled in <b>YELLOW</b> :  <i>Good to have it 3 – 4 times a week</i>	 Foods labelled in <b>RED</b> :  <i>Nice to have it once a week</i>
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### MORNING SNACK

Menu	MONDAY 21.01.2019	TUESDAY 22.01.2019	WEDNESDAY 23.01.2019	THURSDAY 24.01.2019	FRIDAY 25.01.2019	SATURDAY 26.01.2019	SUNDAY 27.01.2019 Brunch (9.00am-12.00pm)
OPTION 1	Raisin scone	Homemade kaya bun	Apple Strudel	Danish pastry	Kaya Whirl	Samosa	
OPTION 2	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk	

### AFTERNOON SNACK

Menu	MONDAY 21.01.2019	TUESDAY 22.01.2019	WEDNESDAY 23.01.2019	THURSDAY 24.01.2019	FRIDAY 25.01.2019	SATURDAY 26.01.2019	SUNDAY 27.01.2019 Brunch (9.00am-12.00pm)
OPTION 1	Spring roll	Sliced banana cake	Egg Mayo Sandwich	Doughnut	Tuna Sandwich	Danish Pastry	
OPTION 2	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk	

### EVENING SNACK

Menu	MONDAY 21.01.2019	TUESDAY 22.01.2019	WEDNESDAY 23.01.2019	THURSDAY 24.01.2019	FRIDAY 25.01.2019	SATURDAY 26.01.2019	SUNDAY 27.01.2019 Brunch (9.00am-12.00pm)
	Chocolate roll	Homemade custard bun	Assorted fruits	Sausage bun	Assorted fruits	-Bread and Butter - Milk	Assorted fruits

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### FOOD TRAFFIC LIGHT INDICATOR:

	Foods labelled in <b>GREEN</b> :  <i>Eat everyday / in every meal</i>		Foods labelled in <b>YELLOW</b> :  <i>Good to have it 3 – 4 times a week</i>		Foods labelled in <b>RED</b> :  <i>Nice to have it once a week</i>
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**BREAKFAST**

Menu	MONDAY 28.01.2019	TUESDAY 29.01.2019	WEDNESDAY 30.01.2019	THURSDAY 31.01.2019	FRIDAY 01.02.2019	SATURDAY 02.02.2019	SUNDAY 03.02.2019 Brunch (9.00am-12.00pm)	
<b>BREAKFAST ESSENTIALS</b>	Toast with butter, jam and honey						<b>TERM BREAK</b>	
	Homemade Bread Loaf							
	2 types of breakfast cereals							
	Cut fruit /Whole fruits							
	Low fat milk / Chocolate milk /Soy milk / Fruit juice / Water							
<b>ACTION</b>	Omelette / Scrambled egg	Omelette / Scrambled egg	Omelette / Scrambled egg	Omelette / Scrambled egg	Omelette / Scrambled egg			
<b>SPECIAL</b>	Steamed BBQ Chicken Pau	Oatmeal -Oats -Diced fruits -Honey	DIY Yogurt Parfait -Natural yogurt -Diced fruits -Corn flakes	Vegetable Soup Noodles -Julienned egg / sliced tofu -Spring onion -Fried shallot	Porridge -Spring onion -Salted egg -Anchovies -Julienned ginger -Soy sauce			
<b>ASIAN</b>	Kampung fried rice -Mamak fried noodles	Tom yum fried rice -Fried bee hoon	-Oriental fried rice - Fried yee mee	-Curry fried rice -Fried noodles	-Chinese fried rice -Cantonese koay teow			
<b>WESTERN</b>	-Waffle -Breakfast sausage -Boiled parsley potato -Baked beans with onion -Sautéed Mushroom	-Pancake -Breakfast sausage -Hash brown -Baked beans -Chicken siew mai	-Bread pudding -Breakfast sausage -Chicken ham -Baked potato -Baked beans	-Strawberry pancake -Cinnamon toast -Baked potato -Baked beans with egg	-French toast -Breakfast sausage -Hash brown -Baked beans with onion -Grilled tomato			

\*The menu above is subject to last-minute changes depending on the availability of ingredients.

**FOOD TRAFFIC LIGHT INDICATOR:**

	<p>Foods labelled in <b>GREEN</b>:</p> <p><i>Eat everyday / in every meal</i></p>		<p>Foods labelled in <b>YELLOW</b>:</p> <p><i>Good to have it 3 – 4 times a week</i></p>		<p>Foods labelled in <b>RED</b>:</p> <p><i>Nice to have it once a week</i></p>
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**LUNCH**

Menu		MONDAY 28.01.2019	TUESDAY 29.01.2019	WEDNESDAY 30.01.2019	THURSDAY 31.01.2019	FRIDAY 01.02.2019	SATURDAY 02.02.2019	SUNDAY 03.02.2019 Brunch (9.00am-12.00pm)		
		<b>SOUP OF THE DAY &amp; SALAD BAR</b>						<b>TERM BREAK</b>		
Please choose either one (1)	ASIAN	-Pumpkin rice - Grilled fish with ginger glaze -Stir-fried vegetables	-Tomato rice -Fish 65 masala - Stir-fried vegetables	Carrot rice -Mutton curry -Stir-fried French beans with egg	-Green pea rice -Chicken with plum sauce -Spicy four-angled beans	-Chicken rice - Soy sauce-roasted chicken -Kailan with veg. oyster sauce				
	WESTERN	- Sautéed potato -Chicken piccata with pomodoro sauce -Steamed vegetables	-Baked potato wedges - Hearty chicken stew -Steamed vegetables	-Baked rosemary potato -Grilled fish with creamy butter sauce -Steamed vegetables	-Mashed potato -Parmesan & paprika crusted fish -Steamed vegetables	-Roasted sweet potato -Salmon with capsicum vinaigrette -Steamed vegetables				
	VEGETARIAN	- Pumpkin rice / Steamed rice - Beans pie - Stir fried vegetable - Mango chutney	- Tomato rice / Steamed rice - Dhall - Stir fried vegetables - Cucumber raita	- Carrot rice / Steamed rice - Vegetarian char siew chicken - Stir fried vegetables - Grilled mix vegetables	- Green pea rice / Steamed rice - Mah po tofu - Spicy four-angled beans - Stir fried vegetables	- Steamed rice - Chickpea curry - Stir fried vegetables - Eggplant sambal				
BEVERAGE	Water	Water	Water	Water	Water					
DESSERT						Dessert of the day				

\*The menu above is subject to last-minute changes depending on the availability of ingredients.

**FOOD TRAFFIC LIGHT INDICATOR:**

	<p>Foods labelled in <b>GREEN</b>:</p> <p><i>Eat everyday / in every meal</i></p>		<p>Foods labelled in <b>YELLOW</b>:</p> <p><i>Good to have it 3 – 4 times a week</i></p>		<p>Foods labelled in <b>RED</b>:</p> <p><i>Nice to have it once a week</i></p>
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### LUNCH - Real Food on Campus

Menu	MONDAY 28.01.2019	TUESDAY 29.01.2019	WEDNESDAY 30.01.2019	THURSDAY 31.01.2019	FRIDAY 01.02.2019	SATURDAY 02.02.2019	SUNDAY 03.02.2019 Brunch (9.00am-12.00pm)
LIVE NOODLE STATION	-Dry wanton noodles -Condiments	-Dry wanton noodles -Condiments	-Dry wanton noodles -Condiments	-Dry wanton noodles -Condiments#	-Dry wanton noodles -Condiments		-
	Mee Curry with condiment	Vegetable Soup	Tomyam Soup with condiment	Bakso with condiment	Chicken Porridge with condiment		

### LUNCH & DINNER - Real Food on Campus

Menu	MONDAY 28.01.2019	TUESDAY 29.01.2019	WEDNESDAY 30.01.2019	THURSDAY 31.01.2019	FRIDAY 01.02.2019	SATURDAY 02.02.2019	SUNDAY 03.02.2019 Brunch (9.00am-12.00pm)
LIVE PASTA STATION	<b>Pasta with Milanese Sauce</b> -Tomato sauce - Diced vegetables - Chilli flakes	<b>Pasta with Napolitana Sauce</b> -Tomato sauce - Diced vegetables	<b>Pasta ala Arrabiatta</b> -Tomato sauce - Diced vegetables - Chilli flakes	<b>Pasta Puttanesca</b> -Tomato sauce -Olives - Blanched vegetables - Diced vegetables	<b>Pasta al Pomodoro</b> - Tomato sauce - Blanched asparagus - Diced vegetables		-
	<b>Pasta with Porcini Sauce</b> -Cream sauce - Diced vegetables - Sautéed mushrooms - Grated cheese	<b>Pasta with Carbonara Sauce</b> - Cream sauce - Chicken pepperoni - Diced vegetables	<b>Pasta al Salmone</b> - Cream sauce - Salmon Flakes - Diced vegetables Grated cheese#	<b>Pasta with Pesto Sauce</b> -Basil leaves - Olive oil - Diced vegetables -Grated cheese	<b>Pasta with Alfredo Sauce</b> - Cream sauce -Sliced chicken - Diced vegetables Grated cheese		

### LUNCH & DINNER - Real Food on Campus

Menu	MONDAY 28.01.2019	TUESDAY 29.01.2019	WEDNESDAY 30.01.2019	THURSDAY 31.01.2019	FRIDAY 01.02.2019	SATURDAY 02.02.2019	SUNDAY 03.02.2019 Brunch (9.00am-12.00pm)
LIVE SANDWICH STATION	SANDWICH / WRAP OF THE DAY				PIZZA DAY		-

\*The menu above is subject to last-minute changes depending on the availability of ingredients

### FOOD TRAFFIC LIGHT INDICATOR:

 Foods labelled in <b>GREEN</b> :  <i>Eat everyday / in every meal</i>	 Foods labelled in <b>YELLOW</b> :  <i>Good to have it 3 – 4 times a week</i>	 Foods labelled in <b>RED</b> :  <i>Nice to have it once a week</i>
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## DINNER

Menu		MONDAY 28.01.2019	TUESDAY 29.01.2019	WEDNESDAY 30.01.2019	THURSDAY 31.01.2019	FRIDAY 01.02.2019	SATURDAY 02.02.2019	SUNDAY 03.02.2019 Brunch (9.00am-12.00pm)
Please choose either one (1)	ASIAN	-Turmeric rice with raisins -Fish with spicy chili sauce -Stir-fried vegetables	-Butter rice -Buttermilk chicken -Wok-fried vegetables	-Biryani rice -Chicken biryani -Stir-fried vegetables	-Pandan rice -Chicken rendang -Sautéed cabbage	<b>HALF-TERM BREAK</b>		
	WESTERN	- Mashed potato au gratin -Crispy chicken chop with gravy -Steamed vegetables	Roasted sweet potato - Grilled fish with jalapeno cheese sauce -Steamed vegetables with couscous	-Roasted baby potato -Grilled fish with tomato coulis -Steamed vegetables	-Boiled parsley potato -Baked salmon with mango salsa - Steam vegetable			
	VEGETARIAN	- Turmeric rice / Steamed rice - Vegetarian mutton with gravy - Stir fried vegetables - Steamed vegetables	- Butter rice / Steamed rice - Stir fried bean curd - Wok-fried vegetables - Steamed vegetables	- Biryani rice / Steamed rice - Tempeh masak kicap - Stir fried vegetables - Steamed vegetables	- Pandan rice / Steamed rice - Mix beans curry - Spicy bittergourd - Stir fried vegetables			
	BEVERAGE	-Fruit juice -Water	-Fruit juice -Water	-Fruit juice -Water	-Fruit juice -Water			

\*The menu above is subject to last-minute changes depending on the availability of ingredients.

### FOOD TRAFFIC LIGHT INDICATOR:

	<p>Foods labelled in <b>GREEN</b>:</p> <p><i>Eat everyday / in every meal</i></p>		<p>Foods labelled in <b>YELLOW</b>:</p> <p><i>Good to have it 3 – 4 times a week</i></p>		<p>Foods labelled in <b>RED</b>:</p> <p><i>Nice to have it once a week</i></p>
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### MORNING SNACK

Menu	MONDAY 28.01.2019	TUESDAY 29.01.2019	WEDNESDAY 30.01.2019	THURSDAY 31.01.2019	FRIDAY 01.02.2019	SATURDAY 02.02.2019	SUNDAY 03.02.2019 Brunch (9.00am-12.00pm)
OPTION 1	Vegetable samosa	Jam sandwich	Sliced banana cake	Raisin scone	Danish pastry	<b>HALF-TERM BREAK</b>	
OPTION 2	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk		

### AFTERNOON SNACK

Menu	MONDAY 28.01.2019	TUESDAY 29.01.2019	WEDNESDAY 30.01.2019	THURSDAY 31.01.2019	FRIDAY 01.02.2019	SATURDAY 02.02.2019	SUNDAY 03.02.2019 Brunch (9.00am-12.00pm)
OPTION 1	Homemade muffin	Chocolate roll	Spring roll	Steamed mantou	<b>HALF-TERM BREAK</b>		
OPTION 2	Cereal with milk	Cereal with milk	Cereal with milk	Cereal with milk			

### EVENING SNACK

Menu	MONDAY 28.01.2019	TUESDAY 29.01.2019	WEDNESDAY 30.01.2019	THURSDAY 31.01.2019	FRIDAY 01.02.2019	SATURDAY 02.02.2019	SUNDAY 03.02.2019 Brunch (9.00am-12.00pm)
	Homemade bun	Cookie	Assorted fruits	Coffee bun	<b>HALF-TERM BREAK</b>		

\*The menu above is subject to last-minute changes depending on the availability of ingredients.

### FOOD TRAFFIC LIGHT INDICATOR:

	Foods labelled in <b>GREEN</b> :  <i>Eat everyday / in every meal</i>		Foods labelled in <b>YELLOW</b> :  <i>Good to have it 3 – 4 times a week</i>		Foods labelled in <b>RED</b> :  <i>Nice to have it once a week</i>
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