

Dinner Menu Week 4

20-26 November 2022

	20	21	22	23	24	25	26
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Food	Roti with chicken massaman curry	Chicken tikka & naan bread	Chicken quesadillas	3 kinds sushi	Fish & chips	Hainanese chicken rice	Pork chop steak
Asian Food	Fried breaded fish chips	Stir fried seafood with yellow powder	Stir fried beef with oyster sauce	Stir fried sausage with red sauce	Caramelized porkball	Stir fried beef with chilli	Stir fried chicken with garlic
Vegetarian Food	Butter fried broccoli	Beans in tomato sauce with cheese	Mushroom cream soup	Seaweed clear soup	Butter boiled corn on the cob	Parmesan zucchini	Pumpkin with tomato Sauce
Gluten Free Food (Asian)	Stir fried asparagus	Stir fried morning glory with soybean	Stir fried Chinese cabbage	Stir fried mixed vegetables	Sauteed bell peppers	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 beef bolognese	Pasta with bacon & chili	Pasta with tomato sauce	Pasta with sausage & garlic	Pasta with tomato sauce	Pasta with tuna & black pepper	Pasta with beef bolognese 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