



Secondary School Term 1: 2024/25

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	Tuesday (Vege)	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast		<ul style="list-style-type: none"> Fried mee Siam Sardine loaf 	<ul style="list-style-type: none"> Indonesian fried rice Breakfast beef slice Hash brown potato 	<ul style="list-style-type: none"> Fried kway teow Welsh rarebit Grill cocktail sausages 	<ul style="list-style-type: none"> Nasi lemak with fried chicken Pancake with syrup 	<ul style="list-style-type: none"> Mee hailam Mini pepperoni pizza 	<ul style="list-style-type: none"> Teochew porridge French toast Breakfast beef slice 	<ul style="list-style-type: none"> Brunch
Egg Station		<ul style="list-style-type: none"> Scrambled eggs 	<ul style="list-style-type: none"> Mushroom omelette 	<ul style="list-style-type: none"> Half boiled eggs 	<ul style="list-style-type: none"> Boiled eggs 	<ul style="list-style-type: none"> Egg benedict casserole 	<ul style="list-style-type: none"> Spanish omelette 	
Rice	Lunch	<ul style="list-style-type: none"> White rice 	<ul style="list-style-type: none"> White rice 	<ul style="list-style-type: none"> White rice 	<ul style="list-style-type: none"> White rice 	<ul style="list-style-type: none"> White rice Nasi minyak 	<ul style="list-style-type: none"> International day menu 	<ul style="list-style-type: none"> Hainan Chicken Rice
	Dinner	<ul style="list-style-type: none"> White rice 	<ul style="list-style-type: none"> White rice Butter rice 	<ul style="list-style-type: none"> White rice 	<ul style="list-style-type: none"> White rice 	<ul style="list-style-type: none"> White rice Nasi lemak 	<ul style="list-style-type: none"> White rice Garlic fried rice 	
Soup	Lunch	<ul style="list-style-type: none"> Vegetable tom yam 	<ul style="list-style-type: none"> Vegetarian day menu 	<ul style="list-style-type: none"> Rassam 	<ul style="list-style-type: none"> Potato & soo hoon 	<ul style="list-style-type: none"> Mixed vegetable soup 	<ul style="list-style-type: none"> International day menu 	<ul style="list-style-type: none"> Fish ball & pak choy
	Dinner	<ul style="list-style-type: none"> Minestrone 	<ul style="list-style-type: none"> Cream of mushroom 	<ul style="list-style-type: none"> Chicken tom yam 	<ul style="list-style-type: none"> Cream of chicken 	<ul style="list-style-type: none"> Mamak chicken soup 	<ul style="list-style-type: none"> Miso with tofu & black mushroom 	
Main	Lunch	<ul style="list-style-type: none"> Mongolian chicken Green curry chicken 	<ul style="list-style-type: none"> Vegetarian day menu 	<ul style="list-style-type: none"> Fish and chips Mamak curry chicken 	<ul style="list-style-type: none"> Italian beef ragu with fettuccine Chicken kung poh 	<ul style="list-style-type: none"> Ayam masak merah Beef rendang 	<ul style="list-style-type: none"> International day menu 	<ul style="list-style-type: none"> Brunch
	Dinner	<ul style="list-style-type: none"> Baked Mediterranean fish fillet Stir fried chicken and broccoli 	<ul style="list-style-type: none"> Irish lamb stew Chicken pong teh 	<ul style="list-style-type: none"> Roasted jerk chicken Mixed seafood padprik 	<ul style="list-style-type: none"> Moroccan lamb tagine Sweet and sour fish 	<ul style="list-style-type: none"> Mamak bistro Chicken tandoori with naan bread Mamak fried chicken 	<ul style="list-style-type: none"> Baked teriyaki fish Chinese lemon chicken 	<ul style="list-style-type: none"> Sesame honey chicken chop
Vegetables Sides Dish	Lunch	<ul style="list-style-type: none"> Garlic butter French beans Roasted vegetables Stir fried kangkung Kailan with salted fish Spicy onion omelette 	<ul style="list-style-type: none"> Vegetarian day menu 	<ul style="list-style-type: none"> Boiled carrots and peas Buttered corn Long beans with egg Indian-style cabbage Egg sambal 	<ul style="list-style-type: none"> Garlic bread Roasted vegetables in spicy aioli Fried cabbage Fried bean sprouts Steamed soft tofu with chicken 	<ul style="list-style-type: none"> Fish crackers Sambal jawa Pucuk paku masak lemak Acar jelatah Vegetable dalcha 	<ul style="list-style-type: none"> International day menu 	<ul style="list-style-type: none"> Brunch
	Dinner	<ul style="list-style-type: none"> Broccoli almondine Glazed carrots Chap chai Fried white sawi Braised fish balls 	<ul style="list-style-type: none"> Steamed green peas Corn on the cob Fried spinach Sayur lodeh Otak-otak spring rolls 	<ul style="list-style-type: none"> Broccoli au gratin Roasted pumpkin Kangkung belacan Fried kailan Semur chicken balls 	<ul style="list-style-type: none"> Roasted cauliflower Sauteed French beans with tahini sauce Jap chae Spicy chinese eggplant Egg foo yong 	<ul style="list-style-type: none"> Roti canai and condiments Thosai and vadai Rojak pasembur Maggi goreng Kaya toast 	<ul style="list-style-type: none"> Glazed teriyaki carrot Fried French beans with garlic tofu Chinese mixed vegetables Fried bean sprouts Mini spring rolls 	<ul style="list-style-type: none"> Mixed salad of cucumber, lettuce and tomato Braised egg tofu Braised pak choy Prawn crackers Fried white sawi
Potato	Lunch	<ul style="list-style-type: none"> Roasted potato with herbs 	<ul style="list-style-type: none"> Vegetarian day menu 	<ul style="list-style-type: none"> French fries 	<ul style="list-style-type: none"> Potatoes 	<ul style="list-style-type: none"> Baked potato 	<ul style="list-style-type: none"> International day menu 	<ul style="list-style-type: none"> Roasted potato with green beans
	Dinner	<ul style="list-style-type: none"> Greek lemon potatoes 	<ul style="list-style-type: none"> Sauteed potatoes with onion and herbs 	<ul style="list-style-type: none"> Mashed potato with gravy 	<ul style="list-style-type: none"> Batata harra (Lebanese spicy potatoes) 	<ul style="list-style-type: none"> Roasted potato wedges 	<ul style="list-style-type: none"> Boiled parsley potato 	



Menu Week 2		Monday	Tuesday (Vege)	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast		<ul style="list-style-type: none"> Fried mamak mee Grilled sausages Sauteed potatoes 	<ul style="list-style-type: none"> Chicken porridge with condiments Hong Kong toast Breakfast sliced beef 	<ul style="list-style-type: none"> Fried Maggi mee Chicken loaf 	<ul style="list-style-type: none"> Nasi lemak with fried chicken Grilled sausages Hashed brown potatoes 	<ul style="list-style-type: none"> Kampung fried rice Pizza on toast 	<ul style="list-style-type: none"> Singaporean fried bihun Breakfast beef slice Baked beans Sauteed potato and peppers 	• Brunch
Egg Station		<ul style="list-style-type: none"> Mushroom omelette 	<ul style="list-style-type: none"> Scrambled eggs with cheese 	<ul style="list-style-type: none"> Fried eggs 	<ul style="list-style-type: none"> Hard boiled eggs 	<ul style="list-style-type: none"> Chicken ham omelette 	<ul style="list-style-type: none"> Half boiled eggs 	
Rice	Lunch	<ul style="list-style-type: none"> White rice 	<ul style="list-style-type: none"> White rice 	<ul style="list-style-type: none"> White rice 	<ul style="list-style-type: none"> White rice 	<ul style="list-style-type: none"> White rice 	<ul style="list-style-type: none"> International day menu 	• White rice
	Dinner	<ul style="list-style-type: none"> White rice Garlic and mushroom butter rice 	<ul style="list-style-type: none"> White rice 	<ul style="list-style-type: none"> White rice 	<ul style="list-style-type: none"> White rice Ghee rice 	<ul style="list-style-type: none"> Night Market @ KTJ (menu changes each week) 	<ul style="list-style-type: none"> White rice Yong chow fried rice 	
Soup	Lunch	<ul style="list-style-type: none"> Hot and sour soup 	<ul style="list-style-type: none"> Vegetarian day menu 	<ul style="list-style-type: none"> Miso soup 	<ul style="list-style-type: none"> Mulligatawny soup 	<ul style="list-style-type: none"> Mamak chicken soup 	<ul style="list-style-type: none"> International day menu 	• Creamy pumpkin soup
	Dinner	<ul style="list-style-type: none"> French onion soup 	<ul style="list-style-type: none"> Jambalaya soup 	<ul style="list-style-type: none"> Cream of mushroom 	<ul style="list-style-type: none"> Curry tomato soup 	<ul style="list-style-type: none"> Soto ayam 	<ul style="list-style-type: none"> Creamy potato and chicken 	
Main	Lunch	<ul style="list-style-type: none"> Fish and chips Salted egg chicken 	<ul style="list-style-type: none"> Vegetarian day menu 	<ul style="list-style-type: none"> Roast teriyaki chicken Nyonya fish curry 	<ul style="list-style-type: none"> Spaghetti and beef meatballs Chicken Palembang 	<ul style="list-style-type: none"> Nasi kandar menu Ayam madu Fried fish 	<ul style="list-style-type: none"> International day menu 	• Brunch
	Dinner	<ul style="list-style-type: none"> Oblong burger Mix seafood thermidor 	<ul style="list-style-type: none"> Creamy cajun chicken Lamb rendang tok 	<ul style="list-style-type: none"> Pizza Stir fried ginger beef 	<ul style="list-style-type: none"> Grill fish fillet with a lemon and butter sauce Lamb karahi 	<ul style="list-style-type: none"> Night Market @ KTJ (menu changes each week) 	<ul style="list-style-type: none"> Beef shepherd's pie Buttermilk chicken 	<ul style="list-style-type: none"> Grilled chicken chop with mushroom sauce
Vegetables Sides Dish	Lunch	<ul style="list-style-type: none"> Buttered corn Sauteed carrot and peas Fried long beans with dried shrimp Spicy tauchoo aubergine Sweet and sour fish balls 	<ul style="list-style-type: none"> Vegetarian day menu 	<ul style="list-style-type: none"> Fried agedashi tofu Long beans gomeae Fried aubergine berlada Sambal tempe and tofu Spring rolls 	<ul style="list-style-type: none"> Garlic bread Roasted vegetable puttanesca Acar jelatah Vegetable dalcha Potato samosa 	<ul style="list-style-type: none"> Mamak long beans Fried bean sprouts Blanched lady's fingers Salted eggs Papadom 	<ul style="list-style-type: none"> International day menu 	• Brunch
	Dinner	<ul style="list-style-type: none"> Coleslaw Sauteed broccoli Roasted mixed vegetables Mashed pumpkin Corn on the cob 	<ul style="list-style-type: none"> Vegetable fajitas Deep fried okra Fried cabbage Fried bean sprouts Stir fried squid kong poh 	<ul style="list-style-type: none"> Bread cheese stick Fried kailan Chap chai Fried french beans Braised egg tofu 	<ul style="list-style-type: none"> Glazed carrots Buttered green peas Cauliflower pakoras Indian-style cabbage Otak-otak spring rolls 	<ul style="list-style-type: none"> Night Market @ KTJ (menu changes each week) 	<ul style="list-style-type: none"> Onion rings Sauteed broccoli Fried spinach Fried long cabbage Braised egg tofu 	<ul style="list-style-type: none"> Grilled corn on the cob Sauteed carrot with parsley Cauliflower au gratin Glazed cherry tomatoes
Potato	Lunch	<ul style="list-style-type: none"> French fries 	<ul style="list-style-type: none"> Vegetarian day menu 	<ul style="list-style-type: none"> Lemon herbed potatoes 	<ul style="list-style-type: none"> Potato au gratin 	<ul style="list-style-type: none"> Baked potato 	<ul style="list-style-type: none"> International day menu 	• Brunch
	Dinner	<ul style="list-style-type: none"> Cheesy baked potato wedges 	<ul style="list-style-type: none"> Roast potatoes and peas 	<ul style="list-style-type: none"> Curly fries 	<ul style="list-style-type: none"> Potato masala and okra 		<ul style="list-style-type: none"> French potato casserole 	<ul style="list-style-type: none"> French fries



Menu Week 3		Monday	Tuesday (Vege)	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast		<ul style="list-style-type: none"> Chinese fried rice Pizza on toast Baked beans 	<ul style="list-style-type: none"> Fried kway teow Saute cocktail sausage Grill tomato 	<ul style="list-style-type: none"> Dak juk (Korean rice porridge) French toast Breakfast beef slice 	<ul style="list-style-type: none"> Nasi lemak with fried chicken Chicken loaf 	<ul style="list-style-type: none"> Japanese garlic and mushroom fried rice Grilled sausages Baked beans 	<ul style="list-style-type: none"> Singaporean fried mee hoon Sardine melt on toast Baked breakfast potato 	• Brunch
Egg Station		<ul style="list-style-type: none"> Spanish omelette 	<ul style="list-style-type: none"> Scrambled eggs 	<ul style="list-style-type: none"> Fried eggs 	<ul style="list-style-type: none"> Hard boiled eggs 	<ul style="list-style-type: none"> Migas (Mexican scrambled eggs) 	<ul style="list-style-type: none"> Mushroom omelette 	
Rice	Lunch	<ul style="list-style-type: none"> White rice 	<ul style="list-style-type: none"> White rice 	<ul style="list-style-type: none"> Moroccon rice pilaf White rice 	<ul style="list-style-type: none"> White rice 	<ul style="list-style-type: none"> White rice 	<ul style="list-style-type: none"> White rice 	
	Dinner	<ul style="list-style-type: none"> White rice 	<ul style="list-style-type: none"> White rice 	<ul style="list-style-type: none"> White rice 	<ul style="list-style-type: none"> White rice 	<ul style="list-style-type: none"> White rice Risotto 	<ul style="list-style-type: none"> White rice Garlic fried rice 	
Soup	Lunch	<ul style="list-style-type: none"> Vegetable tom yam 	<ul style="list-style-type: none"> Vegetarian day menu 	<ul style="list-style-type: none"> Chicken and crabmeat soup 	<ul style="list-style-type: none"> Hot and sour soup 	<ul style="list-style-type: none"> Soto ayam madura 	<ul style="list-style-type: none"> International day menu 	
	Dinner	<ul style="list-style-type: none"> Chicken barley soup 	<ul style="list-style-type: none"> Wild mushroom cappuccino soup 	<ul style="list-style-type: none"> Roasted curry pumpkin soup 	<ul style="list-style-type: none"> Cream of chicken soup 	<ul style="list-style-type: none"> Italian lentil soup 	<ul style="list-style-type: none"> Fish ball soup 	
Main	Lunch	<ul style="list-style-type: none"> Chicken bhuna Beef padprik 	<ul style="list-style-type: none"> Vegetarian day menu 	<ul style="list-style-type: none"> Moroccan chicken Fried fish with three flavour sauce 	<ul style="list-style-type: none"> Beef gyudon Chicken gochujang 	<ul style="list-style-type: none"> Minang food chicken kalio Minang fish berlada hijau 	<ul style="list-style-type: none"> International day menu 	• Brunch
	Dinner	<ul style="list-style-type: none"> Rogan josh lamb Baked fish bulgogi 	<ul style="list-style-type: none"> Salisbury beef patty Mongolian chicken 	<ul style="list-style-type: none"> Crispy chicken burger Lamb curry 	<ul style="list-style-type: none"> Roast peri-peri chicken Salted egg fried seafood 	<ul style="list-style-type: none"> Pasta and pizza night: Two types of pasta, sauce and pizza 	<ul style="list-style-type: none"> Fried chicken katsu Steam hot and sour fish 	• KTJ fried chicken
Vegetables Sides Dish	Lunch	<ul style="list-style-type: none"> Masala lady's fingers Spiced sauteed cauliflower Salted fish kailan Stir fried white sawi Samosa 	<ul style="list-style-type: none"> Vegetarian day menu 	<ul style="list-style-type: none"> Roasted vegetables Saute pumpkin Fried kangkung belacan Fried french beans Semur chicken balls 	<ul style="list-style-type: none"> Jap chae Sauteed carrots Green beans gomaee Korean blanched spinach Korean egg tofu stew 	<ul style="list-style-type: none"> Sambal jawa Terung berlada Tempura tofu with chilli soy sauce Gulai nangka Minang omelette 	<ul style="list-style-type: none"> International day menu 	• Brunch
	Dinner	<ul style="list-style-type: none"> Spiced roasted pumpkin Kachumber salad Indian-style long beans Fried cabbage Braised squid balls 	<ul style="list-style-type: none"> Sauteed green peas Roasted carrots Nyonya chap chai Stir Fried bean sprouts Spring rolls 	<ul style="list-style-type: none"> Corn on the cob Spicy scrambled egg Pakoros Indian-style cabbage Papadom 	<ul style="list-style-type: none"> Sauteed broccoli with garlic Shakshuka Fried white sawi Fried pak chop Steam mantou 	<ul style="list-style-type: none"> Garlic bread Cheesy bread stick Onion ring 	<ul style="list-style-type: none"> Teriyaki roasted carrots Yasai itame Agedashi fried tofu Braised pak choy Egg foo yong 	<ul style="list-style-type: none"> Corn on the cob Roasted pumpkin Sauteed french beans Glazed carrots
Potato	Lunch	<ul style="list-style-type: none"> Sauteed potatoes with onion and herbs 	<ul style="list-style-type: none"> Vegetarian day menu 	<ul style="list-style-type: none"> Harissa potatoes 	<ul style="list-style-type: none"> Korean braised potatoes 	<ul style="list-style-type: none"> Baked potato 		
	Dinner	<ul style="list-style-type: none"> Bombay potatoes 	<ul style="list-style-type: none"> Mashed potatoes 	<ul style="list-style-type: none"> French fries 	<ul style="list-style-type: none"> Roast potatoes with herbs 	<ul style="list-style-type: none"> Cheesy potato wedges 	<ul style="list-style-type: none"> Roasted lemon potatoes 	<ul style="list-style-type: none"> Mashed loaded potatoes