

Dinner Menu Week 1

1-7 May 2022

	1	2	3	4	5	6	7
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Food	Tendoori chicken	Grilled pork with sticky rice	Spicy chicken wing	Jade noodles with roasted duck	Beef lasagna	Chicken with red sauce	Pizza toast
Asian Food	Bacon wrapped sausage	Stir fried beef with oyster sauce	Fried rice with egg	Caramelized porkball	Deep fried chicken	Stir fried pork with black pepper	Stir fried chicken with garlic
Vegan Food	Stir fried tofu with black pepper	Tofu with red gravy sauce	Thai stewed tofu	Vegetable salad roll	Stir fried mushroom with basil	Fried tofu with Japanese sauce	Stir fried tofu with Thai celery
Vegetarian Food	Spinach lasagna	Zucchini fried butter	Wakame seaweed clear soup	Cauliflower baked with cheese	Butter boiled corn on the cop	Cheese tomato	Baked zucchini with garlic cheese
Gluten Free Food (Asian)	Stir fried asparagus	Four kinds vegetables in Chinese gravy sauce	Sauteed bell peppers	Stir fried Taiwan vegetable with egg	Stir fried baby corn	Kale & shitake mushroom with red sauce	Stir fried garden beans
Gluten Free Food (Western)	Grilled chicken breast	Grilled chicken breast	Grilled chicken breast	Grilled chicken breast	Grilled chicken breast	Grilled chicken breast	Grilled chicken breast
Pasta	Pasta with tomato sauce	Pasta with beef bolognese	Pasta with bacon & garlic	Pasta with tomato sauce	Pasta with tuna & pepper	Pasta with tomato sauce	Pasta with beef bolognese
Everyday Items	Various salads Fresh cut fruit	Various salads Fresh cut fruit	Various salads Fresh cut fruit	Various salads Fresh cut fruit	Various salads Fresh cut fruit	Various salads Fresh cut fruit	Various salads Fresh cut fruit
	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