

Week 1 Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Meal Plan

Menu

Spaghetti
Chicken Bolognese with
Steamed Broccoli & Carrots
Sliced Watermelon
(D_G)

Wholemeal Ham & Cheese Sandwich
Veg Stick (Carrot, Cucumber & Cherry
Tomatoes)
Mini Muffin
(D_G_E)

Baked Chicken Thighs
Roasted Potato
Cauliflower & Carrot
Mini Cakes
(D_G_S_E_SP)

Baked Fish
Steam Rice
Broccoli & Carrots
Banana
(G_F_S)

Margarita Pizza
Fries
Corn & Carrot
Yogurt
(D_G_S_SP)

Vegetarian

Spaghetti
Vegetarian Bolognese with
Steamed Broccoli & Carrots
Sliced Watermelon
(D_G)

Wholemeal Cucumber & Cheese Sandwich
Veg Stick (Carrot, Cucumber & Cherry
Tomatoes)
Mini Muffin
(D_G_E)

Plant Based
Roasted Potato
Cauliflower & Carrot
Mini Cakes
(D_G_S_E_SP)

Sauteed Mushrooms
Steam Rice
Broccoli & Carrots
Banana
(G_F_S)

Margarita Pizza
Fries
Corn & Carrot
Yogurt
(D_G_S_SP)

Allergen

Gluten Free Pasta
Chicken Bolognese
Steamed Broccoli & Carrots
Sliced Watermelon
(NIL)

Gluten Free Chicken Sandwich
Veg Stick (Carrot, Cucumber & Cherry
Tomatoes)
Fresh Fruit
(NIL)

Baked Chicken Thighs
Roasted Potato
Cauliflower & Carrot
Fresh Fruits
(NIL)

Baked Chicken
Steam Rice
Broccoli & Carrots
Banana
(NIL)

Gluten Free Grilled Vegetables Sandwich
Fries
Corn & Carrot
Fresh Fruits
(NIL)

Allergen Legend

Dairy (D)
Gluten (G)
Egg (E)

Fish & Mollusk (F)
Soy (S)
Sulphite (SP)

- Peanuts and tree nuts are not utilized in products and dishes served by Chartwells in the premises of the SJII. However, some products and dishes may contain traces of peanuts/tree nuts.
- Our allergen-controlled meal does not contain dairy, egg and gluten.
- Menu is subjected to changes due to products' availability.

Week 2 Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Meal Plan

Menu

Mac & Cheese Pasta
Steamed Broccoli & Carrots
Sliced Watermelon
(D_G_S_SP)

Chicken & Cheese Quesadilla
Veg Stick (Carrot, Cucumber & Cherry
Tomatoes)
Mini Muffin
(D_G_E)

Baked Fish
Roasted Potato
Cauliflower & Carrot
Mini Cakes
(D_G_E_S_F)

Roasted Chicken
Steam Rice
Broccoli & Carrots
Banana
(G_S)

Hotdog
Wedges
Corn & Carrot
Yogurt
(D_G_S)

Vegetarian

Mac & Cheese Pasta
Steamed Broccoli & Carrots
Sliced Watermelon
(D_G_S_SP)

Sweet Corn & Cheese Quesadilla
Veg Stick (Carrot, Cucumber & Cherry
Tomatoes)
Mini Muffin
(D_G_E)

Plant Based
Roasted Potato
Cauliflower & Carrot
Mini Cakes
(D_G_E_S_F)

Sauteed Mushrooms
Steam Rice
Broccoli & Carrots
Banana
(G_S)

Plant based Hotdog
Wedges
Corn & Carrot
Yogurt
(D_G_S)

Allergen

Gluten Free Pasta
Tomato Sauce
Steamed Broccoli & Carrots
Sliced Watermelon
(NIL)

Gluten Free Chicken Sandwich
Veg Stick (Carrot, Cucumber & Cherry
Tomatoes)
Fresh Fruit
(NIL)

Baked Chicken
Roasted Potato
Cauliflower & Carrot
Fresh Fruit
(NIL)

Roasted Chicken
Steam Rice
Broccoli & Carrots
Banana
(NIL)

Gluten Free Grilled Vegetables Sandwich
Wedges
Corn & Carrot
Fresh Fruit
(NIL)

Allergen Legend

Dairy (D)
Gluten (G)
Egg (E)

Fish & Mollusk (F)
Soy (S)
Sulphite (SP)

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Week 3 Menu

Monday

Tuesday

Wednesday

Thursday

Friday

Meal Plan

Menu

Alfredo Fusilli Pasta
Steamed Broccoli & Carrots
Sliced Watermelon
(D_E_G)

Assorted Quiche
Veg Stick (Carrot, Cucumber & Cherry
Tomatoes)
Mini Muffin
(D_F_E_G)

Baked Chicken
Roasted Potato
Cauliflower & Carrot
Mini Cakes
(D_E_G_S)

Baked Fish
Broccoli & Carrots
Banana
(F_G_S)

Chicken Nuggets
Wedges
Corn & Carrot
Mini Cakes
(D_G_S)

Vegetarian

Alfredo Fusilli Pasta
Steamed Broccoli & Carrots
Sliced Watermelon
(D_E_G)

Mushroom Quiche
Veg Stick (Carrot, Cucumber & Cherry
Tomatoes)
Mini Muffin
(D_F_E_G)

Plant Based
Roasted Potato
Cauliflower & Carrot
Mini Cakes
(D_E_G_S)

Sauteed Mushrooms
Steam Rice
Broccoli & Carrots
Banana
(G_S)

Plant Based Nuggets
Wedges
Corn & Carrot
Yogurt
(D_G_S)

Allergen

Fusilli Pasta Tomato Sauce
Steamed Broccoli & Carrots
Sliced Watermelon
(NIL)

Gluten Free Chicken Sandwich
Veg Stick (Carrot, Cucumber & Cherry
Tomatoes)
Fresh Fruit
(NIL)

Baked Chicken
Roasted Potato
Cauliflower & Carrot
Fresh Fruit
(NIL)

Baked Chicken
Steam Rice
Broccoli & Carrots
Banana
(NIL)

Gluten Free Grilled Vegetables Sandwich
Wedges
Corn & Carrot
Fruits
(NIL)

Allergen Legend

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

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