



Discovering Potential
Learning to Care
Respecting Differences

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	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST				CORNFLAKE COOKIES	2
LUNCH				TOMATO RICE - INDIAN BUTTER CHICKEN	TUNA / EGG/ CHEESE SANDWICHES
VEGETARIAN LUNCH				TOMATO RICE - BUTTER VEGETABLES	
SALAD/FRUITS				CUCUMBER SALAD BANANA	SALAD FRUITS
	5	6	7	8	9
BREAKFAST	CEREAL & FRESH MILK	FRENCH TOAST / HONEY	STRAWBERRY PANCAKE / CHOCOLATE SAUCE	OATS & CHOCOLATE CHIP COOKIES	ROTI CANAI / CURRY DAL
LUNCH	ASIAN STIRFRIED PASTA	CHICKEN ITALIANO / PASTA	KUEY TEOW SOUP CHICKEN	RICE - CHICKEN TERIYAKI	
VEGETARIAN LUNCH	VEGETARIAN STIRFRIED PASTA	ITALIANO SAUCE / PASTA	VEGETARIAN KUEY TEOW SOUP	RICE - MIX VEGETABLE IN TERIYAKI SAUCE	
SALAD/FRUITS	SALAD YELLOW WATERMELON	GARDEN SALAD ORANGE	APPLE	SALAD HONEYDEW	FRUITS
	12	13	14	15	16
BREAKFAST	NUZUL AL-QURAN	CREPE / CHOCOLATE SAUCE	CHEESE TOAST	JAM SANDWICH CAKE	
LUNCH		BAKE PASTA	SHEPHERD'S PIE	NASI LEMAK	CHINESE FRIED MEEHOON
VEGETARIAN LUNCH		VEGETABLE BAKE PASTA	VEGETABLE SHEPHERD'S PIE	NASI LEMAK / TOFU SAMBAL	VEGETARIAN FRIED MEEHOON
SALAD/FRUITS		GARDEN SALAD ORANGE	SALAD APPLE	CUCUMBER SALAD WATERMELON	SALAD FRUITS
	19	20	21	22	23
BREAKFAST	CEREAL & FRESH MILK	MARBLE CAKE	APPLE & PEACH CRUMBLE	RAINBOW COOKIES	
LUNCH	RICE - SWEET & SOUR CHICKEN	CHICKEN BURGER	SPAGHETTI BOLOGNESE	RICE - EURASIAN CURRY	HASH BROWN/SCRAMBLE EGG/BAKE BEANS
VEGETARIAN LUNCH	RICE - SWEET & SOUR VEGETABLES	VEGETARIAN BURGER	SPAGHETTI / PASTA SAUCE	RICE - VEGETABLE EURASIAN CURRY	MIGS BREAD
SALAD/FRUITS	SALAD WATERMELON	SALAD APPLE	GARDEN SALAD ORANGE	CUCUMBER SALAD PAPAYA	FRUITS
	26	27	28	29	30
BREAKFAST	HARI RAYA PUASA	HARI RAYA PUASA	HARI RAYA PUASA	CEREAL COOKIES	
LUNCH				RICE / THAI GREEN CURRY	FRIED MACARONI
VEGETARIAN LUNCH				RICE/THAI GREEN VEGETABLES	VEGETARIAN FRIED MACARONI
SALAD/FRUITS				SALAD FRUITS	SALAD FRUITS