

Dinner Menu Week 3

13-19 June, 2021

	13	14	15	16	17	18	19
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Food	Chicken tandoori	Chicken yakisoba	Pork chop	Pork ramen	Meat & chicken BBQ.	Japanese chicken curry	Sea bass with lemon butter lemon
Asian Food	Deep fried porkball	Stir fried beef with oyster sauce	Batter deep fried squid	Fried rice with Chinese sausage	Caramelized porkball	Deep fried roll chicken	Pork panang curry
	Stir fried Pork with miso sauce	Deep fried bread fish chips	Steamed fishball & spicy sauce	Chicken gyoza	Fish with lemon sauce	Grilled pork spicy salad	Chicken in soy sauce
Vegan Food	Stir fried tofu with blackpepper	Stir fried tofu with celery	Tofu with gravy sauce	Tofu in brown sauce	Vegetable green curry	Fried eggplant dried curry	Massaman curry with tofu
Vegetarian Food	Baked cauliflower with cheese	Seaweed wakame clear soup	Baked spaghetti with cheese	Grilled pumpkin with tomato Sauce	Corn on the cop	Tomato cheese	Parmesan broccoli
Gluten Free Food (Asian & Western)	Stir fried morning glory	Four kind vegetables in Chinese gravy sauce	Stir fried asparagus	Sauteed bell peppers	Stir fried baby corn	Stir fried broccoli	Stir fried pumpkin with egg
	Grilled chicken breast	Grilled chicken breast	Grilled chicken breast	Grilled chicken breast	Grilled chicken breast	Grilled chicken breast	Grilled chicken breast
Pasta	Pasta with beef bolognese	Pasta & tomato sauce	Pasta & tomato sauce	Pasta with garlic & bacon	Pasta & tomato sauce	Pasta with tomato sauce	Macaroni and cheese
Salads & Dessert	Various salads Mixed fresh fruit cut	Various salads Mixed fresh fruit cut	Various salads Mixed fresh fruit cut	Various salads Mixed fresh fruit cut	Various salads Mixed fresh fruit cut	Various salads Mixed fresh fruit cut	Various salads Mixed fresh fruit cut
Everyday items	Steamed rice Potatoes Bread	Steamed rice Potatoes Bread	Steamed rice Potatoes Bread	Steamed rice Potatoes Bread	Steamed rice Potatoes Bread	Steamed rice Potatoes Bread	Steamed rice Potatoes Bread

Menu changed may be appropriate