

Lunch Menu Week 4

17-23 September 2023

	17	18	19	20	21	22	23
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Food	Quesadillas	Osaka Fried Rice	Seafood Sukiyaki	Classic Shepherd's Pie	Fried Chicken wings with Sticky rice	BBQ Pork Ribs	Jade Noodles with Grilled Chicken
Asian food	Stir Fried Basil with Minced Chicken	Chicken Massaman Curry	Sour Curry with Mixed Vegetables and Prawns	Chicken coconut Soup	Fish in Red Curry-Fried	Steamed Fish in Soy Sauce	Stir Fried Pork with Chili
	Stir Fried Pork with Soy Sauce	Spicy Soup with Pork	Roasted Pork with Salt	Stir Fried Pork with Chili Paste	Tom Yum Goong	Chicken and Eggplant Curry	Chicken Fried Cho
Vegan Food	Stir Fried Tofu with Chili	Curry Fried Eggplant	Indian Vegetable Curry	Curry Fried Eggplant	Massaman Curry with Tofu	Stir Fried Basil with Tofu and Baby corn	Tofu panang Curry
Gluten Free Food (Asian)	Stir Fried Culiflower with Carrots	Stir Fried Glass Noodle with Egg	Chinese Kale with Shitake Mushroom	Stir Fried Mixed Vegetable	Stir Fried Cabbage with egg	Stir Fried Papaya with egg	Stir Fried Kale
Gluten Free Food (Western)	Grilled Chicken Drumstick with Paprika	Beef Stewed	Grilled Paprika Chicken	Grilled Fish with Tomato salsa	Spinach Cream Sauce	Beef Stewed	Baked Macaroni with Cheese
Pasta	Farfalle Tomato Sauce	Gnoccghi Cabonara	Spaghetti Beef Bolognese	Gnoccghi Pesto Sauce	Linguine Tomato Sauce	Linguine Chicken Alfredo	Linguine 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 drink Milk 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