

JANUARY 2026 DINNER MENU						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
DATE	18th	19th	20th	21st	22nd	23rd
CARBS	Nasi Lemak with Anchovies and Roasted Peanuts	Hainan Fragrant Rice	Japanese Steamed Rice	Italian Spaghetti	Stir-Fried Dark Meehoon Noodles	Seaweed Fried Rice
PROTEIN	Golden Fried Chicken	Hainan Roast Chicken and Ginger	Bulgogi Beef Vegetable Medley	Chicken Bolognese Ragu	Fried Dumplings	Korean Fried Chicken with Soy Glaze
VEGETABLES OR SIDE DISH	Cucumber, Sambal and Fried Eggs	Omelette and Japanese Cucumber	Assorted Fruits	Frittata (Baked Egg)	Sauteed Siew Bok Choi	Steamed corn and Broccoli
DATE	25th	26th	27th	28th	29th	30th
CARBS	Fried Potato Wedges	Garlic Herb Rice	Japanese Steamed Rice	Macaroni and Cheese	Fettucini Pasta	House-Style Stir-Fried Ramen
PROTEIN	Grilled Chicken with Herb Sauce	Chicken Breast with Creamy Sauce	Japanese Beef Curry	Chicken Meatballs with Herb Gravy	American Chicken Alfredo	Fish Fingers
VEGETABLES OR SIDE DISH	Coleslaw	Ratatouille	Assorted Fruits	Baked Potato Wedges	Roasted Vegetables	Fried Eggs