

Week 1	Mon	Tue	Wed	Thu	Fri
Carbs	Steam brown rice	Brown bread	Noodle (phở gà)	Pasta	Steamed white rice
Protein	Stir fried chicken with capsicum	Fish curry with carrot, potato	Spring rolls	Korean ground beef	Fish cake
Veggies	Boiled string beans	Boiled sweet potato & edamame	Boiled string beans	Stir fried kohlrabi & chayote	Boiled broccoli
Soup	Minestrone soup		Chicken soup (phở gà)		Spinach soup
Desserts	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt

Week 2	Mon	Tue	Wed	Thu	Fri
Carbs	Steamed brown rice	Pasta	Rice noodles	Mashed potato	Spaghetti Bolognese
Protein	Sauteed Chicken with onion	Batter-fried fish fillet	Stir fried beef with garlic & onion	Sautéed Chicken	
Veggies	Cucumber	Tomato sauce	Boiled cauliflower	Cucumber sticks	
Soup	Mustard greens soup	Root vegetable soup	Minestrone soup	Spinach soup	Roots vegetable soup
Desserts	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt

Week 3	Mon	Tue	Wed	Thu	Fri
Carbs	Noodle (phở bò)	Brown bread	Steamed brown rice	Pasta	Fried rice with egg & mix vegetable
Protein	Spring rolls	Fish curry with carrot, potato	Chicken stew with potatoes, carrots, celery and onion	Batter-fried fish fillet	Spring rolls
Veggies	Boiled string beans	Boiled sweet potato & edamame	Boiled broccoli	Tomato sauce	Edamame
Soup	Beef soup (súp phở bò)		Tomato & egg soup	Root vegetable soup	Spinach soup
Desserts	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt

Week 4	Mon	Tue	Wed	Thu	Fri
Carbs	Stir fried egg noodle with mix vegetable	Mashed potato	Spaghetti Bolognese	Brown sandwich	Steamed white rice
Protein		Sautéed Chicken		Tuna mayonnaise & cheese	Fish cake
Veggies	Corn on cob	Boiled broccoli		Cucumber sticks	Boiled cauliflower
Soup	Pumpkin & lentils soup	Spinach soup	Roots vegetable soup	Winter melon soup	Mustard green soup
Desserts	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt