

(All meal sets served with vegetables and a slice of fruit)

Mix Brown & White Rice (HPB Guide: 20% unpolished rice)

Price: \$1.80 (small portion) / \$2.00 (big portion)

International/ Indian Food

Menu



Mon

- 1) Healthy Mac and Cheese
- 2) Chicken Roll
- 3) Curry Chicken Bowl
- 4) Pancakes and Popcorn

Tue

- 1) Healthy Mac and Cheese
- 2) Teriyaki Chicken Burger
- 3) Teriyaki Chicken Bowl
- 4) Waffles and Popcorn

Wed

- 1) Healthy Mac and Cheese
- 2) Chicken Roll
- 3) Poke Bowl
- 4) Mash and Slaw

Thu

- 1) Healthy Mac and Cheese
- 2) Teriyaki Chicken Burger
- 3) Chicken Basil Bowl
- 4) Wedges and Slaw

Fri

- 1) Healthy Mac and Cheese
- 2) Mexican Chicken Burger
- 3) Biryani Bowl
- 4) Waffles and Popcorn

(All meal sets served with vegetables and a slice of fruit)

Mix Brown & White Rice (HPB Guide: 20% unpolished rice)

Price: \$1.80 (small portion) / \$2.00 (big portion)

Chinese Noodles

Menu



Mon

- 1) Fish Ball Noodles with Minced Pork Set
- 2) Tom Yam Noodles Set
- 3) Egg Noodles Soup
- 4) Prawn Noodles Set
- 5) Chicken Lor Mee

Tue

- 1) Fish Ball Noodles with Minced Pork Set
- 2) Tom Yam Noodles Set
- 3) Egg Noodles Soup
- 4) Hor Fun Set
- 5) Ramen Noodle with Chicken Popcorn

Wed

- 1) Fish Ball Noodles with Minced Pork Set
- 2) Tom Yam Noodles Set
- 3) Egg Noodles Soup
- 4) Dry Roasted Skinless Pork with Wanton
- 5) Bolognese Noodle (Dry)

Thu

- 1) Fish Ball Noodles with Minced Pork Set
- 2) Tom Yam Noodles Set
- 3) Egg Noodles Soup
- 4) Laksa with Low/Reduced Fat Gravy Set
- 5) Ramen Noodle with Chicken Popcorn

Fri

- 1) Fish Ball Noodles with Minced Pork Set
- 2) Tom Yam Noodles Set
- 3) Egg Noodles Soup
- 4) Curry Chicken Noodles Set
- 5) Udon Noodle Set

(All meal sets served with vegetables and a slice of fruit)

Mix Brown & White Rice (HPB Guide: 20% unpolished rice)

Price: \$1.80 (small portion) / \$2.00 (big portion)

Chinese Mixed Rice / Noodle

Menu



Mon

- 1) Fish Burger Rice Set
- 2) Minced Pork with Potato Rice Set
- 3) Chicken with Tou Fu Rice Set
- 4) Black Pepper Patty Rice Set
- 5) Curry Pork Rice Set
- 6) Fried Bee Hoon
- 7) Sambal Shrimp Rice Set

Tue

- 1) Fish Burger Rice Set
- 2) Assam Fish Set Meal
- 3) Otah Rice Set
- 4) Steam Egg with Minced Pork Rice Set
- 5) Roast Chicken Drumstick (skinless) - \$1.50 for drumlets \$1.80 for Drumstick
- 6) Teriyaki Chicken Chop
- 7) Vegetarian Seaweed Fried Rice

Wed

- 1) Fish Burger Rice Set
- 2) Braised Pork Set
- 3) Sweet and Sour Chicken
- 4) Sushi with Cucumber and Egg Set
- 5) Sambal Sotong Rice
- 6) Steam Minced Pork Rice Set
- 7) Fish with Ginger Rice Set

Thu

- 1) Fish Burger Rice Set
- 2) Beancurd with Minced Meat Set
- 3) Curry Chicken Rice Set
- 4) Fried Bee Hoon
- 5) Jiang Boa Chicken Rice Set
- 6) Egg Omelette Rice Set
- 7) Yakitori Chicken Stick with Rice
- 8) Rojak
- 9) Otah / Hashbrown with Egg Rice Set

Fri

- 1) Fish Burger Rice Set
- 2) Fish Fillet Rice Set
- 3) Vegetarian Curry Rice Set
- 4) Steamed Chicken with Rice Set
- 5) Chicken Chop Rice Set
- 6) Otah Rice Set
- 7) Potato with Chicken Rice Set
- 8) Roasted Pork Rice Set

(All meal sets served with vegetables and a slice of fruit)

Mix Brown & White Rice (HPB Guide: 20% unpolished rice)

Price: \$1.80 (small portion) / \$2.00 (big portion)

Chicken Rice

Menu



Mon

- 1) BBQ Chicken Rice Set
- 2) Black Pepper Chicken Patty Rice Set
- 3) Stir Fried Egg Noodle Set

Tue

- 1) BBQ Chicken Rice Set
- 2) Black Pepper Chicken Patty Rice Set
- 3) Stir Fried Egg Noodle Set
- 4) Poached Chicken Rice Set
- 5) Black Pepper Gravy: onion, garlic and light/dark sauce
- 6) Pan Fried Chicken Thigh (Skinless and Boneless)
- 7) Vegetables depend on availability

Wed

- 1) BBQ Chicken Rice Set
- 2) Black Pepper Chicken Patty Rice Set
- 3) Stir Fried Egg Noodle Set
- 4) Poached Chicken Rice Set

Thu

- 1) BBQ Chicken Rice Set
- 2) Black Pepper Chicken Patty Rice Set
- 3) Stir Fried Egg Noodle Set
- 4) Black Pepper Gravy: onion, garlic and light/dark sauce
- 5) Pan Fried Chicken Thigh (Skinless and Boneless)
- 6) Vegetables depend on availability

Fri

- 1) BBQ Chicken Rice Set
- 2) Black Pepper Chicken Patty Rice Set
- 3) Stir Fried Egg Noodle Set
- 4) Poached Chicken Rice Set

(All meal sets served with vegetables and a slice of fruit)

Price Range: \$0.50 - \$1.20

Drinks and Snacks

Menu



Mon

- 1) Magnolia Low Fat Milk (Vanilla, Choc and Strawberry)
- 2) HL Milk (All Flavours)
- 3) Bottle Drink - H-TWO-O, 100 Plus & Pokka Green Tea
- 4) Packet Tetra Pak Drink - Vitasoy Milk, Pokka Green Tea, Pokka Ice Lemon Tea
- 5) Chicken Burger
- 6) Fish Burger
- 7) Chicken Roll
- 8) Vitagen (All Flavours)
- 9) Red Bean Pau
- 10) Yam Pau
- 11) Curry Pau
- 12) Honey Pau
- 13) Barbeque Pau
- 14) Black Pepper Pau
- 15) Siew Mai
- 16) Cheese/Tuna/Egg sandwich
- 17) French Toast
- 18) Lor Mai Kai
- 19) Fan Choy
- 20) Bread Roll
- 21) Mineral Water
- 22) Milo Packet (50% less sugar)
- 23) Corn Cup
- 24) Assorted Fruits
- 25) Assorted Cereal

Tue

- 1) Magnolia Low Fat Milk (Vanilla, Choc and Strawberry)
- 2) HL Milk (All Flavours)
- 3) Bottle Drink - H-TWO-O, 100 Plus & Pokka Green Tea
- 4) Packet Tetra Pak Drink - Vitasoy Milk, Pokka Green Tea, Pokka Ice Lemon Tea
- 5) Chicken Burger
- 6) Fish Burger
- 7) Chicken Roll
- 8) Vitagen (All Flavours)
- 9) Red Bean Pau
- 10) Yam Pau
- 11) Curry Pau
- 12) Honey Pau
- 13) Barbeque Pau
- 14) Black Pepper Pau
- 15) Siew Mai
- 16) Cheese/Tuna/Egg sandwich
- 17) French Toast
- 18) Lor Mai Kai
- 19) Fan Choy
- 20) Bread Roll
- 21) Mineral Water
- 22) Milo Packet (50% less sugar)
- 23) Corn Cup
- 24) Assorted Fruits
- 25) Assorted Cereal

Wed

- 1) Magnolia Low Fat Milk (Vanilla, Choc and Strawberry)
- 2) HL Milk (All Flavours)
- 3) Bottle Drink - H-TWO-O, 100 Plus & Pokka Green Tea
- 4) Packet Tetra Pak Drink - Vitasoy Milk, Pokka Green Tea, Pokka Ice Lemon Tea
- 5) Chicken Burger
- 6) Fish Burger
- 7) Grilled chicken burger
- 8) Vitagen (All Flavours)
- 9) Red Bean Pau
- 10) Yam Pau
- 11) Curry Pau
- 12) Honey Pau
- 13) Barbeque Pau
- 14) Black Pepper Pau
- 15) Siew Mai
- 16) Cheese/Tuna/Egg sandwich
- 17) French Toast
- 18) Lor Mai Kai
- 19) Fan Choy
- 20) Bread Roll
- 21) Mineral Water
- 22) Milo Packet (50% less sugar)
- 23) Corn Cup
- 24) Assorted Fruits
- 25) Assorted Cereal

Thu

- 1) Magnolia Low Fat Milk (Vanilla, Choc and Strawberry)
- 2) HL Milk (All Flavours)
- 3) Bottle Drink - H-TWO-O, 100 Plus & Pokka Green Tea
- 4) Packet Tetra Pak Drink - Vitasoy Milk, Pokka Green Tea, Pokka Ice Lemon Tea
- 5) Chicken Burger
- 6) Fish Burger
- 7) Chicken Roll
- 8) Vitagen (All Flavours)
- 9) Red Bean Pau
- 10) Yam Pau
- 11) Curry Pau
- 12) Honey Pau
- 13) Barbeque Pau
- 14) Black Pepper Pau
- 15) Siew Mai
- 16) Cheese/Tuna/Egg sandwich
- 17) French Toast
- 18) Lor Mai Kai
- 19) Fan Choy
- 20) Bread Roll
- 21) Mineral Water
- 22) Milo Packet (50% less sugar)
- 23) Corn Cup
- 24) Assorted Fruits
- 25) Assorted Cereal

Fri

- 1) Magnolia Low Fat Milk (Vanilla, Choc and Strawberry)
- 2) HL Milk (All Flavours)
- 3) Bottle Drink - H-TWO-O, 100 Plus & Pokka Green Tea
- 4) Packet Tetra Pak Drink - Vitasoy Milk, Pokka Green Tea, Pokka Ice Lemon Tea
- 5) Chicken Burger
- 6) Fish Burger
- 7) Vitagen (All Flavours)
- 8) Red Bean Pau
- 9) Yam Pau
- 10) Curry Pau
- 11) Honey Pau
- 12) Barbeque Pau
- 13) Black Pepper Pau
- 14) Siew Mai
- 15) Cheese/Tuna/Egg sandwich
- 16) French Toast
- 17) Lor Mai Kai
- 18) Fan Choy
- 19) Bread Roll
- 20) Mineral Water
- 21) Milo Packet (50% less sugar)
- 22) Corn Cup
- 23) Assorted Fruits
- 24) Assorted Cereal

(All meal sets served with vegetables and a slice of fruit)

Mix Brown & White Rice (HPB Guide: 20% unpolished rice)

Price: \$1.80 (small portion) / \$2.00 (big portion)

Muslim Cooked Food

Menu



Mon

- 1) Bee Hoon / Mee Soto Set
- 2) Black Pepper Chicken Rice Set
- 3) Roti Jala Set
- 4) Fried Rice with Egg/Fish Cake Set

Tue

- 1) Mee Siam Set
- 2) Hainan Chicken Rice Set
- 3) Stir Fried Rice with Egg
- 4) Ayam Percik (Skinless) Rice Set

Wed

- 1) Mee Rebus with Egg Set
- 2) Nasi Lemak Chicken / Fish Cake Set
- 3) BBQ Chicken Rice Set
- 4) Stir Fried Bee Hoon with Egg / Fish Cake Set

Thu

- 1) Curry Chicken Rice Set
- 2) Mee Goreng / Bee Hoon Goreng
- 3) Egg & Fish Cake
- 4) Satay Chicken (only) with Ketupat Set with Low/Reduced-fat gravy
- 5) Stir Fried Rice with Egg
- 6) Roti Jala Set

Fri

- 1) Hor Fun (Chicken) Set
- 2) Black Pepper Chicken Rice Set
- 3) Nasi Jagung With Chicken Set

(All meal sets served with vegetables and a slice of fruit)

Mix Brown & White Rice (HPB Guide: 20% unpolished rice)

Price: \$1.80 (small portion) / \$2.00 (big portion)

Western Food

Menu



Mon

- 1) Chicken Chop (Rice) Set
- 2) Chicken Chop Garlic Bread Set
- 3) Spaghetti Aglio Olio Set
- 4) Pizza Set
- 5) Baked Bean Pancake Set
- 6) Fusilli Tomato Flavour Set
- 7) Bakso Western Style Noodle
- 8) Tomato Sauce / Mushroom with English Herbs

Tue

- 1) Chicken Chop (Rice) Set
- 2) Chicken Chop Garlic Bread Set
- 3) Spaghetti Aglio Olio Set
- 4) Pizza Set
- 5) Waffle with Scrambled Egg Set
- 6) Penne Carbonara
- 7) Spaghetti Tomato Flavour Sauce
- 8) Chicken Chop Mashed Potato Set

Wed

- 1) Chicken Chop (Rice) Set
- 2) Chicken Chop Garlic Bread Set
- 3) Spaghetti Aglio Olio Set
- 4) Pizza Set
- 5) Waffle with Baked Bean Set
- 6) Spaghetti Carbonara Sauce
- 7) Fusilli Curry flavour Mix Vegetables English Herbs

Thu

- 1) Chicken Chop (Rice) Set
- 2) Chicken Chop Garlic Bread Set
- 3) Spaghetti Aglio Olio Set
- 4) Pizza Set
- 5) Baked Bean Pancake Set
- 6) Onion Garlic Bread
- 7) Potato Pie
- 8) Bakso Noodle

Fri

- 1) Chicken Chop (Rice) Set
- 2) Chicken Chop Garlic Bread Set
- 3) Spaghetti Aglio Olio Set
- 4) Pizza Set
- 5) Waffle with Scrambled Egg Set
- 6) Penne Carbonara
- 7) Spaghetti Tomato Flavour Sauce
- 8) Pasta with Curry Flavour