

Dinner Menu Week 3

13-19 November 2022

	13	14	15	16	17	18	19
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Food	Tendoori chicken	Pad Thai with shrimp & chicken	Margarita pizza	Hainanese chicken rice	Grilled lamb ribs with 3 sauces	Shrimp cake	Beef lasagna
Asian Food	Stir fried chicken with garlic	Sweet pork	Fish sauce fried chicken	Spicy minced chicken salad	Caramelized porkball	Stir fried beef with black pepper	Stir fried sausage with red sauce
Vegetarian Food	Cheese tomato	Onion ring	Butter fried carrot	Beans in tomato sauce with cheese	Parmesan zucchini	Wakame seaweed clear soup	Grilled Tomatoes
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
	Fried rice with egg 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