



Secondary School Menu 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 (Vegetarian)	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast		<ul style="list-style-type: none">Fried mee SiamSardine loaf	<ul style="list-style-type: none">Indonesian fried riceBreakfast beef sliceHash brown potato	<ul style="list-style-type: none">Fried kway teowWelsh rarebitGrill cocktail sausages	<ul style="list-style-type: none">Nasi lemak with fried chickenPancake with syrup	<ul style="list-style-type: none">Mee hailamMini pepperoni pizza	<ul style="list-style-type: none">Teochew porridgeFrench toastBreakfast 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 riceNasi minyak	<ul style="list-style-type: none">International day menu	
	Dinner	<ul style="list-style-type: none">White rice	<ul style="list-style-type: none">White riceButter rice	<ul style="list-style-type: none">White rice	<ul style="list-style-type: none">White rice	<ul style="list-style-type: none">White riceNasi lemak	<ul style="list-style-type: none">White riceGarlic fried rice	<ul style="list-style-type: none">Hainan Chicken 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	
	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	<ul style="list-style-type: none">Fish ball & pak choy
Main	Lunch	<ul style="list-style-type: none">Mongolian chickenGreen curry chicken	<ul style="list-style-type: none">Vegetarian day menu	<ul style="list-style-type: none">Fish and chipsMamak curry chicken	<ul style="list-style-type: none">Italian beef ragu with fettuccineChicken kung poh	<ul style="list-style-type: none">Ayam masak merahBeef 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 filletStir fried chicken and broccoli	<ul style="list-style-type: none">Irish lamb stewChicken pong teh	<ul style="list-style-type: none">Roasted jerk chickenMixed seafood padprik	<ul style="list-style-type: none">Moroccan lamb tagineSweet and sour fish	<ul style="list-style-type: none">Mamak bistroChicken tandoori with naan breadMamak fried chicken	<ul style="list-style-type: none">Baked teriyaki fishChinese 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 beansRoasted vegetablesStir fried kangkungKailan with salted fishSpicy onion omelette	<ul style="list-style-type: none">Vegetarian day menu	<ul style="list-style-type: none">Boiled carrots and peasButtered cornLong beans with eggIndian-style cabbageEgg sambal	<ul style="list-style-type: none">Garlic breadRoasted vegetables in spicy aioliFried cabbageFried bean sproutsSteamed soft tofu with chicken	<ul style="list-style-type: none">Fish crackersSambal jawaPucuk paku masak lemakAcar jelatahVegetable 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 almonidineGlazed carrotsChap chaiFried white sawiBraised fish balls	<ul style="list-style-type: none">Steamed green peasCorn on the cobFried spinachSayur lodehOtak-otak spring rolls	<ul style="list-style-type: none">Broccoli au gratinRoasted pumpkinKangkung belacanFried kailanSemur chicken balls	<ul style="list-style-type: none">Roasted cauliflowerSauteed French beans with tahini sauceJap chaeSpicy chinese eggplantEgg foo yong	<ul style="list-style-type: none">Roti canai and condimentsThosai and vadaiRojak pasemburMaggi gorengKaya toast	<ul style="list-style-type: none">Glazed teriyaki carrotFried French beans with garlic tofuChinese mixed vegetablesFried bean sproutsMini spring rolls	<ul style="list-style-type: none">Mixed salad of cucumber, lettuce and tomatoBraised egg tofuBraised pak choyPrawn crackersFried 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	
	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	<ul style="list-style-type: none">Roasted potato with green beans



Menu Week 2		Monday	Tuesday (Vegetarian)	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast		<ul style="list-style-type: none">Fried mamak meeGrilled sausagesSauteed potatoes	<ul style="list-style-type: none">Chicken porridge with condimentsHong Kong toastBreakfast sliced beef	<ul style="list-style-type: none">Fried Maggi meeChicken loaf	<ul style="list-style-type: none">Nasi lemak with fried chickenGrilled sausagesHashed brown potatoes	<ul style="list-style-type: none">Kampung fried ricePizza on toast	<ul style="list-style-type: none">Singaporean fried bihunBreakfast beef sliceBaked beansSauteed potato and peppers	<ul style="list-style-type: none">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	
	Dinner	<ul style="list-style-type: none">White riceGarlic 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 riceGhee rice	<ul style="list-style-type: none">Night Market @ KTJ (menu changes each week)	<ul style="list-style-type: none">White riceYong chow fried rice	<ul style="list-style-type: none">White 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	
	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	<ul style="list-style-type: none">Creamy pumpkin soup
Main	Lunch	<ul style="list-style-type: none">Fish and chipsSalted egg chicken	<ul style="list-style-type: none">Vegetarian day menu	<ul style="list-style-type: none">Roast teriyaki chickenNyonya fish curry	<ul style="list-style-type: none">Spaghetti and beef meatballsChicken palembang	<ul style="list-style-type: none">Nasi kandar menuAyam maduFried fish	<ul style="list-style-type: none">International day menu	<ul style="list-style-type: none">Brunch
	Dinner	<ul style="list-style-type: none">Oblong burgerMix seafood thermidor	<ul style="list-style-type: none">Creamy cajun chickenLamb rendang tok	<ul style="list-style-type: none">PizzaStir fried ginger beef	<ul style="list-style-type: none">Grill fish fillet with a lemon and butter sauceLamb karahi	<ul style="list-style-type: none">Night Market @ KTJ (menu changes each week)	<ul style="list-style-type: none">Beef shepherd's pieButtermilk chicken	<ul style="list-style-type: none">Grilled chicken chop with mushroom sauce
Vegetables Sides Dish	Lunch	<ul style="list-style-type: none">Buttered cornSauteed carrot and peasFried long beans with dried shrimpSpicy tauchoo aubergineSweet and sour fish balls	<ul style="list-style-type: none">Vegetarian day menu	<ul style="list-style-type: none">Fried agedashi tofuLong beans gomaeFried aubergine berladaSambal tempe and tofuSpring rolls	<ul style="list-style-type: none">Garlic breadRoasted vegetable puttanescaAcar jelatahVegetable dalchaPotato samosa	<ul style="list-style-type: none">Mamak long beansFried bean sproutsBlanched lady's fingersSalted eggsPapadom	<ul style="list-style-type: none">International day menu	<ul style="list-style-type: none">Brunch
	Dinner	<ul style="list-style-type: none">ColeslawSauteed broccoliRoasted mixed vegetablesMashed pumpkinCorn on the cob	<ul style="list-style-type: none">Vegetable fajitasDeep fried okraFried cabbageFried bean sproutsStir fried squid kong poh	<ul style="list-style-type: none">Bread cheese stickFried kailanChap chaiFried french beansBraised egg tofu	<ul style="list-style-type: none">Glazed carrotsButtered green peasCauliflower pakorasIndian-style cabbageOtak-otak spring rolls	<ul style="list-style-type: none">Night Market @ KTJ (menu changes each week)	<ul style="list-style-type: none">Onion ringsSauteed broccoliFried spinachFried long cabbageBraised egg tofu	<ul style="list-style-type: none">Grilled corn on the cobSauteed carrot with parsleyCauliflower au gratinGlazed 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	<ul style="list-style-type: none">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 (Vegetarian)	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast		<ul style="list-style-type: none">Chinese fried ricePizza on toastBaked beans	<ul style="list-style-type: none">Fried kway teowSaute cocktail sausageGrill tomato	<ul style="list-style-type: none">Dak juk (Korean rice porridge)French toastBreakfast beef slice	<ul style="list-style-type: none">Nasi lemak with fried chickenChicken loaf	<ul style="list-style-type: none">Japanese garlic and mushroom fried riceGrilled sausagesBaked beans	<ul style="list-style-type: none">Singaporean fried mee hoonSardine melt on toastBaked breakfast potato	<ul style="list-style-type: none">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 pilafWhite 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 riceRisotto	<ul style="list-style-type: none">White riceGarlic 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 bhunaBeef padprik	<ul style="list-style-type: none">Vegetarian day menu	<ul style="list-style-type: none">Moroccan chickenFried fish with three flavour sauce	<ul style="list-style-type: none">Beef gyudonChicken gochujang	<ul style="list-style-type: none">Minang food chicken kalioMinang fish berlada hijau	<ul style="list-style-type: none">International day menu	<ul style="list-style-type: none">Brunch
	Dinner	<ul style="list-style-type: none">Rogan josh lambBaked fish bulgogi	<ul style="list-style-type: none">Salisbury beef pattyMongolian chicken	<ul style="list-style-type: none">Crispy chicken burgerLamb curry	<ul style="list-style-type: none">Roast peri-peri chickenSalted 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 katsuSteam hot and sour fish	<ul style="list-style-type: none">KTJ fried chicken
Vegetables Sides Dish	Lunch	<ul style="list-style-type: none">Masala lady's fingersSpiced sauteed cauliflowerSalted fish kailanStir fried white sawiSamosa	<ul style="list-style-type: none">Vegetarian day menu	<ul style="list-style-type: none">Roasted vegetablesSaute pumpkinFried kangkung belacanFried french beansSemur chicken balls	<ul style="list-style-type: none">Jap chaeSauteed carrotsGreen beans gomaeeKorean blanched spinachKorean egg tofu stew	<ul style="list-style-type: none">Sambal jawaTerung berladaTempura tofu with chilli soy sauceGulai nangkaMinang omelette	<ul style="list-style-type: none">International day menu	<ul style="list-style-type: none">Brunch
	Dinner	<ul style="list-style-type: none">Spiced roasted pumpkinKachumber saladIndian-style long beansFried cabbageBraised squid balls	<ul style="list-style-type: none">Sauteed green peasRoasted carrotsNyonya chap chaiStir Fried bean sproutsSpring rolls	<ul style="list-style-type: none">Corn on the cobSpicy scrambled eggPakorasIndian-style cabbagePapadom	<ul style="list-style-type: none">Sauteed broccoli with garlicShakshukaFried white sawiFried pak chopSteam mantou	<ul style="list-style-type: none">Garlic breadCheesy bread stickOnion ring	<ul style="list-style-type: none">Teriyaki roasted carrotsYasai itameAgedashi fried tofuBraised pak choyEgg foo yong	<ul style="list-style-type: none">Corn on the cobRoasted pumpkinSauteed french beansGlazed 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