



CHARTERHOUSE BOARDING HOUSE FEBRUARY 2026 MENU

	MEALS		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 6	DATE		1	2	3	4	5	6
	LUNCH	CARBS	Federal Territory Day / Thaipusam				Italian Spaghetti	Japanese Steamed Rice
		PROTEIN					Beef Bolognese Ragu	Teriyaki Fish
		VEGETABLES OR SIDE DISH					Frittata (Baked Egg)	Stir-Fried Baby Bok Choy with Garlic Soy
WEEK 7	DATE		8	9	10	11	12	13
	LUNCH	CARBS	Egg Fried Rice	Italian Pasta Primavera	Macaroni and Cheese	Steamed Rice	Hainan Fragrant Rice	
		PROTEIN	Honey Chicken Cubes	Chicken Parmigiana	Beef Meatballs with Light Herb Gravy	Tangy Sweet & Sour Fish	Oriental BBQ Chicken	
		VEGETABLES OR SIDE DISH	Sauteed Mixed Vegetables	Roasted Vegetables	Baked Potato Wedges	Sauteed Mixed Vegetables	Assorted Fruits	
WEEK 8	DATE		15	16	17	18	19	20
	LUNCH	CARBS						
		PROTEIN						
		VEGETABLES OR SIDE DISH						
WEEK 9	DATE		22	23	24	25	26	27
	LUNCH	CARBS			Hainan Fragrant Rice	Japanese Steamed Rice	Italian Spaghetti	Seaweed Fried Rice
		PROTEIN			Hainan Roast Chicken + Ginger Paste	Bulgogi Beef Veggie Medley	Chicken Bolognese Ragu	Korean Fried Chicken with Soy Glaze
		VEGETABLES OR SIDE DISH			Omelette + Japanese Cucumber	Assorted Mixed Fruits	Frittata (Baked Egg)	Steamed Corns & Broccoli
								Roasted Vegetables