

## Lunch Menu Week 1

1-4 March 2023

				1	2	3	4
				Wednesday	Thursday	Friday	Saturday
Special Food				Korean fried chicken	BBQ. pork noodles soup	Chicken ham Mexican spring rolls	Stir fried instant noodles with minced chicken
Asian food				Northern style chicken curry	Beef massaman curry	Pork ribs & pickled clear soup	Fried fish with chilli sauce
				Minced pork & egg tofu clear soup	Sweet & sour fried with chicken	Chicken panang curry	Fish balls & vegetables clear soup
Vegan Food				Chana masala	Fried eggplant dried curry	Tofu Indian curry	Tofu yellow curry
Gluten Free Food (Asian)				Stir fried Chinese cabbage with egg	Stir fried morning glory	Stir fried glass noodle with egg	Stir fried kale
Gluten Free Food (Western)				Fish with BBQ. sauce	Paprika chicken	Beef stew	Beef with gravy sauce
Pasta				Pasta & tomato sauce	Pasta & cabonara sauce	Pasta & tomato-black olives sauce	Pasta & pesto sauce
Salad				Various salads	Various salads	Various salads	Various salads
Dessert				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, Eggplant with tomato sauce & Potatoes	Assorted breads Steamed rice Grilled bell pepper Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes

*\*Menu changed may be appropriate\**