

Lunch Menu Week 2

5-11 March 2023

	5	6	7	8	9	10	11
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Food	Osaka fried rice	Ham cheese sandwich	Ramen with chicken, pork & egg	Beef & chicken hamburger	Chicken noodle curry spoup	Tendoori Chicken	Pad Thai with egg & shrimp
Asian food	Fried chicken roll	Chicken & eggplant curry with coconut milk	Southern style fried spicy pork with herbs	Pork panang curry	Hot & sour curry with accacia leave omelette	Chicken green curry	Stir fried minced pork with basil
	Shrimp tom yam soup	Stir fried pork with ginger	Fish tofu & vegetable clear soup	Stir fried minced chicken with chili	Sweet pork	Thai stewed tofu	Thai chicken coconut soup
Vegan Food	Tofu panang curry	Tofu Indian curry	Mixed vegetable & tofu curry with coconut milk	Stir fried eggplant with basil	Chana masala	Fruit curry with coconut milk	Tofu & mushroom tom yum soup
Gluten Free Food (Asian)	Stir fried baby corn	Stir fried kale & mushroom	Stir fried bog choy with egg	Stir fried cabbage	Stir fried pumpkin with egg	Stir fried mixed vegetable	Stir fried cauliflower
Gluten Free Food (Western)	Chicken with butter sauce	Fish with tomato salsa	Beef stew	Fish with BBQ. sauce	Chicken with lemon butter sauce	Beef stew	Fish with pesto sauce
Pasta	Pasta & tomato sauce	Pasta & cabonara sauce	Pasta & pesto sauce	Pasta & tomato sauce	Pasta & beef bolognese sauce	Pasta & cabonara sauce	Pasta & tomato sauce
Salad	Various salads	Various salads	Various salads	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	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 Boiled vegetables Potatoes	Assorted breads, Steamed rice, Green peas with tomato sauce & Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes	Assorted breads, Steamed rice, Grilled bell pepper with tomato sauce & Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes

Menu changed may be appropriate