

DAY	BREAKFAST	LUNCH (PACKED)	DINNER
1	Breakfast not provide	<p>(* BNTSB will provide this lunch *)</p> <ul style="list-style-type: none"> • 6 slices of bread with cheese and butter • 2 hard boiled eggs • 1 banana and 1 apple • 1 bottle of mineral water (500ml) 	<ul style="list-style-type: none"> • Steam Rice • Tom Yam Chicken Soup • Ladies Finger with Sambal • Round Cabbage with Dried Shrimp • Fish in Black Pepper • Beef with Ginger • Fresh Chips of Salad • Banana & Pineapple
2	<ul style="list-style-type: none"> • Vegetables Fried Rice • Scramble Eggs • Onion Herbs • Fresh Toasts • Sandwich Loaf with Jam • Cereal with Fresh Milk • Red Grape Juice • Pineapple slice 	<ul style="list-style-type: none"> • Fried Mee • Tuna Sandwich • Fried Sausage • Biscuit (Tiger) • Fruits 	<ul style="list-style-type: none"> • Steam rice • Long Beans with Dried Prawn • Sweet and Sour Egg Tofu • Fried Chicken • Chicken Soup • Pear
3	<ul style="list-style-type: none"> • Noodle (Maggie) • Fried Rice • Omellete • Sandwich Loaf with Jam • Biscuit • Hot Drink 	<ul style="list-style-type: none"> • Cheese Sandwich • Fried Noodle • Boiled Egg • Mixed Biscuit • Apple 	<ul style="list-style-type: none"> • Steam rice • Brinjal with Oyster Sauce • Stir Fried Long Cabbage • Anchovies with Onion • Mushroom Soup • Pear
4	<ul style="list-style-type: none"> • Noodle (Maggie) • Fried Noodle • French Toast with Jam • Half Boiled Egg • Biscuit • Hot Drink 	<ul style="list-style-type: none"> • Sandwich Loaf with Peanut • Fried Rice • Fried Egg • Biscuit (Chipsmore) • Orange 	<ul style="list-style-type: none"> • Steam rice • Sachuan Cream • French Beans with Dried Prawn • Stir Fried Bean Sprout • Beef with Soy Sauce • Chicken Bumbu Bali • French Chips of Salad • Guava & Pineapple
5	<ul style="list-style-type: none"> • Rojak Mee with Condiment • Chips Lettuce • Deep Fried Potato • Fried Chicken Nuggets • Sandwich Loaf with Jam • Cereal with Fresh Milk • Pineapple Juice • Honey Dew slice 	Lunch not provided	Dinner not provided