

## Lunch Menu Week 1

1-5 November 2022

			1	2	3	4	5
			Tuesday	Wednesday	Thursday	Friday	Saturday
Special Food			Fried chicken with sticky rice	BBQ. pork ribs	Chicken noodles curry soup	Nachos with beef sauce	Rice with deep fried chicken
Asian food			Chicken curry with coconut milk	Chicken massaman curry	Stir fried pork with basil	Pork ribs & pickled clear soup	Thai omelette
			Stir fried pork with soy sauce	Steamed fish in soy sauce	Sweet & sour sauce fried with shrimp	Chicken panang curry	Stir fried minced pork with chilli paste
Vegan Food			Vegetable Indian curry	Chana masala	Fried eggplant dried curry	Mixed vegetable & tofu curry with coconut milk	Tofu massaman curry
Gluten Free Food (Asian)			Stir fried mixed vegetable	Stir fried Chinese cabbage with egg	Stir fried morning glory	Stir fried glass noodle with egg	Stir fried kale
Gluten Free Food (Western)			Fish with BBQ. sauce	Spinach with cream sauce	Beef stew	Chicken with lemon butter sauce	Macaroni & cheese
Pasta			Pasta & beef bolognese sauce	Pasta & tomato sauce	Pasta & carbonara sauce	Pasta & pesto sauce	Pasta & tomato-black olives sauce
Salad			Various salads	Various salads	Various salads	Various salads	Various salads
Dessert			Fruit juice Milk drink 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, Beans with tomato sauce & Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes	Assorted breads, Steamed rice, Eggplant with tomato sauce & Potatoes	Assorted breads Steamed rice Grilled bell pepper Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes

*\*Menu changed may be appropriate\**