

MENU OPTIONS (January - June 2024)

Every meal comes with either a cookie or a mini fruit/vegetables cup.

Parents must prepare some fork/spoon for their children because NO cutlery would be provided with the lunch boxes.

^ denotes as vegetarian meal and # as gluten friendly meal.

Parents can click the **Change** button on the Main Menu to modify their orders such as "NO Ketchup", "Change from Beef Burger to Mac & Cheese on Jan 12", etc.

Options for ODD days (e.g. Oct 01, 03, 05, 07, etc.)		Options for EVEN days (e.g. Oct 02, 04, 06, 08, etc.)	
1	Mac & Cheese ^	1	Meatball Pasta + Tomato Sauce
2	Mac & Cheese + Bacon Bits	2	Pasta + Tomato Sauce ^
3	Mac & Cheese + Shredded Chicken	3	Chicken Pasta + White Sauce (with carrot/onion)
4	Chicken Burger + Hashbrown (ketchup packet)	4	Plain Pasta (with Olive Oil) + Vegetables ^
5	Beef Burger + Hashbrown (ketchup packet)	5	Egg Fried Rice ^ #
6	Cheesy Beef Burger + Hashbrown (ketchup packet)	6	Egg & Ham Fried Rice
7	Veggie Burger + Hashbrown (ketchup packet) ^	7	Egg & Chicken Fried Rice
8	Bacon/Egg/Sausage Wrap + Cheese Perogies (ketchup packet)	8	Mini Cheese Pizza Slices + Chicken Hot Dog (ketchup packet)
9	Baked/Breaded Fish Wrap + Cheese Perogies	9	Mini Cheese Pizza Slices ^
10	Baked Chicken Wrap + Cheese Perogies	10	Baked Chicken Strips + French Fries (ketchup packet)
11	Veggie Wrap + Cheese Perogies ^	11	Baked Chicken Nuggets + Brioche Bun (ketchup packet)
12	Baked Cheesy Chicken Quesadillas + Cheese Perogies	12	Ham & Cheese Sandwich
13	Baked Cheesy Vegetarian Quesadillas + Cheese Perogies ^	13	Turkey & Cheese Sandwich
14	Veggie Dog + French Fries (ketchup packet) ^	14	Egg & Cheese Sandwich ^
15	Beef Hot Dog + French Fries (ketchup packet)	15	Bacon & Cheese Sandwich
16	Chicken Hot Dog + French Fries (ketchup packet)	16	Two Chicken Hot Dogs (ketchup packet)
17	Soy Sauce Chicken + White Rice + Vegetables	17	Two Beef Hot Dogs (ketchup packet)
18	Teriyaki Chicken + White Rice + Vegetables	18	Cheese & Egg English Muffin + Cheese Perogies (ketchup packet) ^
19	8 Chicken Dumplings + Vegetables (soya sauce packet)	19	Turkey & Egg English Muffin + Cheese Perogies (ketchup packet)
20	2 Big Chicken Onigiri Rice Balls + Edamame Beans (soya sauce packet) #	20	Bacon & Egg English Muffin + Cheese Perogies (ketchup packet)
21	2 Big Beef Onigiri Rice Balls + Edamame Beans (soya sauce packet)	21	Soy Sauce Chicken + Dry Wheat Noodle + Vegetables (soya sauce packet)
22	2 Big Tuna Onigiri Rice Balls + Edamame Beans (soya sauce packet) #	22	6 Chicken Dumplings + Dry Wheat Noodle + Vegetables (soya sauce packet)
23	Mini Pepperoni Pizza Slices + Chicken Hot Dog (ketchup packet)	23	5 Big Cucumber Rolls + Edamame Beans (soya sauce packet) ^ #
24	Mini Pepperoni Pizza Slices	24	5 Big Baked/Breaded Fish Rolls + Edamame Beans (soya sauce packet)
25	Chicken Ceasar Salad (with Cheddar cheese) + Pita Bread	25	5 Big Tamago (Egg) Rolls + Edamame Beans (soya sauce packet) ^ #
26	Ceasar Salad (with Cheddar cheese) + Pita Bread ^	26	Greek Salad (with Feta cheese) + Pita Bread ^