



Mon

Tues

Wed

Thurs

Fri

Sat

Lunch

Chicken Style
Chinese
Noodle

K - 472 P - 27.1g
F - 12.4g C - 54.8g

Curried
Chickpea &
Sweet Potato
Jackets

K - 435 P - 14.4g
F - 10.6g C - 62.5g

Meatless
Meatball &
Pasta

K - 482 P - 29.1g
F - 15.1g C - 53.2g

Chicken Style
Shredder

K - 395 P - 30g
F - 17.9g C - 25.1g

Plant Based
Biriyani

K - 505 P - 15g
F - 9g C - 88g

Sweet Potato
Satay & Rice

K - 492 P - 11.3g
F - 8.9g C - 86.7g

Dinner

Meatless
Meatball &
Pasta

K - 482 P - 29.1g
F - 15.1g C - 53.2g

Chicken Style
Chinese
Noodle

K - 472 P - 27.1g
F - 12.4g C - 54.8g

Curried
Chickpea &
Sweet Potato
Jackets

K - 435 P - 14.4g
F - 10.6g C - 62.5g

Sweet Potato
Satay & Rice

K - 492 P - 11.3g
F - 8.9g C - 86.7g

Chicken Style
Shredder

K - 395 P - 30g
F - 17.9g C - 25.1g

Plant Based
Biriyani

K - 505 P - 15g
F - 9g C - 88g

Total

K - 954 P - 56.2g
F - 27.5g C - 108g

K - 907 P - 41.5g
F - 23g C - 117.3g

K - 917 P - 43.5g
F - 25.7g C - 115.7g

K - 887 P - 41.3g
F - 26.8g C - 111.8g

K - 900 P - 45g
F - 26.9g C - 113.1g

K - 997 P - 26.3g
F - 17.9g C - 174.7g