

## Lunch Menu Week 3

10-16 September 2023

	10	11	12	13	14	15	16
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Special Food</b>	Tendoori Chicken	Beef Lasogna	Braised Chicken Noodle	Pork Tonkatsu	Noodle with Chicken Curry and Comdiments	Grilled Tenderloin with 3Sauce	Stir Fried Chicken Wings with Red Sauce
<b>Asian food</b>	Stir Fried Chicken with Chili Paste	Stir Fried Chicken with Yellow Curry Paste	Egg with Tamarind Sauce	Tom Yum Goong	Stir Fried Pork with Black Pepper	Spicy Soup with Chicken	Baked Pork with Vegetable
	Fried Sausages	Clear Soup with Minced Pork and Glassnoodles	Coconut Milk Curry with Pork and Pineapple	Panang Chicken Curry	Stir Fried Glassnoodles with Egg	Fish in Red Curry-Fried	Chicken Green Curry
<b>Vegan Food</b>	Green Curry with Tofu and Vegetables	Stir Fried Basil with Agricultural Protein	Chana Masala	Fruit Curry with Tofu	Vegetarian Curry	Indian mixed vegetable curry	Panang Vegetarian Tofu
<b>Gluten Free Food (Asian)</b>	Stir Fried morning glory	Stir Fried Cabbage with Egg	Stir fried Kale	Stir Fried Mixed Vegetable	Stir Fried morning glory	Stir Fried White Cabbage	Stir Fried Shimeji Mushrooms
<b>Gluten Free Food (Western)</b>	Fried Beef with Paprika	Grilled Fish with Tomato Salsa	Grilled chicken paprika	Beef Stewed	Grilled Fish with BBQ Sauce	Grilled chicken with Lemon Butter Sauce	Fish Steak with Lemon Cream Sauce
<b>Pasta</b>	Gnoccghi Pasto Sauce	Spaghetti Tomato Sauce	Farfalle Beef Bolognese	Fettucine	Penne Tomato Sauce	Linguine Cabonara	Farfalle Pasto Sauce
<b>Salad</b>	Various salads	Various salads	Various salads	Various salads	Various salads	Various salads	Various salads
<b>Dessert</b>	Fresh cut fruit	Bakery Fresh cut fruit	Fruit juice drink Milk Fresh cut fruit	Yoghurt Fresh cut fruit	Thai dessert Fresh cut fruit	Assorted ice cream Fresh cut fruit	Fresh cut fruit
<b>Everyday Items</b>	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