

Lunch Menu Week 4

22-28 May, 2022

	22	23	24	25	26	27	28
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Food	Grilled pork skewers with sticky rice	Tenderloin steak with gravy sauce	Fried chicken with sticky rice	Classic shepherd's pie	Rice with BBQ. pork	Fish finger	Braised chicken noodles soup
Asian food	Fish balls & vegetable clear soup	Chicken panang curry	Pork curry with coconut milk	Hot & sour curry with shrimp & accacia leave omelette	Stir fried fish ball with curry paste	Chicken coconut soup	Dried fish woth curry sauce
	Stir Fried Chicken with Ginger	Pork spare ribs soup with Chinese herbs	Thai stewed pork & tofu	Sweet chicken	Sweet & sour sauce fried with fish	Northern style pork curry	Stir fried pork with cabbage
Vegan Food	Tofu & vegetables green curry	Stir fried protein with curry paste	Chana masala	Tofu & fruit curry with coconut milk	Vegetable yellow curry	Pav Bhaji	Tofu panang curry
Gluten Free Food (Asian)	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
Gluten Free Food (Western)	Paprika fried beef	Grilled fish with emon butter sauce	Paprika chicken	Grilled pork with gravy sauce	Beef stewed	Grilled chicken with lemon butter sauce	Macaroni & cheese
Pasta	Pasta & pesto sauce	Pasta & tomato sauce	Pasta & cabonara sauce	Pasta & chickenball tomato 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	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 Boiled vegetables Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes	Assorted breads, Steamed rice, Zucchini with tomato sauce & Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes	Assorted breads, Steamed rice, Eggplant with tomato sauce & Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes

Menu changed may be appropriate