

Lunch Menu Week 4

20-26 November 2022

	20	21	22	23	24	25	26
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Food	Teriyaki fish	Spicy chicken wing	Rice with Thai stewed leg pork	Osaka fried rice	Chicken Biryani	BBQ. pork ribs	Braised chicken noodles soup
Asian food	Thai omelet	Chicken green curry	Hot & sour curry with mixed vegetables & shrimp	Pork panang curry	Stir fried chicken with basil	Chicken & eggplant curry with coconut milk	Stir fried chicken with chili paste
	Stir fried pork with soy sauce	Eggs in tamarind sauce	Stir fried chicken with ginger	Tom yum soup with shrimp	Thai stewed egg & tofu	Sweet chicken	Deep fried chicken roll
Vegan Food	Stir fried tofu with chili	Fried eggplant dried curry	Vegetable Indian curry	Stir fried tofu with basil	Chana masala	Tofu massaman curry	Tofu panang curry
Gluten Free Food (Asian)	Stir fried cauliflower	Stir fried glass noodles with egg	Stir fried kale & mushroom	Stir fried bog choy with egg	Stir fried mixed vegetable	Stir fried Chinese cabbage with egg	Stir fried kale
Gluten Free Food (Western)	Paprika chicken	Macaroni & cheese	Beef stew	Beef with gravy sauce	Fish with BBQ. sauce	Spinach cream sauce	Pork with gravy sauce
Pasta	Pasta & tomato sauce	Pasta & pesto sauce	Pasta & carbonara sauce	Pasta & tomato sauce	Pasta & beef bolognese sauce	Pasta & tomato-black olives sauce	Pasta & pesto 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, Beans in tomato sauce & Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes	Assorted breads, Steamed rice, Eggplant in tomato sauce & Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes

Menu changed may be appropriate