



Healthy Eating with Agape Little Uni. @ Commonwealth

Keeping our children and staff healthy!

Introduction of 'My Healthy Plate'



Visual is indicative only. Please refer to table for accurate representation of daily serving sizes.

Say 'YES' to...

- ✓ Brown Rice
- ✓ Wholemeal Bread
- ✓ Less Oil
- ✓ Less Sugar
- ✓ Less Salt
- ✓ Less Fat
- ✓ More Fruits and Vegetables
- ✓ Lean Protein
- ✓ No Fried, Preserved, Processed Food



*Our food is freshly prepared under strict hygiene standards. We do not serve pork, beef and lamb.

What are we eating today?

Week 1 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Cereals + Milk + Milo	Fruit + Low Fat Soy Milk + Milk + Whole Meal Low Fat Cheese Sandwich	Oats + Fruit + Milk + Milo	Hard Boiled Egg + Fruit + Low Fat Soy Milk + Milk	Low Fat Yogurt + Fruit + Cereals + Milk	Cereals + Milk + Milo
Lunch	Fruit + Salmon Brown Rice Mix Congee With Tomato & Broccoli	Fruit + Wholemeal Chor Bee Hoon With Stir Fry Spinach With Ikan Bilis & Carrot + Garlic Chicken	Fruit + Sweet & Sour Fish + Stir Fry Chinese Spinach + Steamed Brown Rice Mix	Fruit + Wholemeal Spaghetti With Chicken & Homemade Tomato, Papaya, Onion Sauce + Shredded Lettuce	Fruit + Tomato Fried Egg + Teriyaki & Onion Chicken + Steamed Brown Rice Mix	Fruit + Chicken Brown Rice Mix Congee With Barley, Green & Red Beans
Tea break	Homemade Pancake + Milk + Milo	Unsweetened Green/ Red Bean Dessert + Steamed Bun	Whole Meal No Sugar Added Fruit Jam Sandwich + Milk	Homemade Bread Pudding + Milk + Milo + Berries/ Fruits	Fruity Day	



Vegetables served include spinach, cauliflower, cabbage, cai xin, broccoli, etc.
 Seasonal Fruits (Fruits served include Apples, Watermelon, Banana, Pear, Honeydew)

What are we eating today?

Week 2 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Cereals + Milk + Milo	Fruit + Low Fat Soy Milk + Milk + Whole Meal Low Fat Cheese Sandwich	Oats + Fruit + Milk + Milo	Hard Boiled Egg + Fruit + Low Fat Soy Milk + Milk	Low Fat Yogurt + Fruit + Cereals + Milk	Cereals + Milk + Milo
Lunch	Fruit + Chicken Brown Rice Mix Congee With Barley, Green & Red Beans (五宝粥)	Fruit + Wholemeal Mee Tai Mak + Fish Soup With Vegetables & Carrots	Fruit + Baked Chicken + Steamed Broccoli & Carrot + Steamed Potato With Mushroom Sauce	Fruit + Wholemeal Macaroni + Homemade Pumpkin & Low Fat Cheese Sauce With Chicken Shreds + Lettuce	Fruit + Fried Onion Egg + Chicken Stew With Potato & Carrot + Steamed Brown Rice Mix	Fruit + Fish Brown Rice Mix Congee With Tofu, Tomato & Broccoli
Tea break	Homemade Pancake + Milk + Milo	Unsweetened Green/ Red Bean Dessert + Steamed Bun	Whole Meal No Sugar Added Fruit Jam Sandwich + Milk	Homemade Bread Pudding + Milk + Milo + Berries/ Fruits	Fruity Day	



Vegetables served include spinach, cauliflower, cabbage, cai xin, broccoli, etc.
 Seasonal Fruits (Fruits served include Apples, Watermelon, Banana, Pear, Honeydew)



Week 3 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Cereals + Milk + Milo	Fruit + Low Fat Soy Milk + Milk + Whole Meal Low Fat Cheese Sandwich	Oats + Fruit + Milk + Milo	Hard Boiled Egg + Fruit + Low Fat Soy Milk + Milk	Low Fat Yogurt + Fruit + Cereals + Milk	Cereals + Milk + Milo
Lunch	Fruit + Fish Brown Rice Mix Congee With Tofu, Tomato & Broccoli	Fruit + Wholemeal Kuay Teow + Chicken Soup With Green Vegetables, Carrots & Tofu	Fruit + Sweet & Sour Chicken + Boiled Broccoli & Cauliflower + Steamed Brown Rice Mix	Fruit + Wholemeal Spaghetti With Fish & Homemade Tomato Sauce + Shredded Lettuce	Fruit + Fried Egg With Spinach + Grilled Fish + Steamed Brown Rice Mix	Fruit + Chicken Brown Rice Mix Congee With Cabbage, Carrot & Mushroom
Tea break	Homemade Pancake + Milk + Milo	Unsweetened Green/ Red Bean Dessert + Steamed Bun	Whole Meal No Sugar Added Fruit Jam Sandwich + Milk	Homemade Bread Pudding + Milk + Milo + Berries/ Fruits	Fruity Day	



Vegetables served include spinach, cauliflower, cabbage, cai xin, broccoli, etc.
 Seasonal Fruits (Fruits served include Apples, Watermelon, Banana, Pear, Honeydew)

What
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Week 4 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Cereals + Milk + Milo	Fruit + Low Fat Soy Milk + Milk + Whole Meal Low Fat Cheese Sandwich	Oats + Fruit + Milk + Milo	Hard Boiled Egg + Fruit + Low Fat Soy Milk + Milk	Low Fat Yogurt + Fruit + Cereals + Milk	Cereals + Milk + Milo
Lunch	Fruit + Chicken Brown Rice Mix Congee With Cabbage, Carrot & Mushroom	Fruit + Wholemeal Bee Hoon + Fish Soup With Winter Melon, Vegetables & Carrots	Fruit + Baked Salmon + Steamed Broccoli & Carrot + Steamed Potato With Mushroom Sauce	Fruit + Wholemeal Spaghetti With Chicken + Homemade Low Fat Cream Sauce & Mushrooms	Fruit + Sesame Chicken Stew With Onion, Potato, Carrot & Mushroom + Steamed Brown Rice Mix	Fruit + Chicken Brown Rice Mix Congee With With Carrot & Mushrooms
Tea break	Homemade Pancake + Milk + Milo	Unsweetened Green/ Red Bean Dessert + Steamed Bun	Whole Meal No Sugar Added Fruit Jam Sandwich + Milk	Homemade Bread Pudding + Milk + Milo + Berries/ Fruits	Fruity Day	



Vegetables served include spinach, cauliflower, cabbage, cai xin, broccoli, etc.
Seasonal Fruits (Fruits served include Apples, Watermelon, Banana, Pear, Honeydew)

What
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Week 5 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Cereals + Milk + Milo	Fruit + Low Fat Soy Milk + Milk + Whole Meal Low Fat Cheese Sandwich	Oats + Fruit + Milk + Milo	Hard Boiled Egg + Fruit + Low Fat Soy Milk + Milk	Low Fat Yogurt + Fruit + Cereals + Milk	Cereals + Milk + Milo
Lunch	Fruit + Hainan Styled Chicken + Vegetable & Carrot Soup + Steamed Brown Rice Mix	Fruit + Wholemeal Ipoh Hor Fun With Mince Chicken + Green Vegetables, Carrots	Fruit + Steamed Egg With Chicken + Boiled Broccoli With Carrot + Steamed Brown Rice Mix	Fruit + Wholemeal Spaghetti + Chicken Meat Balls + Homemade Tomato Sauce + Shredded Lettuce	Fruit + Vegetable Stew With Carrots & Chicken + Steamed Brown Rice Mix	Fruit + Salmon Brown Rice Mix Congee With Tomato & Broccoli
Tea break	Homemade Pancake + Milk + Milo	Unsweetened Green/ Red Bean Dessert + Steamed Bun	Whole Meal No Sugar Added Fruit Jam Sandwich + Milk	Homemade Bread Pudding + Milk + Milo + Berries/ Fruits	Fruity Day	



Vegetables served include spinach, cauliflower, cabbage, cai xin, broccoli, etc.
Seasonal Fruits (Fruits served include Apples, Watermelon, Banana, Pear, Honeydew)

Look out for these when you buy your groceries!



Choose to be healthy!



Food items with the "Healthier Choice" logo is generally better for your family as it has lower salt, sugar or fat content!

More fruits please!



Fresh fruits and vegetables are bursting with nutrients and it is perfect for growing children! Include a variety of colours to get children excited!

Whole grains



Make the swap to brown rice, whole meal and include oats to increase your daily intake of vitamins and minerals!

Strong bones!



Calcium is important as it helps build strong bones and teeth! Keep drinking milk for better bone health!

Uh oh, junk food!



Skip the processed food, snacks and soda aisle in the supermarket and head straight for fresh food products. Too much salt and sugar is harmful for a growing child's body!

Let's be a positive influence in our child's food choices today!

