



At KTJ we continually encourage our students to develop healthy habits and select nutritious, balanced food choices. A salad bar of carrots, celery, cucumber, lettuce, tomatoes and freshly cut fruits is available every lunchtime.

**Menu week 1**

	Monday	Vegetarian Tuesday	Wednesday	Thursday	Friday
Morning snack	<ul style="list-style-type: none"> <li>Cinnamon rolls</li> <li>Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>Welsh rarebit (cheese on toast)</li> <li>Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>French toast</li> <li>Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>Marble cake</li> <li>Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>Muffin</li> <li>Fresh fruits</li> </ul>
Soup	<ul style="list-style-type: none"> <li>Chinese chicken and sweetcorn soup</li> </ul>	<ul style="list-style-type: none"> <li>Cream of carrot soup</li> </ul>	<ul style="list-style-type: none"> <li>Chicken mamak soup</li> </ul>	<ul style="list-style-type: none"> <li>Mulligatawny soup</li> </ul>	<ul style="list-style-type: none"> <li>Potato and soo hoon soup</li> </ul>
Carbohydrate	<ul style="list-style-type: none"> <li>Brown and white rice</li> <li>Boiled parsley potatoes</li> </ul>	<ul style="list-style-type: none"> <li>Brown and white rice</li> <li>Pasta</li> <li>Sautéed potatoes with onions</li> </ul>	<ul style="list-style-type: none"> <li>Brown and white rice</li> <li>French fries</li> <li>Aloo gobi</li> </ul>	<ul style="list-style-type: none"> <li>Brown and white rice</li> <li>Roasted herb potatoes</li> </ul>	<ul style="list-style-type: none"> <li>Brown and white rice</li> <li>Fried potato wedges</li> </ul>
Protein	<ul style="list-style-type: none"> <li>Braised chicken with black mushroom and broccoli</li> <li>Grilled fish with lemon butter sauce</li> </ul>	<ul style="list-style-type: none"> <li>Vegan cottage pie</li> <li>Mushroom mac and cheese</li> </ul>	<ul style="list-style-type: none"> <li>Indian butter chicken</li> <li>Fried fish</li> </ul>	<ul style="list-style-type: none"> <li>Lamb mamak curry</li> <li>Fettuccine chicken carbonara</li> </ul>	<ul style="list-style-type: none"> <li>Steamed fish with ginger</li> <li>Crispy chicken in ciabatta bread</li> </ul>
Side and vegetables	<ul style="list-style-type: none"> <li>Buttermilk corn kernel</li> <li>Roasted carrots with herbs</li> <li>Braised bok choy</li> <li>Stir fried beansprouts</li> <li>Spring rolls</li> </ul>	<ul style="list-style-type: none"> <li>Steamed mixed vegetables</li> <li>Roasted cherry tomatoes</li> <li>Sautéed french beans with garlic butter</li> <li>Blanched spinach with soy sauce and sesame</li> <li>Garlic bread</li> </ul>	<ul style="list-style-type: none"> <li>Masala chickpeas</li> <li>Indian style cabbage</li> <li>Corn on the cob</li> <li>Carrots and peas</li> <li>Potato samosa</li> </ul>	<ul style="list-style-type: none"> <li>Mamak style long beans</li> <li>Stir fried beansprouts</li> <li>Pakorras</li> <li>Onion omelette</li> <li>Garlic bread</li> </ul>	<ul style="list-style-type: none"> <li>Chap chai</li> <li>Stir fried kailan</li> <li>Sautéed brinjal with taucheo</li> <li>Fajita vegetables</li> <li>Braised tofu with chicken</li> </ul>



## Menu week 2

	Monday	Vegetarian Tuesday	Wednesday	Thursday	Friday
Morning snack	<ul style="list-style-type: none"> <li>• Mini pizza</li> <li>• Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Pancake with maple syrup</li> <li>• Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken ham and egg sliders</li> <li>• Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Quiche Lorraine</li> <li>• Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken wrap</li> <li>• Fresh fruits</li> </ul>
Soup	<ul style="list-style-type: none"> <li>• Creamy chicken Tom Yam soup</li> </ul>	<ul style="list-style-type: none"> <li>• Minestrone soup with garlic croutons</li> </ul>	<ul style="list-style-type: none"> <li>• Cream of mushroom soup</li> </ul>	<ul style="list-style-type: none"> <li>• French onion soup</li> </ul>	<ul style="list-style-type: none"> <li>• Fishball soup with kailan</li> </ul>
Carbohydrate	<ul style="list-style-type: none"> <li>• Brown and white rice</li> <li>• Greek lemon potatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Brown and white rice</li> <li>• Mushroom risotto</li> <li>• Potato parmigiana</li> </ul>	<ul style="list-style-type: none"> <li>• Brown and white rice</li> <li>• Mashed potato and gravy</li> </ul>	<ul style="list-style-type: none"> <li>• Brown and white rice</li> <li>• Parmesan roasted potatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Brown and white rice</li> <li>• French fries</li> </ul>
Protein	<ul style="list-style-type: none"> <li>• Thai basil chicken</li> <li>• Baked teriyaki fish</li> </ul>	<ul style="list-style-type: none"> <li>• Roasted vegetable pizza</li> <li>• Fettuccine with tomato and basil sauce</li> </ul>	<ul style="list-style-type: none"> <li>• Chinese braised lamb with herbs</li> <li>• Chicken, mushroom and potato casserole</li> </ul>	<ul style="list-style-type: none"> <li>• Mixed seafood kam heong</li> <li>• Chicken bolognese and spaghetti</li> </ul>	<ul style="list-style-type: none"> <li>• Chinese fried rice with chicken</li> <li>• Lamb kebab</li> </ul>
Side and vegetables	<ul style="list-style-type: none"> <li>• Stir fried kailan</li> <li>• Fried vegetable paprik</li> <li>• Sautéed broccoli with mushrooms</li> <li>• Carrots and peas</li> <li>• Oyakodon omelette with chicken</li> </ul>	<ul style="list-style-type: none"> <li>• Cauliflower au gratin</li> <li>• Sautéed brinjal with italian herbs</li> <li>• Sautéed mushroom with green beans</li> <li>• Roasted pumpkin with herbs</li> <li>• Garlic bread</li> </ul>	<ul style="list-style-type: none"> <li>• Braised bok choy with garlic sauce</li> <li>• Stir fried beansprouts</li> <li>• Sweet and sour tofu</li> <li>• Boiled carrots</li> <li>• Kimchi</li> </ul>	<ul style="list-style-type: none"> <li>• Stir fried french beans</li> <li>• Nyonya chap chai</li> <li>• Green peas</li> <li>• Garlic bread</li> </ul>	<ul style="list-style-type: none"> <li>• Egg foo yong</li> <li>• Stir fried spinach</li> <li>• Roasted mixed vegetables</li> <li>• Corn on the cob</li> <li>• Spring rolls</li> </ul>



### Menu week 3

	Monday	Vegetarian Tuesday	Wednesday	Thursday	Friday
Morning snack	<ul style="list-style-type: none"> <li>Grilled chicken ham sandwich</li> <li>Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>Bread and butter pudding</li> <li>Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>French toast</li> <li>Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>Chicken sandwich</li> <li>Fresh fruits</li> </ul>	<ul style="list-style-type: none"> <li>Fried kway teow</li> <li>Fresh fruits</li> </ul>
Soup	<ul style="list-style-type: none"> <li>Chicken and egg drop soup</li> </ul>	<ul style="list-style-type: none"> <li>Cream of pumpkin soup</li> </ul>	<ul style="list-style-type: none"> <li>French onion soup</li> </ul>	<ul style="list-style-type: none"> <li>Cream of chicken soup</li> </ul>	<ul style="list-style-type: none"> <li>Potato, fish fuchuk and soo hoon soup</li> </ul>
Carbohydrate	<ul style="list-style-type: none"> <li>Brown and white rice</li> <li>Mashed potato and gravy</li> </ul>	<ul style="list-style-type: none"> <li>Brown and white rice</li> <li>Spaghetti</li> <li>Greek lemon potatoes</li> </ul>	<ul style="list-style-type: none"> <li>Brown, butter and white rice</li> <li>French fries</li> <li>Mashed potato and gravy</li> </ul>	<ul style="list-style-type: none"> <li>Brown and white rice</li> <li>Potato au gratin</li> </ul>	<ul style="list-style-type: none"> <li>Brown, chicken and white rice</li> <li>Roasted potato wedges</li> </ul>
Protein	<ul style="list-style-type: none"> <li>Steamed fish with lime sauce</li> <li>Baked cheesy chicken</li> </ul>	<ul style="list-style-type: none"> <li>Lentil bolognese</li> <li>Crispy mushroom sandwich</li> </ul>	<ul style="list-style-type: none"> <li>Herb roasted chicken</li> <li>Fried fish</li> </ul>	<ul style="list-style-type: none"> <li>Mamak fish curry</li> <li>Spaghetti aglio olio with grilled chicken</li> </ul>	<ul style="list-style-type: none"> <li>Hainan chicken with honey</li> <li>Roasted chicken</li> <li>Shepherd's pie</li> </ul>
Side and vegetables	<ul style="list-style-type: none"> <li>Jap chae</li> <li>Bok choy with garlic sauce</li> <li>Mongolian fried tofu</li> <li>Carrots</li> <li>Sautéed button mushrooms with onions</li> </ul>	<ul style="list-style-type: none"> <li>Roasted vegetables with herbs</li> <li>Aubergine parmigiana</li> <li>Sautéed french beans with cherry tomatoes</li> <li>Garlic bread</li> </ul>	<ul style="list-style-type: none"> <li>Roasted carrots and mushrooms</li> <li>Sautéed broccoli</li> <li>Corn on the cob</li> <li>Spanish omelette</li> </ul>	<ul style="list-style-type: none"> <li>Indian style long beans</li> <li>Pineapple pajori</li> <li>Vegetable pakoras</li> <li>Sautéed cherry tomatoes and peppers</li> <li>Garlic bread</li> </ul>	<ul style="list-style-type: none"> <li>Stir fried beansprouts</li> <li>Stir fried kailan</li> <li>Onion rings</li> <li>Buttered corn</li> <li>Spring rolls</li> </ul>