

Dinner Menu Week 3

12-18 March 2023

| | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
|----------------------------|--|--|-----------------------------------|------------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|
| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Special Food | Chicken massaman curry with roti | Rice noodles in fish curry with vegetables | Beef tenderloin with 3 sauces | Braised chicken noodles soup | American fried rice | Tortilla & chicken Indian curry | Margarita pizza |
| Asian Food | Stir fried fish with black pepper | Stir fried pork with garlic | Seafood with tamarind sauce | Caramelized porkball | Stir fried mussels with basil | Steamed fishball & spicy sauce | Fried seafood sukiyaki |
| Vegetarian Food | Cheese tomato | Onion ring | Butter fried carrot | Beans in tomato sauce with cheese | Parmesan zucchini | Wakame seaweed clear soup | Grilled Tomatoes |
| Gluten Free Food (Asian) | Stir fried cauliflower | Four kinds vegetables in gravy red sauce | Stir fried Chinese cabbage | Stir fried kale & shitake mushroom | Stir fried broccoli | Stir fried baby corn | Stir fried garden beans |
| Gluten Free Food (Western) | Grilled chicken breast | Grilled chicken breast | Grilled chicken breast | Grilled chicken breast | Grilled chicken breast | Grilled chicken breast | Grilled chicken breast |
| Pasta | Pasta with tomato sauce | Pasta with beef bolognese | Pasta with tomato sauce | Macaroni with tomato sauce | Pasta with tomato sauce | Pasta with tuna & garlic | Pasta with tomato sauce |
| Everyday Items | Various salads Fresh cut fruit | Various salads Fresh cut fruit | Various salads Fresh cut fruit | Various salads Fresh cut fruit | Various salads Fresh cut fruit | Various salads Fresh cut fruit | Various salads Fresh cut fruit |
| | Fried rice with egg Potatoes Bread | Steamed rice Potatoes Bread | Steamed rice Potatoes Bread | Steamed rice Potatoes Bread | Steamed rice Potatoes Bread | Steamed rice Potatoes Bread | Steamed rice Potatoes Bread |

Menu changed may be appropriate