

| Week day Date | Monday 14/10/19 | Tuesday 15/10/19 | Wednesday 16/10/19 | Thursday 17/10/19 | Friday 18/10/19 | |
|------------------|--------------------|---------------------------------|--------------------------------------|--|---|----------------------------------|
| Morning Snack | | Mini chicken pie | French toast | Mini croissant | Cereals | |
| Drinks | | Fresh milk | Fresh milk | Fresh milk | Fresh milk | |
| Salads | | Salad bar | Salad bar | Salad bar | Salad bar | |
| Main Western | | Grilled pork with apple sauce | Baked pork & cheese pasta | Roasted chicken with mushroom sauce | Fish & chips | |
| Main Western | | Grilled fish with pesto sauce | Breadcrumbs chicken | Fish in tomato sauce | Pork stew | |
| Vegetables | | French beans & cherry tomatoes | Snow peas | Broccoli & carrots | Grilled mixed vegetables | |
| Potatoes | | Buttered Oven Baked Jacket | Lyonnise potatoes | Potato sticks | French fries | |
| Vegetarian | No Class | Baked pasta | Stir fried protein with basil leaves | Hot & spicy soup with mixed mushrooms | Panang tofu curry | |
| Vegetarian | | Spicy tofu & mushroom salad | Spaghetti with garlic & mushrooms | Spicy stir fried tofu | Pasta with pesto | |
| Main Oriental | | Stir fried cabbage with shrimps | Stir fried pork with basil leaves | Stewed pork leg on rice | Panang curry with pork | |
| Main Oriental | | Spicy grilled pork neck salad | Stir fried pak choi with chicken | Wax gourd soup with chicken | Stir fried mixed vegetables | |
| Rice | | Steamed rice | Steamed rice | Steamed rice | Steamed rice | |
| Live Cooking | | Omelette with rice | Macaroni chicken | Pasta Carbonara | Grilled chicken, papaya salad & sticky rice | |
| Noodles | | Vietnamese chicken noodle soup | Noodles with pork in gravy | Rice noodle soup with chicken & bitter melon | Northern style curried noodle soup with chicken | |
| Fruits | | Seasonal fresh fruits | Seasonal fresh fruits | Seasonal fresh fruits | Seasonal fresh fruits | |
| Afternoon Snack | | | Cream steamed bun | Mini croissant | Yoghurt | Cracker |
| Dessert | | | Dessert of the week | Dessert of the week | Dessert of the week | Thai assorted shaved ice dessert |