

Lunch Menu Week 5

27-30 November 2022

	27	28	29	30			
	Sunday	Monday	Tuesday	Wednesday			
Special Food	Grilled pork & spicy dipping sauce	Margherita & ham-cheese tortilla pizza	Chicken with red sauce	Nachos with beef sauce			
Asian food	Stir fried fish with black pepper	Braised pork ribs with Chinese herbs soup	Chicken & eggplant curry with coconut milk	Thai stewed tofu			
	Chicken yakisoba	Chicken massaman curry	Egg tofu & ivy gourd clear soup	Stir fried chicken with basil			
Vegan Food	Tofu & vegetables green curry	Fruit curry with coconut milk	Fruit curry with coconut milk	Stir fried tofu with basil			
Gluten Free Food (Asian)	Stir fried morning glory	Stir fried mixed vegetable	Stir fried Taiwan vegetable with egg	Stir fried papaya with egg			
Gluten Free Food (Western)	Chicken stew	Chicken with gravy sauce	Beef stew	Macaroni and cheese			
Pasta	Pasta with pesto sauce	Pasta with beef bolognese sauce	Pasta with tomato sauce	Pasta with chicken alfredo sauce			
Salad	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			
Everyday Items	Assorted breads Steamed rice Boiled vegetables Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes	Assorted breads Steamed rice Zucchini with tomato sauce Potatoes			

Menu changed may be appropriate