

Dinner Menu Week 4

22-28 May 2022

	22	23	24	25	26	27	28
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Food	Teriyaki grilled beef	Chicken tikka masala & naan bread	Pork & chicken hot dog	Jade noodles with roasted duck	KFC style fried chicken	Chicken & beef satay	Pork chop
Asian Food	Fried egg noodles	Sweet pork	Spicy minced pork salad	Fried rice with egg	Stir fried beef with oyster sauce	Braised pork ribs	Chicken green curry
Vegan Food	Stir fried tofu & mushroom with basil	Cauliflower & potato curry with coconut milk	Thai stewed tofu	Stir fried tofu with pepper & bell pepper	Stir fried long beans with curry paste	Fried eggplant dried curry	Fried tofu with Japanese sauce
Vegetarian Food	Cheese tomato	Butter fried zucchini	Onion ring	Beans in tomato sauce	Wakame seaweed clear soup	Parmesan zucchini	Creamy macaroni
Gluten Free Food (Asian)	Stir fried cauliflower	Four kinds vegetables in gravy red sauce	Stir fried Chinese cabbage	Stir fried kale & shitake mushroom	Stir fried broccoli	Stir fried baby corn	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 tomato sauce	Macaroni with tomato sauce	Pasta with tomato sauce	Pasta with tuna & garlic	Pasta with tomato sauce
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