

Dinner Menu Week 5

26-28 March 2023

	26	27	28	29	30	31	
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
Special Food	Chicken massaman curry with roti	Seafood Sukiyaki	Sea bass with lemon butter sauce	Ramen	Ham cheese sandwiches	3 kinds sushi	
Asian Food	Seafood tom yum creamy soup	Stir fried squid with chili paste	Seafood in tamarind sauce	Instant noodles & chicken spicy salad	Fish sauce fried chicken	Grilled beef with pepper sauce	
Vegetarian Food	Butter fried zucchini	Grilled tomatoes	Mushroom cream soup	Onion ring	Mushroom cream soup	Butter boiled vegetables	
Gluten Free Food (Asian)	Stir fried cauliflower & carrot	Stir fried eringii mushroom	Stir fried morning glory with soybean paste	4 kinds vegetables in Chinese gravy sauce	Stir fried morning glory with soybean paste	Sauteed bell peppers	
Gluten Free Food (Western)	Grilled chicken breast	Grilled chicken breast	Grilled chicken breast	Grilled chicken breast	Grilled chicken breast	Grilled chicken breast	
Pasta	Pasta with sausage & garlic	Macaroni with tomato sauce	Pasta with tomato sauce	Pasta with tuna & pepper	Pasta with tomato sauce	Pasta with bacon & chili	
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	
	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