

Warm meals. Familiar flavours. Thoughtful alternatives.

INDICATIVE 4-WEEK ROTATION

WEEK ONE

Lunch Menu

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DAILY LUNCH

Monday



STANDARD

Baked fish with honey sauce, fried egg, carrot and mixed brown rice

NO EGG / DAIRY

Baked fish with honey sauce, xiao bai cai, mushroom and mixed brown rice

VEGETARIAN

Mock fish with honey sauce, xiao bai cai, mushroom and mixed brown rice

DAILY LUNCH

Tuesday



STANDARD

Coconut rice, ayam masak hitam, half a hard-boiled egg, ikan bilis, cucumber and sambal

NO EGG / DAIRY

Coconut rice, ayam masak hitam, fried tau kwa, ikan bilis, cucumber and sambal

VEGETARIAN

Coconut rice, mock ayam masak hitam, fried tau kwa, cucumber and sambal

DAILY LUNCH

Wednesday



STANDARD

Chicken and spaghetti with broccoli and carrot in brown onion gravy

NO EGG / DAIRY

Same as standard menu

VEGETARIAN

Mock chicken and spaghetti with broccoli and carrot in brown onion gravy

DAILY LUNCH

Thursday



STANDARD

Baked chicken with mixed herbs, cauliflower, carrot and herbed mixed brown rice

NO EGG / DAIRY

Same as standard menu

VEGETARIAN

Baked mock chicken with mixed herbs, cauliflower, carrot and herbed mixed brown rice

DAILY LUNCH

Friday



STANDARD

Fried noodles with cabbage, carrot, potato and minced chicken in soy sauce

NO EGG / DAIRY

Same as standard menu

VEGETARIAN

Fried noodles with cabbage, carrot, potato and mock chicken in soy sauce

MEALTIMES AT PROGRESSLAB

Children are supported to settle, eat independently, communicate their needs and follow a calm daily routine.

Menu is indicative and may change with caterer availability. The no-egg/no-dairy option follows the caterer's stated menu.

Vegetarian proteins may be soya-based. Please declare all dietary or medical needs in writing; arrangements require centre confirmation.

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Warm meals. Familiar flavours. Thoughtful alternatives.

INDICATIVE 4-WEEK ROTATION

WEEK TWO

Lunch Menu

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DAILY LUNCH

Monday



STANDARD

Baked fish with garlic soy sauce, fried egg, Chinese cabbage and mixed brown rice

NO EGG / DAIRY

Baked fish with garlic soy sauce, Chinese cabbage, carrot and mixed brown rice

VEGETARIAN

Mock fish with soy sauce, Chinese cabbage, carrot and mixed brown rice

DAILY LUNCH

Tuesday



STANDARD

Miso baked chicken with egg fried rice, corn and carrot

NO EGG / DAIRY

Miso baked chicken with fried rice, corn and carrot

VEGETARIAN

Miso baked mock chicken with fried rice, corn and carrot

DAILY LUNCH

Wednesday



STANDARD

Garlic butter penne with chicken, cabbage and carrot, seasoned with mixed herbs

NO EGG / DAIRY

Stir-fried penne with chicken, cabbage and mushroom

VEGETARIAN

Stir-fried penne with mock chicken, cabbage and mushroom

DAILY LUNCH

Thursday



STANDARD

Baked yangnyeom chicken with broccoli, carrot and mixed brown rice

NO EGG / DAIRY

Same as standard menu

VEGETARIAN

Baked mock yangnyeom chicken with broccoli, carrot and mixed brown rice

DAILY LUNCH

Friday



STANDARD

Chicken rice with HK-style soy sauce chicken, braised tau kwa, cucumber and chilli

NO EGG / DAIRY

Same as standard menu

VEGETARIAN

Chicken rice with HK-style mock soy sauce chicken, braised tau kwa, cucumber and chilli

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INDICATIVE 4-WEEK ROTATION

WEEK THREE

Lunch Menu

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DAILY LUNCH

Monday



STANDARD

Baked fish with teriyaki sauce, fried egg, carrot and mixed brown rice

NO EGG / DAIRY

Baked fish with teriyaki sauce, xiao bai cai, mushroom and mixed brown rice

VEGETARIAN

Mock fish with teriyaki sauce, xiao bai cai, mushroom and mixed brown rice

DAILY LUNCH

Tuesday



STANDARD

Char siew chicken with green cabbage, carrot and mixed brown rice

NO EGG / DAIRY

Same as standard menu

VEGETARIAN

Mock char siew chicken with green cabbage, carrot and mixed brown rice

DAILY LUNCH

Wednesday



STANDARD

Spaghetti chicken bolognese with corn and carrot

NO EGG / DAIRY

Same as standard menu

VEGETARIAN

Spaghetti mock chicken bolognese with corn and carrot

DAILY LUNCH

Thursday



STANDARD

Baked honey garlic chicken with cauliflower, carrot and herbed mixed brown rice

NO EGG / DAIRY

Same as standard menu

VEGETARIAN

Baked mock honey chicken with cauliflower, carrot and herbed mixed brown rice

DAILY LUNCH

Friday



STANDARD

Fried bee hoon with egg, cabbage and carrot, with braised chicken and potato

NO EGG / DAIRY

Fried bee hoon with cabbage and carrot, with braised chicken and potato

VEGETARIAN

Fried bee hoon with cabbage and carrot, with braised mock chicken and potato

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INDICATIVE 4-WEEK ROTATION

WEEK FOUR

Lunch Menu

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DAILY LUNCH

Monday



STANDARD

Baked fish with garlic butter lemon sauce, fried egg, green cabbage and mixed brown rice

NO EGG / DAIRY

Baked fish with garlic lemon sauce, green cabbage, carrot and mixed brown rice

VEGETARIAN

Mock fish with lemon sauce, green cabbage, carrot and mixed brown rice

DAILY LUNCH

Tuesday



STANDARD

Japanese curry chicken with potato, carrot and Japanese rice

NO EGG / DAIRY

Same as standard menu

VEGETARIAN

Japanese mock curry chicken with potato, carrot and Japanese rice

DAILY LUNCH

Wednesday



STANDARD

Creamy macaroni with chicken and broccoli

NO EGG / DAIRY

Fried macaroni with chicken, broccoli and mushroom

VEGETARIAN

Fried macaroni with mock chicken, broccoli and mushroom

DAILY LUNCH

Thursday



STANDARD

Baked bulgogi chicken with napa cabbage, carrot and mixed brown rice

NO EGG / DAIRY

Same as standard menu

VEGETARIAN

Baked mock bulgogi chicken with napa cabbage, carrot and mixed brown rice

DAILY LUNCH

Friday



STANDARD

Chicken rice with roasted chicken, half a braised boiled egg, cucumber and chilli

NO EGG / DAIRY

Chicken rice with roasted chicken, braised tau kwa, cucumber and chilli

VEGETARIAN

Chicken rice with mock roasted chicken, braised tau kwa, cucumber and chilli

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