

Lunch Menu Week 4

20-26 June, 2021

	20	21	22	23	24	25	26
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Food	Bacon yakisoba	Korean fried chicken	BBQ. pork noodles soup	American fried rice	Noodle with chicken curry and condiments	Makarita & ham tortilla pizza	Fried chicken & sticky rice
Asian food	Deep fried turmeric chicken	Chicken panang curry	Stir fried seafood with Thai herbs	Hot & sour curry with fish & young coconut shoots	Stir fried pork with basil	Braised pork spare ribs soup	Northern style pork curry
	Seaweed & crab stick clear soup	Pork ribs & pickle clear soup	Stir fried chicken with salt	Sweet pork	Sweet & sour shrimp	Stir fried fishball with curry paste	Tofu egg clear soup
Vegan Food	Tofu & vegetables green curry	Stir fried protein with basil	Chana masala	Tofu & fruit curry	Yellow vegetable curry	Pav Bhaji	Tofu panang curry
Gluten Free Food (Asian & Western)	Stir fried bog choy with egg	Stir fried broccoli	Stir fried cabbage with egg	Stir fried mixed vegetable	Stir fried morning glory	Stir fried Chinese cabbage with egg	Stir fried mushrooms
	Beef stewed	Fish with lemon butter sauce	Paprika beef	BBQ. fish	Beef stewed	Chicken with lemon butter sauce	Macaroni & cheese
Pasta	Pasta & pesto sauce	Pasta & tomato sauce	Pasta & carbonara sauce	Pasta & beef bolognese sauce	Pasta & pesto sauce	Pasta & tomato sauce	Pasta & beef bolognese sauce
Salad	Various salads	Various salads	Various salads	Various salads	Various salads	Various salads	Various salads
Dessert	Mixed fresh fruit cut	Bakery Mixed fresh fruit cut	Fruit juice drink Milk Mixed fresh fruit cut	Yoghurt Mixed fresh fruit cut	Thai dessert Mixed fresh fruit cut	Assorted ice cream Mixed fresh fruit cut	Mixed fresh fruit cut
Everyday Items	Assorted breads Steamed rice Boiled vegetables Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes

Menu changed may be appropriate