

Lunch Menu Week 2

6-12 November 2022

	6	7	8	9	10	11	12
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Food	Grilled chicken with gravy sauce	Beef steak with onion gravy sauce	Rice with Chinese chicken sausage	Pork & chicken hot dog	Noodles tom yam soup	Chicken bucket	Fried rice with Chinese sausage
Asian food	Fried chicken roll	Thai stewed tofu & pork	Hot & sour curry with accacia leave omelette	Pork panang curry	Southern spicy chicken with herbs	Chicken & winter melon curry with coconut milk	Stir fried pork with ginger
	Beef green curry	Stir fried chicken with basil	Sweet pork	Fish balls clear soup	Lemongrass fish	Thai omelette	Fried fish with garlic
Vegan Food	Tofu panang curry	Tofu Indian curry	Mixed vegetable & tofu curry with coconut milk	Stir fried eggplant with basil	Chana masala	Fruit curry with coconut milk	Tofu & mushroom tom yum soup
Gluten Free Food (Asian)	Stir fried baby corn	Stir fried kale & mushroom	Stir fried Chinese cabbage with egg	Stir fried cabbage	Stir fried pumpkin with egg	Stir fried mixed vegetable	Stir fried cauliflower
Gluten Free Food (Western)	Paprika chicken	Fish with tomato salsa	Beef stew	Fish with BBQ. sauce	Chicken with lemon butter sauce	Macaroni & cheese	Chicken with pizza sauce
Pasta	Pasta & tomato sauce	Pasta & chicken alfredo sauce	Pasta & cabonara sauce	Pasta & tomato sauce	Pasta & beef bolognese sauce	Pasta & pesto sauce	Pasta & tomato sauce
Salad	Various salads	Various salads	Various salads	Various salads	Various salads	Various salads	Various salads
Dessert	Fresh cut fruit	Bakery Fresh cut fruit	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 Boiled vegetables Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes	Assorted breads, Steamed rice, Green peas with tomato sauce & Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes	Assorted breads, Steamed rice, Grilled bell pepper with tomato sauce & Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes

Menu changed may be appropriate