

Lunch Menu Week 5

24-30 September 2023

	24	25	26	27	28	29	30
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Special Food	Grilled Ham Cheese Sandwich	Mexican Spring Rolls with Chicken Ham	Noodles with BBQ Pork and Meatballs	Hot Dog Pork/Chicken	Noodle with Chicken Curry and Comdiments	Beef Steak with onion Gravy	Grilled Pork with Sticky Rice
Asian food	Chicken Fried Cho	Southern Styled Pork Stew	Stir Fried Pork with Chili Paste	Green Curry with Chicken	Fried Fish with Chili Sauce	Spicy Soup with Pork Ribs	Noodle Thai Style with Egg
	Clear Soup with Glass Noodles and Fish Tofu	Coconut Chicken Curry with Green Pumpkin	Clear Soup with Fish Balls	Sweet and Sour Pork	Stir Fried pork with Chili	Stir Fried Basil with Minced Chicken	Stir Fried Cabbage with Fish Tofu
Vegan Food	Tofu Panang Curry	Indian Curry with white Tofu	Mixed Vegetable Curry and Tofu	Chana masala	Massaman Curry with Tofu	Fruit Curry with Tofu	Tofu Panang Curry
Gluten Free Food (Asian)	Stir Fried Corn and Carrots	Chinese Kale with Shitake Mushroom	Stir Fried Cantonese with Egg	Stir Fried Cabbage with Egg	Stir Fried Kale	Stir Fried Mixed Vegetable	Stir Fried Shimeji Mushrooms
Gluten Free Food (Western)	Grilled Chicken with Butter Sauce	Grilled Fish with Tomato salsa	Grilled Paprika Chicken	Beef Stewed	Grilled Beef with Gravy Sauce	Grilled Fish with BBQ Sauce	Baked Macaroni with Cheese
Pasta	Macaroni with Tomato Sauce	Fettucine Cabonara	Spaghetti Beef Bolognese	Fettucine Tomato Sauce	Linguine Pesto Sauce	Fettucine Cabonara	Farfalle 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