

## Lunch Menu Week 1

1-7 May 2022

	1	2	3	4	5	6	7
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Food	Baked rice with chicken & pineapple	Makarita & ham-cheese tortilla pizza	Pork noodles tom yum soup	Tenderloin steak with onion gravy sauce	Chicken noodles curry soup	Ham steak with gravy sauce	Turmeric fried chicken
Asian food	Stir fried chicken with basil	Egg with tamarind sauce	Stir fried chicken with ginger	Vegetables & fishballs clear soup	Stir fried minced chicken with longbean	Thai omelette	Chicken panang curry
	Seafood tom yum soup	Chicken green curry	Southern spicy pork with herbs	Chicken panang curry	Dried fish with curry sauce	Chicken & bamboo shoots curry with coconut milk	Sweet pork
Vegan Food	Stir fried eggplant with basil	Chana Masala	Tofu & mushroom tom yum soup	Fruit yellow curry	Mixed vegetable & tofu curry	Chana masala	Stir fried protein with curry paste
Gluten Free Food (Asian)	Stir fried morning glory	Stir fried glass noodle with egg	Stir fried mixed vegetable	Stir fried cabbage	Stir fried Chinese cabbage with egg	Stir fried broccoli	Stir fried bog choy with egg
Gluten Free Food (Western)	Pork with gravy sauce	Beef stew	Paprika chicken	Fish with lemon butter sauce	Chicken with mushroom cream sauce	Chicken stew	BBQ. fish
Pasta	Pasta & pesto sauce	Pasta & cabonara sauce	Pasta & tomato-black olive sauce	Pasta & pesto sauce	Pasta & chicken alfredo sauce	Pasta & beef bolognese sauce	Pasta & tomato sauce
Salad	Various salads	Various salads	Various salads	Various salads	Various salads	Various salads	Various salads
Dessert	Fresh cut fruit	Bakery Fresh cut fruit	Fruit juice drink Milk Fresh cut fruit	Yoghurt Fresh cut fruit	Thai dessert Fresh cut fruit	Assorted ice cream Fresh cut fruit	Fresh cut fruit
Everyday Items	Assorted breads, Steamed rice, Eggplant with tomato sauce & 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, Eggplant with tomato sauce & Potatoes	Assorted breads Steamed rice Geen peas with tomato sauce & Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes

\*Menu changed may be appropriate\*