

4-week sample menu

Week 1	Breakfast	Lunch	Tea
Monday	- Wholemeal steamed buns (e.g pau, mantou) - Low-fat milk*	- Wholegrains rice ball[#] Mixed brown rice ball filled with tuna and vegetables - Seasonal cut fruits	Chwee Kueh[#] Spin off from the local's favourite Chwee Kueh topped with mushroom and black fungus
Tuesday	- Steamed pumpkin with hard-boiled egg - Low-fat milk*	- Brown chicken rice[#] A healthier twist paired with blanched vegetables - Seasonal cut fruits	Steamed wholemeal chocolate cake[#]
Wednesday	Plain oat porridge cooked with low-fat milk* and raisins	- Wholegrains char kway teow[#] A healthier twist with taukwa, egg and vegetables - Seasonal cut fruits	Fruit salad or seasonal cut fruits
Thursday	- Wholemeal bread with reduced fat cheese slice - Low-fat milk*	- Chicken oat balls alphabet soup[#] ABC macaroni soup with tender juicy chicken balls mixed with oats and carrots - Seasonal cut fruits	Oatmeal cookies[#] and low-fat milk* High fiber snack made with wholemeal flour, oatmeal and dried cranberries
Friday	- Wholemeal banana pancake[#] - Low-fat milk*	- Brown rice chicken biryani[#] An aromatic dish prepared with brown rice, chicken, vegetables and fresh herbs and spices - Seasonal cut fruits	Green bean soup[#]
Saturday	- Steamed sweet potato and hard-boiled eggs - Low-fat milk*	- Wonton soup[#] with mixed brown rice and vegetables Oriental wontons filled with tofu, juicy mushrooms and vegetables - Seasonal cut fruits	

* Children aged 12 months to 2 years old require full cream milk to meet their dietary requirements for fat, protein, vitamins and minerals which are essential for their growth and development.

[#] Refer to HPB recipes

4-week sample menu

Week 2	Breakfast	Lunch	Tea
Monday	- Wholemeal sandwich with tuna (with Healthier Choice Symbol) - Low-fat milk*	- Meatless burger[#] Wholemeal burger, with cauliflower as the star ingredient, topped with eggs, caramelised onions, and BBQ sauce - Seasonal cut fruits	Pulut hitam kueh[#] Black glutinous rice with pandan custard
Tuesday	- Wholemeal cereal - Low-fat milk*	- Hash brown[#] with scrambled egg and vegetables Humble potato made delicious with added carrots and broccoli - Seasonal cut fruits	Steamed corn cup
Wednesday	- Mixed brown rice porridge - Low-fat milk*	- Wonton noodle[#] Tangy wholegrains noodles seasoned with dark soya sauce, served with homemade wonton and leafy green - Seasonal cut fruits	Vegetable sticks with dip[#] Crunchy vegetables sticks alongside 3 special dips – guacamole dip, ricotta cheese dip and spinach dips
Thursday	- Wholemeal scrambled egg sandwich - Low-fat milk*	- Soba noodle[#] Brown soba noodles, cubed chicken and seaweed seasoned with teriyaki sauce - Seasonal cut fruits	Wholemeal banana pancakes (mini)[#]
Friday	- Steamed corn with hard-boiled egg - Low-fat milk*	- Lentil pasta[#] Bowl of lentils and pasta soup that is infused with natural flavours from lemon and tomato - Seasonal cut fruits	Wholemeal waffle[#]
Saturday	- Wholemeal french toast with bananas - Low-fat milk*	- Gimbap[#] Korean seaweed mixed brown rice roll packed with flavourful fillings of carrot and spinach - Seasonal cut fruits	

* Children aged 12 months to 2 years old require full cream milk to meet their dietary requirements for fat, protein, vitamins and minerals which are essential for their growth and development.

[#] Refer to HPB recipes

4-week sample menu

Week 3	Breakfast	Lunch	Tea
Monday	- Steamed sweet potato and hard-boiled eggs - Low-fat milk*	- Brown rice chicken biryani[#] An aromatic dish prepared with brown rice, chicken, vegetables and fresh herbs and spices - Seasonal cut fruits	Steamed wholemeal chocolate cake[#]
Tuesday	- Wholemeal bread with reduced fat cheese slice - Low-fat milk*	- Brown chicken rice[#] A healthier twist paired with blanched vegetables - Seasonal cut fruits	Chwee Kueh[#] Spin off from the local's favourite Chwee Kueh topped with mushroom and black fungus
Wednesday	- Wholemeal banana pancake[#] - Low-fat milk*	- Wonton soup[#] with mixed brown rice and vegetables Oriental wontons filled with tofu, juicy mushrooms and vegetables - Seasonal cut fruits	Green bean soup[#]
Thursday	- Steamed pumpkin and hard-boiled eggs - Low-fat milk*	- Wholegrain char kway teow[#] A healthier twist with taukwa, egg and vegetables - Seasonal cut fruit	Oatmeal cookies[#] and low-fat milk* High fiber snack made with wholemeal flour, oatmeal and dried cranberries
Friday	Plain oat porridge cooked with low-fat milk* and raisins	- Wholegrain rice ball[#] Mixed brown rice ball filled with tuna and vegetables - Seasonal cut fruits	Fruit salad or seasonal cut fruits
Saturday	- Wholemeal steamed buns (e.g pau, mantou) - Low-fat milk*	- Chicken oat balls alphabet soup[#] ABC macaroni soup with tender juicy chicken balls mixed with oats and carrots - Seasonal cut fruits	

* Children aged 12 months to 2 years old require full cream milk to meet their dietary requirements for fat, protein, vitamins and minerals which are essential for their growth and development.

[#] Refer to HPB recipes

4-week sample menu

Week 4	Breakfast	Lunch	Tea
Monday	- Steamed corn with hard-boiled egg - Low-fat milk*	- Lentil pasta[#] Bowl of lentils and pasta soup that is infused with natural flavours from lemon and tomato - Seasonal cut fruits	Steamed corn cup
Tuesday	- Wholemeal french toast with bananas - Low-fat milk*	- Soba noodle[#] Brown soba noodles, cubed chicken and seaweed seasoned with teriyaki sauce - Seasonal cut fruits	Wholemeal banana pancakes (mini)[#]
Wednesday	- Wholemeal scrambled egg sandwich - Low-fat milk*	- Gimbap[#] Korean seaweed mixed brown rice roll packed with flavourful fillings of carrot and spinach - Seasonal cut fruits	Wholemeal waffle[#]
Thursday	- Mixed brown rice porridge - Low-fat milk*	- Hash brown[#] with scrambled egg and vegetables Humble potato made delicious with added carrots and broccoli - Seasonal cut fruits	Pulut hitam kueh[#] Black glutinous rice with pandan custard
Friday	- Wholemeal sandwich with tuna (with Healthier Choice Symbol) - Low-fat milk*	- Meatless burger[#] Wholemeal burger, with cauliflower as the star ingredient, topped with eggs, caramelised onions, and BBQ sauce - Seasonal cut fruits	Vegetable sticks with dip[#] Crunchy vegetables sticks alongside 3 special dips – guacamole dip, ricotta cheese dip and spinach dips
Saturday	- Wholemeal cereal - Low-fat milk*	- Wholegrains chow mien[#] Wholegrains noodles stir-fried with egg in a blend of soy sauce and sesame oil, served with a generous portion of chye sim - Seasonal cut fruits	

* Children aged 12 months to 2 years old require full cream milk to meet their dietary requirements for fat, protein, vitamins and minerals which are essential for their growth and development.

[#] Refer to HPB recipes