

Week 1 MENU (October 23rd-27th)

Monday

Tuesday

Wednesday

Thursday

Friday

Go Fresh and Travel Menu are only available at Level 5 Cafeteria West Wing (Not available for Pre-order)

Go Fresh

Soup & Big Bagel
(D_G_S)

Margarita Pizza
(D_G_SP)

Cajun Honey Chicken with Quinoa Veg Salad
&
Sweet Potato Fries (S)

Beef Quesadillas & Corn Salsa
(D_E_G_S_SP)

Travel Menu

Oven baked seabass with Baby Potato,
Vegetables and Lemon Garlic Herb Sauce
(D_F)

Roasted chicken thighs with lemon garlic,
Vegetables & Chicken Jus
(D)

Couscous Merguez
(E_G_S_SP)

Creamy Mustard Chicken with
Rice & Sautéed Mushrooms
(D_SP)

Meal Plan/Ala-carte Options

Western

Chicken Shawarma & Pita Bread potato Wedges
Greek Mixed Vegetables Bake
(D_G)

Beef Meat Balls with Thyme Tomato Sauce,
Spaghetti & Green Bean & Carrot
(E_G_S) 🍴🍴

Beef Lasagne, Garlic Bread, Cauliflower & Peas
(D_E_G_S)

English Fish & Chips, French Fries & Tartar
Sauce, Steamed Broccoli & Carrot
(E_F_G_S) 🍴🍴

Asian

Sweet & Sour Fish, Steamed Rice, Stir-fry
Cauliflower with Green Peas
(F_G_S) 🍴🍴

Crispy Honey Sesame Chicken
Oven Baked Eggplant & Zucchini
And Steamed Rice (G_S)

Hainanese Chicken & Flavoured Rice, Asian
Cauliflower & Carrot
(E_G_S) 🍴🍴

Japanese Curry Chicken Katsu, Steamed Rice,
Long Cabbage & Carrot
(D_E_G_S)

Vegetarian

Soya-Mushroom plant-based protein
Greek Mixed Vegetables Bake
(G_S)

Boiled Egg Tomato Sauce
Green bean & Carrots
(E_SP)

Stir-Fry Vegetables & Tofu Bee Hoon Noodles
(G_S)

Japanese Curry with Tofu, Steamed
Rice, Long Cabbage & Carrot
(D_G_S)

Allergen-
controlled meals

Tau Kwa Curry, Steamed Rice,
Cauliflower & Corn
(S)

Steamed Fish, Steamed Rice, Cauliflower
& Cherry Tomatoes
(F)

Hainanese Chicken, Flavoured Rice,
Asian Cauliflower & Carrot
(S)

Bee Hoon Noodles, Stir-fry Vegetables & Tofu,
Asian Cauliflower & Carrot
(S)

Picnic Box

Chicken Ham & Cheese Croissant
(D_E_G_S)
Egg Mayo Croissant
(D_E_G_S_SP)

Croque Monsieur (Wholemeal Bread)
(D_G)
Cheese Toastie (Wholemeal Bread)
(D_G)

Chicken Ham Salad Sandwich
(E_G_S)
Cheddar Cheese Salad Sandwich
(D_E_G_S)

Tuna Mayo Salad Half Baguette
(D_E_F_G_S_SP)
Vegetarian Quorn Sausage Baguette
(D_E_G_S)

Allergen Legend

Dairy (D) Fish & Mollusk (F)
Gluten (G) Soy (S)
Egg (E) Sulphite (SP)

Note

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Week 2 MENU (Oct 30th-Nov 3rd)

Monday

Tuesday

Wednesday

Thursday

Friday

Go Fresh and Travel Menu are only available at Level 5 Cafeteria West Wing (Not available for Pre-order)

Go Fresh

Salad Bar & Wraps
(G)

Soup & Big Bagel
(D_G_S)

Hawaiian Pizza
(D_G_SP)

Cajun Honey Chicken with Quinoa Veg Salad
&
Sweet Potato Fries (S)

Beef Quesadillas & Corn Salsa
(D_E_G_S_SP)

Travel Menu

Spinach & Mushroom Quiche with Mesclun
Salad
(D_E)

Tandoori Chicken with Naan & Raita
(D_G)

Herb Crusted Salmon, Pilaf Rice & Salsa
Cruda
(D_F_G)

Creamy Mustard Chicken with Rice
& Sautéed Mushrooms
(D_SP)

Rosemary Braised Lamb Shank, Mashed
Potato & Vegetable
(D_G_SP)

Meal Plan/Ala-carte Options

Western

Chicken Schnitzel & Macaroni Cheese,
Broccoli & Sweet Corn 🍷🍷
(D_E_G)

Baked Tilapia with Tomato Cream Sauce
Macaroni and Cheese Pasta, French Bean &
Carrot (D_F_G) 🍷🍷

Beef & Cheese Quesadilla (Side Tomato &
Corn Salsa), Potato Wedge, Cauliflower &
Carrot (D_E_G_S_SP)

Roasted Chicken Drumstick with Rosemary
Chicken Gravy, Roasted Herbs Potato,
Steamed Broccoli & Carrot (E_G) 🍷🍷

Cheese Beef Burger, French Fries, Steamed
Cauliflower & Green Pea
(D_E_G_S)

Asian

Fried Fish with Ginger and Soy, Steamed
Rice, Asian Long Cabbage & Carrot
(E_F_G_S)

Chicken Tikka Masala, Pulau Rice,
Spinach Koothu
(NIL)

Thai Basil Minced Chicken, with Steamed rice
& Asian Round Cabbage & Long Beans
(G_S) 🍷🍷

Lamb Keema, Naan Bread, Indian
Broccoli & Carrot
(D_G)

Chicken Satay Skewer, Steamed Rice, Malay
Style Vegetables with Coconut Cream
(NIL) 🍷🍷

Vegetarian

Char Siew Tofu
Long Cabbage Carrot & Mushroom and
Steamed Rice
(S)

Mushrooms, Tomatoes, Carrots, Lentils &
Onions Vegetarian Bolognese
(SP)

Assorted Beans & Cheese Quesadilla, Potato
Wedges, Cauliflower & Carrot
(D_G)

Lentil & Chickpea Keema, Naan Bread, Indian
Broccoli & Carrot
(D_G)

"Impossible Meat" Cheese Burger, French
Fries, Steamed Cauliflower & Green Pea
(D_E_G_S)

Allergen-
controlled meals

Baked Salmon with Tomato Sauce,
GF Pasta, French Beans & Carrot
(F)

Tau Kwa Tikka Masala, Pulau
Rice, Spinach Koothu
(S)

Thai Basil Minced Chicken, with Steamed
Rice, Asian Round Cabbage, Long Beans
(S)

Roasted Chicken with Chicken Jus, Roasted
Herbed Potatoes, Steamed Broccoli & Carrot
(NIL)

Chicken Satay Skewer, Steamed Rice, Malay
Style Vegetables with Coconut Cream
(NIL)

Picnic Box

Chicken Ham with Pesto Pasta Salad
(D_G)
Feta Cheese with Pesto Pasta Salad
(D_G)

Chicken Mayo Salad Sandwich
(E_G_S_SP)
Egg Mayo Salad Sandwich
(E_G_S_SP)

Chicken Ham & Cheese Croissant
(D_E_G_S)
Egg Mayo Croissant
(D_E_G_S_SP)

Chicken Ham Salad Bagel
(D_G)
Cream Cheese Cucumber Bagel
(D_G)

Tuna Mayo Salad Half Baguette
(D_E_F_G_S_SP)
Emmental Cheese Salad Half Baguette
(D_E_G_S)

Allergen Legend

Dairy (D) Fish & Mollusk (F)
Gluten (G) Soy (S)
Egg (E) Sulphite (SP)

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Week 3 MENU (Nov 6th-Nov 10th)

Monday

Tuesday

Wednesday

Thursday

Friday

Go Fresh and Travel Menu are only available at Level 5 Cafeteria West Wing (Not available for Pre-order)

Go Fresh

Salad Bar & Wraps
(G)

Soup & Big Bagel
(D_G_S)

Margarita Pizza
(D_G_SP)

Cajun Honey Chicken with Quinoa Veg
Salad &
Sweet Potato Fries (S)

Beef Quesadillas & Corn Salsa
(D_E_G_S_SP)

Travel Menu

Maifatti, Italian Spinach Ricotta Dumpling
(D_E_G_SP)

Chicken Tikka Masala, Basmati Rice and
Side of Naan Bread
(D_G)

Fish Tilapia with Crispy Garlic Parmesan
Crumbed
(D_F_G)

Duck Confit with Rosemary Honey Sauce
(D_G_SP)

Lamb Chop, French Fries and Vegetables
(S)

Meal Plan/Ala-carte Options

Western

Chicken Nugget, Penne Pasta with Basil
Tomato Sauce, Vegetable Ratatouille
(D_E_G_S)

Beef Meat Loaf, Mashed Potato, Carrot & Pea
(D_G_S)

Baked Fish Lemon with Garlic Sauce,
Roasted Potatoes, Steamed Broccoli & Carrot
(D_F)

Beef Bolognese, Spaghetti Pasta, Cauliflower
& Roasted Capsicum
(G)

BBQ Chicken Drumstick, Potato
Wedges, Corn & Carrot
(G_S)

Asian

Asian BBQ Beef Balls, Egg Fried Rice,
Asian Spinach & Carrot
(E_F_G_S)

Thai Style Chicken Minced & Basil
(Pad Kra Pow)
(D_G_S)

Indian Butter Chicken, Naan Bread,
Indian Broccoli & Carrot
(D_G)

Char Siew Chicken, Steamed Rice,
Asian Cauliflower & Carrot
(E_G_S)

Teriyaki Dory Fillet, Steamed Rice,
Long Beans & Carrot
(F_G_S)

Vegetarian

Penne Pasta with Basil Tomato Sauce,
Green Peas & Corn with Parmesan Cheese
(D_G)

Paneer Jalfrezi, Steamed Rice, Steamed
Rice, Cauliflower & Carrot
(D_G_S)

Italian Bean Casserole, Steamed Rice,
Steamed Broccoli & Carrot
(NIL)

Plant Based Meat Balls Pomodoro Sauce,
Spaghetti Pasta, Cauliflower & Roasted
Capsicum
(E_G_S_SP)

Plant Based Chicken with Veggie Fried
Noodle and Crispy Tofu
(E_G_S)

Allergen-
controlled meals

Roasted Chicken, GF Pasta with Basil
Tomato Sauce, Green Peas & Corn
(NIL)

Vegan Meatloaf, Roasted Potato,
Carrot & Pea
(NIL)

Baked Fish Lemon & Garlic Sauce, Roasted
Potato, Steamed Broccoli & Carrot
(F)

Soya Chunk Keema, Steamed Rice,
Indian Broccoli & Carrot
(S)

Baked Chicken Drumstick, Potato
Wedges, Corn & Carrot
(NIL)

Picnic Box

Roasted Chicken with Mesclun Salad
(NIL)
Feta Cheese with Mesclun Salad
(D)

Tuna Mayo Wholemeal Sandwich
(D_E_F_G_S_SP)
Cream Cheese Cucumber
Wholemeal Sandwich
(D_G)

Croque Monsieur (Wholemeal Bread)
(D_G)
Cheese Toastie (Wholemeal Bread)
(D_G)

Chicken Ham Salad Sandwich
(E_G_S)
Cheddar Cheese Salad Sandwich
(D_E_G_S)

Chicken Ham Salad Bagel
(D_G)
Vegetarian Quorn Sausage Bap
(D_E_G_S)

Allergen Legend

Dairy (D) Fish & Mollusk (F)
Gluten (G) Soy (S)
Egg (E) Sulphite (SP)

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Week 4 MENU (Nov 13th to Nov 17th)

Monday

Tuesday

Wednesday

Thursday

Friday

Go Fresh and Travel Menu are only available at Level 5 Cafeteria West Wing (Not available for Pre-order)

Go Fresh

Soup & Big Bagel
(D_G_S)

Hawaiian Pizza
(D_G_SP)

Cajun Honey Chicken with Quinoa Veg Salad &
Sweet Potato Fries (S)

Beef Quesadilla & Corn Salsa
(D_E_G_S_SP)

Travel Menu

Roasted Seabass, Pilaf Rice, Vegetables
& Lemon Butter Sauce
(D_F)

Roasted Chicken Thigh with Lemon Garlic,
Vegetables & Chicken Jus
(D)

Snapper Fish with Crispy Garlic Parmesan
Crumbed, Vegetables & Fruits Tomato Salsa
(D_F_G)

Beef Steak Beurre Maître d'hôtel Gratin
Dauphinois & Vegetables
(D_SP)

Meal Plan/Ala-carte Options

Western

Beef Meat Balls with Thyme Tomato Sauce, Egg
Fried Rice & Steamed Broccoli & Corn
(E_G_S)

Baked Tilapia Fillet with Basil Tomato Sauce,
Penne Pasta Aglio Olio, Spinach & Carrot
(F_G)

Beef Con Carne, Roasted Potatoes,
Corn & Tomato Salsa
(G)

Chicken Cheese Burger, Potato Wedges,
Vegetable Ratatouille
(D_E_G_S)"

Asian

Hainanese Chicken Rice, Flavoured Rice,
Stir-fry Xiao Bai Cai

Mongolian Sticky Chicken with Steamed Rice,
Asian Braised Cabbage with Fungi and Carrot
(G_S)

Indian Chicken Curry, Paratha, Indian
Cauliflower & Corn
(D_G)

Stirred Fried Miso Beef & Broccoli
Steamed Rice
(G_S)

Vegetarian

Soya Chunk & Chickpea Korma, Indian
Cauliflower & Carrot
(G_S)

Penne Pasta with Basil Tomato Sauce (Side
Parmesan Cheese), Spinach & Carrot
(D_G)

Tau Kwa Curry, Steamed Rice,
Cauliflower & Corn
(S)

Vegetarian Bean & Rice Burrito, Potato
Wedges, Vegetables Ratatouille
(G)

Allergen-
controlled meals

Soya Chunk & Chickpeas Korma, Steamed
Rice, Indian Cauliflower & Carrot
(S)

Hainanese Chicken, Flavoured Rice,
Xiao Bai Cai
(S)

Tau Kwa Curry, Steamed Rice,
Cauliflower & Corn
(S)

Ginger Beef, Steamed Rice,
Asian Fried French Beans
(S)

Picnic Box

Chicken Mayo Salad Sandwich
(E_G_S_SP)
Egg Mayo Salad Sandwich
(E_G_S_SP)

Chicken Ham & Cheese Croissant
(D_E_G_S)
Egg Mayo Croissant
(D_E_G_S_SP)

Chicken Ham Salad Bagel
(D_G)
Cream Cheese Cucumber Bagel
(D_G)

Tuna Mayo Salad Half Baguette
(D_E_F_G_S)
Emmental Cheese Salad Half Baguette
(D_E_G_S)

Allergen Legend

Dairy (D) Fish & Mollusk (F)
Gluten (G) Soy (S)
Egg (E) Sulphite (SP)

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Week 5 MENU (Nov 20th – Nov 24th)

Monday

Tuesday

Wednesday

Thursday

Friday

Go Fresh and Travel Menu are only available at Level 5 Cafeteria West Wing (Not available for Pre-order)

Go Fresh

Salad Bar & Wraps
(G)

Soup & Big Bagel
(D_G_S)

Margarita Pizza
(D_G_SP)

Cajun Honey Chicken with Quinoa Veg Salad &
Sweet Potato Fries
(S)

Beef Quesadillas & Corn Salsa
(D_E_G_S_SP)

Travel Menu

Salmon & Leek Quiche with Mesclun Salad
(D_E_F)

Sweet and Salty Boneless Chicken Thighs,
Roasted Vegetables
(D_G_S)


Roasted Seabass, Pilaf Rice, Market Vegetables And
Lemon Butter Sauce
(D_F)


Chicken Chasseur, Couscous & Végétales
(D_G)


Lamb Shepherd's Pie
(D_SP)


Meal Plan/Ala-carte Options


Western

Roasted chicken with Thyme Sauce, Roasted
Potato, Cauliflower & Green Pea
(G_S_E) 

Fusilli Beef Bolognese Pasta
with Spinach & Onion
(D_G) 

Roasted Chicken in BBQ Sauce with Roasted
Potato, Broccoli & Carrot
(G) 

Salmon Fillet with Tomato Sauce, Mashed
Potato, Cauliflower & Sweet Corn
(D_F) 

Chicken Sausage Hot Dog, Potato Wedges,
Green Peas & Carrot
(D_E_G_S) 

Asian

Malay Style Beef in Sweet Black Sauce,
Steamed Rice and Malay Cabbage Carrot
(G_S)

Sweet & Sour Chicken, Steamed Rice, Asian
Braised Cabbage with Fungi and Carrot
(G_S)

Beef Rendang, Biryani Rice, Indian Cauliflower &
Lentil
(NIL)

Indian Butter Chicken, Pratha, Gobi Mattar
(D_G)

Indonesia Kecap Roasted Chicken, Eggless
Veggie Fried Rice with Curry Vegetable
(G_S)

Vegetarian

Macaroni Cheese, Cauliflower & Sweet Corn
(D_G_S)

Herbed Tomato Sauce & side Parmesan
Cheese, Fusilli Pasta, Spinach with Onion
(D_G)

Soya Chunk and Tofu Rendang, Biryani Rice,
Indian Cauliflower & Lentil
(S)

Soy Braised Tau Kew, Steamed Rice, Asian Long
Cabbage with Carrot
(G_S)

Roasted Kecap Tofu, Eggless Veggie
Fried Rice with Curry Vegetable
(G_S)

Allergen-
controlled meals

Roasted Chicken with Thyme Sauce,
Roasted Potato, Cauliflower & Green Pea
(NIL)

Herb Tomato Sauce & GF Pasta,
Spinach with Onion
(NIL)

Roasted Chicken in GF BBQ Sauce, Herbed
Roasted Potato, Broccoli & Carrot
(NIL)

Salmon Fillet with Tomato Sauce, Roasted
Potato, Cauliflower & Sweet Corn
(F)

Roasted GF Kecap Tofu, Eggless Veggie
Fried Rice with Curry Vegetable
(S)

Picnic Box

Roasted Chicken Mesclun Salad
(NIL)
Feta Cheese with Mesclun Salad
(D)

Tuna Mayo Wholemeal Sandwich
(D_E_F_G_S_SP)
Cream Cheese Cucumber Wholemeal Sandwich
(D_G)

Croque Monsieur (Wholemeal Bread)
(D_G)
Cheese Toastie (Wholemeal Bread)
(D_G)

Chicken Ham Salad Sandwich
(E_G_S)
Cheddar Cheese Salad Sandwich
(D_E_G_S)

Chicken Ham Salad Bagel
(D_G)
Vegetarian Quorn Sausage Bap
(D_E_G_S)

Allergen Legend

Dairy (D) Fish & Mollusk (F)
Gluten (G) Soy (S)
Egg (E) Sulphite (SP)

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Week 6 MENU (Nov 27th – Dec 1st)

Monday

Tuesday

Wednesday

Thursday

Friday

Go Fresh and Travel Menu are only available at Level 5 Cafeteria West Wing (Not available for Pre-order)

Go Fresh

Salad Bar & Wraps
(G)

Soup & Big Bagel
(D_G_S)

Hawaiian Pizza
(D_G_SP)

Cajun Honey Chicken with Quinoa Veg Salad &
Sweet Potato Fries (S)

Beef Quesadillas & Corn Salsa
(D_E_G_S_SP)

Travel Menu

Turkey Bacon Quiche with Mesclun Salad
(D_E_G_S)

Roasted Seabass with Vegetable &
Tomato Basil Sauce
(F_SP)

Thai Chicken Green Curry
(C)

Duck Confit with Rosemary Honey Sauce
(D_G_SP)

Couscous Merguez
(E_G_S)

Meal Plan/Ala-carte Options

Western

Cheesy Beef minced, Tomato Salsa, Potato
Wedge, Broccoli & Carrot
(D_G)

Chicken Sausage with Onion Gravy, Mashed
Potato, Green Peas & Carrot
(D_E_G_S)

Chicken Schnitzel with Tomato Sauce, Roasted
Potato, Cauliflower & Cherry Tomatoes
(E_G)

Baked Fish with Pesto Sauce, Macaroni and
Cheese, French Beans & Carrot
(D_F_G_S)

Fish & Chips, French Fries & Tartar Sauce,
Broccoli & Carrot
(E_F_G_S)

Asian

Sweet & Sour Fish, Steamed Rice, Stir-fry
Cauliflower with Green Peas
(F_G_S)

Japanese Curry Chicken Katsu, Steamed Rice,
Long Cabbage & Carrot
(D_E_G_S)

Sticky Fish with Honey Soy Sauce, Steamed
Rice, Stir-fry Long Cabbage & Carrot
(F_G_S)

Indian Chicken Tikka, Naan Bread & Basmati
rice, Spinach Dhal
(D_G)

Chicken Satay, Coconut Rice,
Sayur Lodeh
(NIL)

Vegetarian

Grilled Cheesy Lentil Vegetables Wrap, Potato
Wedges, Broccoli & Carrot
(D_G)

Japanese Curry with Tofu, Steamed Rice,
Long Cabbage & Carrot
(D_G_S)

Vegetables & Tofu Bee Hoon, Potato Wedges,
Cauliflower & Cherry Tomato
(G_S)

Soya Chunk Tikka, Naan Bread, Spinach Dhal
(D_G_S)

Satay Flavoured Tofu, Coconut Rice,
Sayur Lodeh
(S)

Allergen-
controlled meals

Roasted Chicken, Potato Wedges,
Broccoli & Carrot
(S)

Indian Soya Chunk & Chickpea Curry, Pulau
Rice, Carrot & Mattar
(S)

Steamed Fish, Steamed Rice, Cauliflower
& Cherry Tomatoes
(F)

Indian Chicken Tikka, Steamed Rice,
French Beans & Carrot
(NIL)

Grilled Fish with Pesto Sauce, Steamed
Rice, Broccoli & Carrot
(F)

Picnic Box

Roasted Chicken with Mesclun Salad
(NIL)
Feta Cheese with Mesclun Salad
(D)

Tuna Mayo Wholemeal Sandwich
(D_E_F_G_S_SP)
Cream Cheese Cucumber Wholemeal Sandwich
(D_G)

Croque Monsieur (Wholemeal Bread)
(D_G)
Cheese Toastie (Wholemeal Bread)
(D_G)

Chicken Ham Salad Sandwich
(E_G_S)
Cheddar Cheese Salad Sandwich
(D_E_G_S)

Chicken Ham Salad Bagel
(D_G)
Vegetarian Quorn Sausage Bap
(D_E_G_S)

Allergen Legend

Dairy (D) Fish & Mollusk (F)
Gluten (G) Soy (S)
Egg (E) Sulphite (SP)

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Week 7 MENU (Dec 4th – Dec 8th)

Monday

Tuesday

Wednesday

Thursday

Friday

Go Fresh and Travel Menu are only available at Level 5 Cafeteria West Wing (Not available for Pre-order)

Go Fresh

Salad Bar & Wraps
(G)

Soup & Big Bagel
(D_G_S)

Margarita Pizza
(D_G_SP)

Cajun Honey Chicken with Quinoa Veg Salad &
Sweet Potato Fries (S)

Beef Quesadillas & Corn Salsa
(D_E_G_S_SP)

Travel Menu

Eggplant Caponata Lasagna (Tomato Sauce)
(D_G_SP)

Paprika Baked Chicken Thighs, Mash Potato and
Roasted Vegetable
(D_S_SP)


Salmon Baked with Vegetables Lemon Sauce
(D_F)


Roasted Spring Half Chicken & French Fries
Brown Sauce
(D_G_SP)

Beef Steak Beurre Maître d'hôtel Gratin
Dauphinois & Vegetables
(D_SP)

Meal Plan/Ala-carte Options


Western

Chicken Cacciatore, Steamed French
Beans & Pasta (SP) 

Baked Parmesan Chicken with Tomato Sauce,
French Fries, Cauliflower & Cherry Tomatoes
(D_G) 

Baked Fish in Creamy Sauce, Roasted
Potatoes, Broccoli & Carrot
(D_F_G_S)

Beef Stroganoff, Penne Pasta,
Spinach & Onions
(D_G_S)


Chicken Sausage Hot Dog, Potato Wedges,
Green Peas & Carrot 
(D_E_G_S)

Asian

Chinese Salt & Pepper Fish with Steamed Rice,
Broccoli & Carrot
(E_F)

Butter Chicken Masala, Pulau Rice, Indian
Cabbage & Carrot
(D)

Hainanese Chicken Rice, Flavoured Rice,
Stir-fry Xiao Bai Cai 

Asian Soya Fish with Ginger & Spring Onion,
Steamed Rice, Cauliflower & Mushrooms 
(F_G_S)

Tso Chicken, Egg Veggie Fried
Rice, Asian Cauliflower with Mushroom
(E_G_S)

Vegetarian

Zucchini & Quinoa Cheezy Gratin
(D_G)

Soya Chunk & Chickpeas Korma, Pulau Rice
Indian Cauliflower & Carrot
(G_S)

Penne Pasta with Basil Tomato Sauce (Side
Parmesan Cheese), Spinach & Carrot
(D_G)

Tau Kwa Curry, Steamed Rice,
Cauliflower & Corn
(S)

Vegetarian Beans & Rice Burrito, Potato
Wedges, Vegetables Ratatouille
(G)

Allergen-
controlled meals

Chicken Cacciatore, Steamed French
Beans & GF Pasta (SP)

Roasted Chicken with Tomato Sauce, Roasted
Potatoes, Cauliflower & Cherry Tomatoes
(S)

Hainanese Chicken Rice, Flavoured
Rice, Asian Stir-fry Xiao Bai Cai
(S)

Asian GF Soya Fish with Ginger & Spring
Onions, Steamed Rice, Cauliflower with
Mushrooms
(F_S)

Vegetables & Lentil Bolognese, GF
Pasta, Spinach & Onions
(NIL)

Picnic Box

Roasted Chicken with Mesclun Salad
(NIL)
Feta Cheese with Mesclun Salad
(D)

Tuna Mayo Wholemeal Sandwich
(D_E_F_G_S_SP)
Cream Cheese Cucumber Wholemeal Sandwich
(D_G)

Croque Monsieur (Wholemeal Bread)
(D_G)
Cheese Toastie (Wholemeal Bread)
(D_G)

Chicken Ham Salad Sandwich
(E_G_S)
Cheddar Cheese Salad Sandwich
(D_E_G_S)

Chicken Ham Salad Bagel
(D_G)
Vegetarian Quorn Sausage Bap
(D_E_G_S)

Allergen Legend

Dairy (D) Fish & Mollusk (F)
Gluten (G) Soy (S)
Egg (E) Sulphite (SP)

Note

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- Pre-order meal plan includes fruit, dessert or yogurt. Picnic Box includes fruit, veggie stick or chips with dip. Allergen-controlled meal only includes fruit of the day.
- Our allergen-controlled meal does not contain dairy, egg and gluten.
- Menu is subjected to changes due to products' availability.

Week 8 MENU (Dec 11th – Dec 15th)

Monday

Tuesday

Wednesday

Thursday

Friday

Go Fresh and Travel Menu are only available at Level 5 Cafeteria West Wing (Not available for Pre-order)

Go Fresh

Salad Bar & Wraps
(G)

Soup & Big Bagel
(D_G_S)

Hawaiian Pizza
(D_G_SP)

Cajun Honey Chicken with Quinoa Veg Salad &
Sweet Potato Fries (S)

Beef Quesadillas & Corn Salsa
(D_E_G_S_SP)

Travel Menu

Potato & Onion Quiche with Mesclun Salad
(D_E)

Miso Seabass with Vegetables, Roasted
Potatoes & Miso Sauce
(D_F_S_SP)

Roasted Chicken Thigh with Lemon Garlic,
Vegetables & Chicken Jus
(D_G_SP)

Creamy Mustard Chicken with Rice
& Sautéed Mushrooms
(D_SP)

Lamb Chop, French Fries & Vegetables
(O)

Meal Plan/Ala-carte Options

Western

Irish Beef Stew, Herb-Roasted Potatoes,
Broccoli & Sweet Corn
(D_G) 🍷🍷

Baked Chicken with Thyme Sauce, Fusilli Aglio
Olio, Cauliflower & Cherry Tomatoes
(E_G)

Salmon Paprika, Tomato Sauce, Penne
Pasta, Spinach & Orange
(D_F_G_S_SP)

Chicken & Cheese Quesadilla, Potato
Wedges, Cauliflower & Green Peas
(D_G_S) 🍷🍷

Chicken Cheese Burger, Potato Wedges,
Vegetable Ratatouille
(D_E_G_S) 🍷🍷

Asian

Chicken Kuruma, Naan Bread,
Vegetables Jalfrezi
(D_G)

Teriyaki Salmon Fillet, Steamed Rice, Asian
French Beans & Carrot
(F_G_S) 🍷🍷

Indian Fried Chicken with Gravy,
Steamed Rice, Cabbage Koothu
(G) 🍷🍷

Japanese Curry Katsu Chicken, Steamed Rice,
Asian Steamed French Beans & Carrot
(D_E_G_S)

Asian Sautéed Sliced Beef with Spring
Onions & Ginger, Steamed Rice, Asian
Round Cabbage & Carrot
(G_S)

Vegetarian

Potato & Soya Chunk Kuruma, Naan
Bread, Vegetables Jalfrezi
(D_G_S)

Teriyaki Tofu Steamed Rice, Asian
French Beans & Carrot
(G_S)

Indian Lentil and Chickpeas with Gravy,
Steamed Rice, Cabbage Koothu
(NIL)

Japanese Curry Katsu Tofu, Steamed Rice,
Asian Steamed French Beans & Carrot
(D_G_S)

Plant-based Burger with BBQ Sauce, Potato
Wedges, Steamed Broccoli & Carrot
(D_E_G_S)

Allergen-
controlled meals

Irish Beef Stew, Herb-Roasted Potatoes,
Broccoli & Sweet Corn
(NIL)

Teriyaki Tofu, Steamed Rice,
Asian French Beans & Carrot
(S)

Indian Lentils & Chickpeas with Gravy,
Steamed Rice, Cabbage Koothu
(NIL)

Japanese Curry Katsu Tofu, Steamed Rice,
Asian Steamed French Beans & Carrot
(S)

Asian Sautéed Sliced Beef with Spring Onions &
Ginger, Steamed Rice, Cabbage & Carrot
(S)

Picnic Box

Roasted Chicken with Mesclun Salad
(NIL)
Feta Cheese with Mesclun Salad
(D)

Tuna Mayo Wholemeal Sandwich
(D_E_F_G_S_SP)
Cream Cheese Cucumber Wholemeal Sandwich
(D_G)

Croque Monsieur (Wholemeal Bread)
(D_G)
Cheese Toastie (Wholemeal Bread)
(D_G)

Chicken Ham Salad Sandwich
(E_G_S)
Cheddar Cheese Salad Sandwich
(D_E_G_S)

Chicken Ham Salad Bagel
(D_G)
Vegetarian Quorn Sausage Bap
(D_E_G_S)

Allergen Legend

Dairy (D) Fish & Mollusk (F)
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