



Week day Date	Monday 20/01/20	Tuesday 21/01/20	Wednesday 22/01/20	Thursday 23/01/20	Friday 24/01/20
Morning Snack	Banana Oat Muffin 	Pizza Margherita 	Spring Rolls 	Ham & Cheese Sandwich 	Pancakes with Maple Syrup & Fruits
Salad	Assorted Greens & Vegetables, Dressings	Assorted Greens & Vegetables, Dressings	Assorted Greens & Vegetables, Dressings	Assorted Greens & Vegetables, Dressings	Assorted Greens & Vegetables, Dressings
Western	Roasted Chicken 	Chicken Casserole with Mushrooms 	Chicken Burritos & Tomato Salsa 	Pork Stew 	Battered Dory Fish
Western	Grilled Dory Fish with Bell Peppers 	Italian Meatballs 	Roasted Pork Loin 	Grilled Chicken Breast 	BBQ Chicken Drumsticks
Side Dish	Rosemary Potatoes 	Penne Pasta 	Roasted Potatoes 	Mashed Potatoes 	French Fries
Side Dish	Vichy Carrots 	Steamed Broccoli & Cauliflower 	Mixed Vegetables 	Sautéed Spinach 	Carrots & Corn
Vegetarian	Stuffed Tomatoes with Spinach & Mozzarella 	Vegetable Spring Rolls 	Baked Cauliflower 	Hong Kong Noodles with Vegetables & Mushrooms 	Chinese Vegetable Soup with Egg-Tofu
Vegan	Mediterranean Vegetable Stew	Yellow Chickpea Curry with Tofu 	Spicy Thai Mushroom Salad & Fried Tofu 	Penne Aglio Olio with Olives	Vegetable & Potato Casserole in Olive Oil
Asian	Stir fried Pork in Curry Paste 	Roasted Red Pork 	Grilled Chicken & Sticky Rice 	Stir fried Minced Pork with Basil 	Black Pepper Pork
Asian	Eggs in Tamarind Sauce 	Fried Fish in Curry Sauce 	Green Curry with Chicken 	Chicken Teriyaki 	Chicken Tikka Massala
Noodles	Rice Noodles with Chicken 	Pork Wonton Soup 	Rice Noodles with Chicken & Chicken Balls 	Chicken Soup with Egg Noodles 	Chicken Soup with Pink Noodles
Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits	Seasonal Fresh Fruits
Afternoon Snack	Watermelon	Guava	Dragon Fruit	Chinese Pear	Fruit Salad
Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice



Please be aware that items on this menu may change or be unavailable at certain times.