

Dinner Menu Week 5

27-30 November 2022

	27	28	29	30			
	Sunday	Monday	Tuesday	Wednesday			
Special Food	Beef Lasagna	Ramen	Sea bass with lemon butter sauce	Rice noodles in fish curry & chicken green curry			
Asian Food	Stir fried chicken with garlic	Fish sauce fried chicken	Caramelized porkball	Stir fried beef with black pepper			
Vegetarian Food	Cheese tomato	Butter fried carrots	Butter fried zucchini	Grilled tomatoes			
Gluten Free Food (Asian)	Grilled chicken breast	Grilled chicken breast	Grilled chicken breast	Grilled chicken breast			
Gluten Free Food (Western)	Stir fried cauliflower	Stir fried Chinese cabbage	Stir fried cauliflower	Stir fried eringii mushroom			
Pasta	Pasta with tomato sauce	Pasta with tomato sauce	Pasta with sausage & garlic	Macaroni with tomato sauce			
Salads & Dessert	Various salads Fresh cut fruit	Various salads Fresh cut fruit	Various salads Fresh cut fruit	Various salads Fresh cut fruit			
Everyday items	Fried rice with egg Potatoes Bread	Steamed rice Potatoes Bread	Steamed rice Potatoes Bread	Steamed rice Potatoes Bread			

Menu changed may be appropriate