



Week day	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Butter Croissant + Fruits 	Cheese Stick + Fruits 	Yoghurt + Tuna Puff + Fruits 	Chicken Sausage Roll + Fruits 	Sandwiches + Fruits 
Meats	Beef Cottage Pie 	Gammon Steak with Pineapple 	Oven Roasted Chicken 	Oven Roasted Pork Loin 	Grilled Chicken Breast 
Meats	Roasted Pork Loin 	Chicken Gyros 	Beef Lasagna 	Chicken Tikka Masala 	American Style Meatloaf 
Sides	Roasted Rosemary Potatoes 	Mashed Potatoes 	Potato Wedges 	Boiled Parsley Potatoes 	Fried Potatoes 
Sides	Carrots & Peas 	Buttered Cauliflower & Broccoli 	Zucchini with Dill 	Sautéed Mediterranean Vegetables 	Zucchini & Carrots 
Italian Station	Penne Napoli 	Spaghetti in Mushroom Cream Sauce 	Seafood Penne 	Penne Alfredo 	Penne Carbonara 
Vegan	Vegetable Rice Patties 	Aubergine Penne Arrabiata 	Sautéed Mixed Mushrooms with Rosemary & Garlic 	Steamed Vegetables in Olive Oil 	Vegan Paella 
Vegan	Mixed Antipasti in Olive Oil 	Vegetables Stuffed Braised Cabbage 	Sweet Potato & Red Bean Chili 	Stir-fried Morning Glory with Tofu & Chili 	Penne with Sautéed Vegetables in Olive Oil 
Vegetarian	Macaroni & Cheese 	American Fried Rice with Pineapple 	Spinach Lasagna 	Whole Wheat Cheese Patties 	Bean Bake 
Vegetarian	Stir-fried Kale & Mushrooms in Soy Sauce 	Sweet & Sour Vegetables 	Coconut Soup with Vegetables 	Broccoli Soufflé 	Veggie & Rice Stuffed Bell Peppers 
Vegetarian	Vegetarian Green Curry 	Fried Tofu in Chili Sauce 	Stir-fried Pak Choy & Mushrooms in Soy Sauce 	Pumpkin in Curry Sauce 	Boiled Eggplant in Soybean Sauce 
Asian	Stir-fried Chicken with Garlic 	Grilled Pork in Red Curry Paste 	Chicken in Coconut Milk 	Stir-fried Broccoli with Shrimps 	Green Curry with Fish Balls 
Asian	Stuffed Cucumber with Pork in Clear Soup 	Stir-fried Minced Chicken with Basil 	Crispy Pork with Kale & Chili 	Massaman Curry with Chicken 	Stir-fried Chicken with Ginger 
Asian	Stir-fried Fish in Chili Sauce 	Steamed Fish with Lime 	Stir-fried Long Beans with Pork in Red Curry Paste 	Fried Egg in Tamarind Sauce 	Steamed Fish in Soy Sauce 
Asian Noodles	Traditional Flat Noodles with Chicken 	Traditional Thai Noodles with Beef 	Flat Noodles with Pork in Brown Sauce 	Tom Yam Noodles with Chicken 	Rice Noodles with Minced Pork 
Quick Dish	Hainanese Chicken 	Crispy Noodles with Yellow Chicken Curry 	Fried Noodles with Chicken 	Margherita Pizza / Red Pork with Rice 	Fish & Chips 
Soup/ Dessert	Potato Cream Soup / Tub Tim in Coconut Milk 	Tomato Cream Soup 	Mushroom Cream Soup 	Pumpkin Cream Soup 	Carrot Cream Soup / Ice Cream 

Steamed Jasmine Rice, Organic Brown Rice and Salad & Fruit Bar available.



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