

Dinner Menu Week 1

1-5 November 2022

			1	2	3	4	5
			Tuesday	Wednesday	Thursday	Friday	Saturday
Special Food			Ham cheese sandwich	Chicken tikka & naan bread	Margherita pizza	Thai papaya salad, grilled chicken & sticky rice	Beef Lasagna
Asian Food			Shrimp in tamarind sauce	Stir fried chicken with red sauce	Fish sauce fried chicken	Spicy minced pork salad	Northern style chicken curry
Vegetarian Food			Mushroom cream soup	Butter fried bell pepper	Seaweed clear soup	Zucchini with tomato sauce	Butter fried carrots
Gluten Free Food (Asian)			Stir fried morning glory with fermented soybean	Stir fried Taiwan vegetable	Stir fried babaycorn	Stir fried Chinese cabbage	Stir fried broccoli
Gluten Free Food (Western)			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	Pasta with bacon & chili	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
			Steamed rice Potatoes Bread	Fried rice with egg Potatoes Bread	Steamed rice Potatoes Bread	Steamed rice Potatoes Bread	Steamed rice Potatoes Bread

Menu changed may be appropriate