

Little Urban Forest Menu

Week 1 & 2

Monday	Egg salad sandwich & milk	Scrambled eggs with toast & milk
	-	-
	Seasonal fresh fruit	Seasonal fresh fruit
	-	-
	Spaghetti bolognese	Chicken kurma with rice
Tuesday	-	-
	Jam sandwich	Jam sandwich
	Carrot oatmeal muffin & milk	French toast & milk
	-	-
	Seasonal fresh fruit	Seasonal fresh fruit
Wednesday	-	-
	Sweet & sour chicken with rice	Mushroom soup with bread
	-	-
	Jam sandwich	Jam sandwich
	Bread & raisin pudding & milk	Blueberry Pancake & milk
Thursday	-	-
	Seasonal fresh fruit	Seasonal fresh fruit
	-	-
	Fried vermicelli	Pumpkin rice
	-	-
Friday	Jam sandwich	Jam sandwich
	Cheese & pepper egg muffin & milk	Tuna salad sandwich & milk
	-	-
	Seasonal fresh fruit	Seasonal fresh fruit
	-	-
	Fried rice	Japanese curry with rice
	-	-
	Jam sandwich	Jam sandwich
	Apple pancake & milk	Banana muffin & milk
	-	-
	Seasonal fresh fruit	Seasonal fresh fruit
	-	-
	Mexican chicken chili with bread	Chicken burger
	-	-
	Jam sandwich	Jam sandwich

Little Urban Forest Menu

Week 3 & 4

Monday	Sweet potato pancake & milk	Grilled cheese sandwich & milk
	-	-
	Seasonal fresh fruit	Seasonal fresh fruit
	-	-
	Stir fried veg with noodles	Mapo tofu with rice
Tuesday	-	-
	Jam sandwich	Jam sandwich
	Banana bread & milk	Banana oat pancake & milk
	-	-
	Seasonal fresh fruit	Seasonal fresh fruit
Wednesday	-	-
	Tuna and broccoli casserole with cheese	Potato leek soup with chicken sandwich
	-	-
	Jam sandwich	Jam sandwich
	Breakfast smoothie & hard-boiled egg	Apple cinnamon oat muffin & milk
Thursday	-	-
	Seasonal fresh fruit	Seasonal fresh fruit
	-	-
	Lentils & vegetable dhal curry with flatbread	Broccoli fettuccine alfredo
	-	-
Friday	Jam sandwich	Jam sandwich
	Zucchini & carrot egg muffin & milk	Zucchini chocolate bread & milk
	-	-
	Seasonal fresh fruit	Seasonal fresh fruit
	-	-
	Shepherd's pie	Potato and minced meat stew with rice
	-	-
	Jam sandwich	Jam sandwich
	Mantou & milk	Broccoli & cheese frittata & milk
	-	-
	Seasonal fresh fruit	Seasonal fresh fruit
	-	-
	Bibimbap	Hawaiian pizza
	-	-
	Jam sandwich	Jam sandwich