



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



Menu week 2

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



Menu week 3

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