

Dinner Menu Week 4

19-25 March 2023

	19	20	21	22	23	24	25
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Food	Baked rice with pineapple & seafood	Thai papaya salad, grilled chicken & sticky rice	Pork chop with sauce	Rice with stir fried chicken, pork & seafood with basil	Beef & chicken hamburger	Thai omelette with minced chicken, pork & shrimp	Beef steak with onion gravy
Asian Food	Fish spicy soup	Stir fried seafood with chili paste	Sausage with red sauce	Sweet pork	Fried fish ball	Stir fried beef with oyster sauce	Caramelized porkball
Vegetarian Food	Butter fried broccoli	Beans in tomato sauce with cheese	Mushroom cream soup	Seaweed clear soup	Butter fried bell pepper	Zucchini with tomato sauce	Butter fried carrots
Gluten Free Food (Asian)	Stir fried asparagus	Stir fried morning glory with soybean	Stir fried Chinese cabbage	Stir fried asparagus	Sauteed bell peppers	Stir fried baby corn	Stir fried mushroom
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 beef bolognese	Pasta with bacon & chili	Pasta with tomato sauce	Pasta with tuna & pepper	Pasta with tomato sauce	Pasta with sausage & chilli	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
	Steamed rice Potatoes Bread	Steamed rice Potatoes Bread	Steamed rice Potatoes Bread	Fried rice Potatoes Bread	Steamed rice Potatoes Bread	Steamed rice Potatoes Bread	Steamed rice Potatoes Bread

Menu changed may be appropriate