

Lunch Menu Week 4

19-25 March 2023

	19	20	21	22	23	24	25
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Food	Chicken quesadillas	Osaka fried rice	Noodles tom yum soup	Beef Shepherd's pie	Chicken noodles curry soup	Chicken bucket	Jade noodles with grilled chicken
Asian food	Fish with chili sauce	Chicken massaman curry	Hot & sour curry with mixed vegetables & shrimp	Chicken soup with coconut milk	Dried fish with curry sauce	Steamed fish with soy sauce	Deep fried chicken roll
	Stir fried pork with soy sauce	Pork ribs spicy soup	Stir fried pork with soy sauce	Stir fried pork with chili paste	Shrimp tom yum soup	Chicken & eggplant curry with coconut milk	Stir fried pork with chili
Vegan Food	Stir fried tofu with chili	Fried eggplant dried curry	Vegetable Indian curry	Fried eggplant dried curry	Tofu yellow curry	Stir fried tofu with basil	Tofu panang curry
Gluten Free Food (Asian)	Stir fried cauliflower	Stir fried glass noodles with egg	Stir fried kales & mushroom	Stir fried mixed vegetable	Stir fried Chinese cabbage with egg	Stir fried papaya with egg	Stir fried kales
Gluten Free Food (Western)	Paprika chicken	Beef stew	Paprika chicken	Fish with tomato salsa	Chicken with gravy sauce	Beef stew	Macaroni & cheese
Pasta	Pasta & tomato sauce	Pasta & cabonara sauce	Pasta & Beef bolognese sauce	Pasta & pesto sauce	Pasta & tomato sauce	Pasta & chicken alfredo 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, Beans in tomato sauce & Potatoes	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

Menu changed may be appropriate