



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"> Chocolate cake Fresh fruits 	<ul style="list-style-type: none"> Chicken loaf Fresh fruits 	<ul style="list-style-type: none"> Pancake with syrup Fresh fruits Iced Milo 	<ul style="list-style-type: none"> Assorted muffins Fresh fruits 	<ul style="list-style-type: none"> Chocolate chip cookies Fresh fruits Milk
Soup	<ul style="list-style-type: none"> Cream of wild mushroom soup 	<ul style="list-style-type: none"> Cream of carrot soup 	<ul style="list-style-type: none"> Miso soup 	<ul style="list-style-type: none"> Chicken mamak soup 	<ul style="list-style-type: none"> Mix vegetable soup
Carbohydrate	<ul style="list-style-type: none"> White & brown rice Spaghetti Poppadom Garlic bread Palak aloo 	<ul style="list-style-type: none"> White & brown rice Pasta, garlic bread Saute potato with onions Mushroom mac & cheese 	<ul style="list-style-type: none"> White & brown rice Lyonnais potato Potato samosa 	<ul style="list-style-type: none"> White & brown rice Ghee rice Boiled parsley potato 	<ul style="list-style-type: none"> White & brown rice Chicken rice Vegetable spring rolls
Protein	<ul style="list-style-type: none"> Mamak fish curry Chicken bolognese Onion & capsicum omelette 	<ul style="list-style-type: none"> Vegan cottage pie Fried tempeh Omelette 	<ul style="list-style-type: none"> Chicken karaage Lamb rendang minang Boiled egg kurma Fried tofu rendang 	<ul style="list-style-type: none"> Chicken tandoori with naan Grilled seabass with caper butter sauce Egg tofu curry Curry scrambled eggs 	<ul style="list-style-type: none"> Fried chicken fillet Pizza & potato wedges Egg foo yong Braise tofu with minced chicken
Side and vegetables	<ul style="list-style-type: none"> Long beans Indian style Stir fry cabbage Beansprouts "Kerabu" Roast vegetables 	<ul style="list-style-type: none"> Steam mix vegetables (carrots, broccoli, cauliflower) Saute french beans with garlic butter Blanch spinach with soya & sesame sauce 	<ul style="list-style-type: none"> Acar rampai Stir fry lady fingers Stir fry pucuk paku Glaze carrots & peas 	<ul style="list-style-type: none"> Pickled vegetables Pumpkin in coconut sauce Pakorras (cauliflower) Saute french bean with garlic Vegetable caponata 	<ul style="list-style-type: none"> Braise pak choy Stir fry beansprouts Boiled broccoli with garlic butter Nyonya chap chai

*** Daily Lunch - Salad of the day (lettuce mix, tomato, cucumber, celery & carrot sticks), fresh cut fruits**



Menu week 2

	Monday	Vegetarian Tuesday	Wednesday	Thursday	Friday
Morning snack	<ul style="list-style-type: none"> Bread and butter pudding Fresh fruits 	<ul style="list-style-type: none"> Chicken pizza toasty Fresh fruits 	<ul style="list-style-type: none"> Butter cookies Fresh fruits UHT Milk 	<ul style="list-style-type: none"> French cinnamon toast Fresh fruits 	<ul style="list-style-type: none"> Cheese buns Fresh fruits Iced chocolate
Soup	<ul style="list-style-type: none"> Cream of chicken soup 	<ul style="list-style-type: none"> Minestrone Soup with garlic croutons 	<ul style="list-style-type: none"> Vegetable tom yam soup 	<ul style="list-style-type: none"> Cream of tomato soup 	<ul style="list-style-type: none"> Chicken & mushroom soup (clear)
Carbohydrate	<ul style="list-style-type: none"> White & brown rice Ghee rice French fries Potato samosa 	<ul style="list-style-type: none"> White & brown rice Mushroom risotto Fettuccine with tomato basil sauce Garlic bread Potato parmigiana Roasted vegetable pizza 	<ul style="list-style-type: none"> White & brown rice Greek lemon potato Potato & tofu curry Appalam Aloo gobi 	<ul style="list-style-type: none"> White & brown rice Linguine Spring rolls Saute potato wedges Garlic Bread 	<ul style="list-style-type: none"> White & brown rice Nasi kerabu Potato curry paratel with peas
Protein	<ul style="list-style-type: none"> Chicken palembang Fish & chips Onion omelette Cocktails sausages with onion 	<ul style="list-style-type: none"> Tomato basil tofu sauce Cheesy scrambled egg 	<ul style="list-style-type: none"> Teriyaki chicken Lamb curry Spiced scrambled eggs 	<ul style="list-style-type: none"> Chicken carbonara sauce Chicken goujons 	<ul style="list-style-type: none"> Chicken percik Fried fish with tumeric Salted eggs Semur fish balls
Side and vegetables	<ul style="list-style-type: none"> Buttered corn kernels Boiled carrots Pickled vege with pineapples Stir fry kangkung 	<ul style="list-style-type: none"> Cauliflower au gratin saute mushroom with green beans Roast pumpkin with herbs 	<ul style="list-style-type: none"> Stir fry spinach Saute carrots Stir fry french beans 	<ul style="list-style-type: none"> Cauliflower au gratin Roasted vegetables Saute mushroom with egg plant Stir fry kailan 	<ul style="list-style-type: none"> Stir fry cabbage Stir fry long beans Stir fry spinach Lady fingers berlada

*** Daily Lunch - Salad of the day (lettuce mix, tomato, cucumber, celery & carrot sticks), fresh cut fruits**



Menu week 3

	Monday	Vegetarian Tuesday	Wednesday	Thursday	Friday
Morning snack	<ul style="list-style-type: none"> Cinnamon rolls Fresh fruits Juice 	<ul style="list-style-type: none"> Chicken puff Fresh fruits 	<ul style="list-style-type: none"> Pancake with syrup Fresh fruits UHT Milk 	<ul style="list-style-type: none"> Welsh rarebit (cheese on toast) Fresh fruits 	<ul style="list-style-type: none"> Tuna melt Fresh fruits
Soup	<ul style="list-style-type: none"> French onion soup with croutons 	<ul style="list-style-type: none"> Cream of pumpkin soup 	<ul style="list-style-type: none"> rassam 	<ul style="list-style-type: none"> vegetable tom yam soup 	<ul style="list-style-type: none"> Chicken & Crabmeat Soup
Carbohydrate	<ul style="list-style-type: none"> White, Brown Rice Mexican Rice Potato Boulangere Flour Tortillas Spring Rolls Nachos 	<ul style="list-style-type: none"> White & Brown Rice Pasta - Spaghetti Greek Lemon Potato Crispy Mushroom Sandwich Garlic Breads Onion Rings 	<ul style="list-style-type: none"> White & brown rice Potato samosa Curry potato with peas 	<ul style="list-style-type: none"> White & brown rice Nasi lemak French fries 	<ul style="list-style-type: none"> White & brown rice Nasi liwet Fried tempe & tofu Parma potato Garlic bread
Protein	<ul style="list-style-type: none"> Grill chicken fajita sweet & sour fish 	<ul style="list-style-type: none"> Lentil bolognese sauce Quail egg in pomodoro sauce 	<ul style="list-style-type: none"> Indian butter chicken Irish lamb stew Onion omelette 	<ul style="list-style-type: none"> Fried chicken "berempah" Sandwich day (2 types) Hard boiled eggs 	<ul style="list-style-type: none"> Roast chicken Chicken lasagna Mushroom omelette
Side and vegetables	<ul style="list-style-type: none"> Sour cream tomato salsa Loh hon chai Stir fry beansprouts Popcorn broccoli 	<ul style="list-style-type: none"> Roast vegetables with herbs Eggplant parmigiana Saute french beans with cherry tomato 	<ul style="list-style-type: none"> Poppadom, pakoras Glazed carrots Saute mushroom with onions Stir fry french beans Indian Style 	<ul style="list-style-type: none"> Coleslaw Stir fry kangkung Pumpkin in coconut sauce Stir fry pucuk paku Boiled vegetables (broccoli, carrots, cauliflowers) 	<ul style="list-style-type: none"> Stir fry long beans Stir fry kailan Cabbage with coconut Sauce Braise pak choy

* Daily Lunch - Salad of the day (lettuce mix, tomato, cucumber, celery & carrot sticks), fresh cut fruits