

## Dinner Menu Week 4

17-23 September 2023

|                            | 17                                | 18   | 19                                   | 20   | 21  | 22   | 23                                    |
|----------------------------|-----------------------------------|--|--------------------------------------|--|---|--|---------------------------------------|
|                            | Sunday                            | Monday                                     | Tuesday                              | Wednesday  | Thursday                                    | Friday   | Saturday                              |
| Special Food               | Chicken Biryani with Soup         | Papaya Salad/Grilled Pork/Sticky Rice      | Margarita Pizza                      | Stir Fried Basil with Chicken/Seafood/Pork/Fried Egg | Pasta Show 2 Sauce Tomato Sauce/Cream Sauce | Omelete with Minced Pork/Chicken/Shrimp              | German Pork Knuckle with Onion Gravy  |
| Asian Food                 | Stir Fried Yakisoba with Pork     | Stir Fried Chili Paste with Seafood        | Stir Fried Sausage with Red Sauce    | Stir Fried Yakisoba with Shrimp                      | Deep Fried Fish Balls                       | Stir Fried Beef with Oyster Sauce                    | Stir Fried Shrimp with Tamarind Sauce |
| Vegetarian Food            | Tofu Panang Curry                 | Indian Curry with White Tofu               | Mixed Vegetable Curry and Tofu       | Stir Fried Eggplant with Basil and Tofu              | Chana Masala                                | Yellow Fruit Curry with Tofu                         | Tom Yum Vegetarian Mushroom Soup      |
| Gluten Free Food (Asian)   | Stir Fried Asparagus              | Stir Fried Morning Glory with Soybean      | Stir Fried Cabbage with Oyster Sauce | Stir Fried Asparagus                                 | Sauteed Bell PepperS                        | Stir Fried Corn and Carrot                           | Stir Fried Mushrooms                  |
| Gluten Free Food (Western) | Grilled chicken breast            | Grilled chicken breast                     | Grilled chicken breast               | Grilled chicken breast                               | Grilled chicken breast                      | Grilled chicken breast                               | Grilled chicken breast                |
| Pasta                      | Pasta Beef bolognese              | Fettucine with Garlic and chili with Bacon | Pasta Tomato Sauce                   | Tuna Pasta with Garlic and Pepper                    | Pasta Tomato Sauce                          | Fettucine with Garlic and chili with Chicken Sausage | Pasta Beef bolognese                  |
| Everyday Items             | Various salads<br>Fresh cut fruit | Various salads<br>Fresh cut fruit          | Various salads<br>Fresh cut fruit    | Various salads<br>Fresh cut fruit                    | Various salads<br>Fresh cut fruit           | Various salads<br>Fresh cut fruit                    | Various salads<br>Fresh cut fruit     |
|                            | Steamed rice<br>Potatoes<br>Bread | Steamed rice<br>Potatoes<br>Bread          | Steamed rice<br>Potatoes<br>Bread    | Steamed rice<br>Potatoes<br>Bread                    | Steamed rice<br>Potatoes<br>Bread           | Steamed rice<br>Potatoes<br>Bread                    | Steamed rice<br>Potatoes<br>Bread     |

*\*Menu changed may be appropriate\**