

Lunch Menu Week 3

12-18 March 2023

	12	13	14	15	16	17	18
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Food	Pork & chicken hot dog	Beef lasagna	Fried chicken with sticky rice	BBQ. pork ribs	Rice with chicken & Chinese sausage	Pork tonkatsu	Rice with roasted duck
Asian food	Northern style beef curry	Southern style fried spicy chicken with herbs	Stir fried fish with basil	Hot & sour curry with accacia leave omelette	Stir fried pork with chili	Fish balls & vegetables clear soup	Thai omelette
	Eggs in tamarind sauce	Minced pork & glass noodles clear soup	Stir fried minced pork with salted egg	Sweet chicken	Shrimp tom yum soup	Dried fish with curry sauce	Stir fried minced pork with basil
Vegan Food	Tofu & vegetables green curry	Stir fried protein with curry paste	Chana masala	Tofu & fruit curry with coconut milk	Vegetable yellow curry	Pav bhaji	Tofu panang curry
Gluten Free Food (Asian)	Stir fried morning glory	Stir fried Chinese cabbage with egg	Stir fried kale	Stir fried mixed vegetable	Stir fried morning glory	Stir fried cabbage	Stir fried mushrooms
Gluten Free Food (Western)	Chicken stew	Grilled fish with tomato salsa	Paprika chicken	Beef stew	Fish with BBQ. sauce	Chicken with lemon butter sauce	Macaroni & cheese
Pasta	Pasta & pesto sauce	Pasta & tomato sauce	Pasta & cabonara sauce	Pasta & pesto sauce	Pasta & tomato sauce	Pasta & beef bolognese sauce	Pasta & pesto 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, Zucchini with tomato sauce & Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes	Assorted breads, Steamed rice, Eggplant with tomato sauce & Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes	Assorted breads Steamed rice Boiled vegetables Potatoes

Menu changed may be appropriate