





















Week day	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Snack</b>	Focaccia + Fruits  	Mushroom Puff + Fruits  	Yoghurt + Fruits + Whole Wheat Croissant   	Spinach Puff + Fruits   	Sandwiches +Fruits  
<b>Meats</b>	Roasted Chicken Breast  	Oven Roasted Pork Loin  	Grilled Chicken Breast  	Beef Stroganoff    	Grilled Pork Loin  
<b>Meats</b>	Pork Sausages & Mashed Potatoes  	Roasted Chicken in Green Pepper Sauce   	Grilled Pork Loin in Mushroom Sauce   	Roasted Pork Loin  	Spicy Chicken  
<b>Sides</b>	Mashed Potatoes 	Roasted Rosemary Potatoes 	Mashed Potatoes 	Rissole Potatoes 	Fried Potatoes with Marjoram  
<b>Sides</b>	Green Peas 	Buttered Sweet Carrots 	Broccoli and Cauliflower 	Sautéed Green Beans 	Sweet Corn 
<b>Italian Station</b>	Spaghetti Carbonara    	Penne Napoli 	Spaghetti in Mushroom Cream Sauce  	Pasta Bolognese   	Penne Puttanesca   
<b>Vegan</b>	Steamed Pumpkin, Broccoli & Carrots in Olive Oil	Mediterranean Vegetable Stew	Stir-fried Kale & Mushroom in Soy Sauce 	Ratatouille Stuffed Zucchini	Spicy Mushroom Salad with Glass Noodles  
<b>Vegan</b>	Grilled Vegetable Skewers with Tofu 	Penne Pesto & Cherry Tomato Confit 	Szechuan Mixed Vegetables 	Sautéed Mixed Mushrooms in Olive Oil , Garlic, Herbs	Steamed Mixed Vegetables in Olive Oil
<b>Vegetarian</b>	Ratatouille	Spinach Lasagne  	Cauliflower & Cheese  	Sweet Potato Gratin  	Bean Bake 
<b>Vegetarian</b>	Eggplant Parmigiana 	Mushroom Risotto 	Veggie Chimichangas & Tomato Salsa   	Stuffed Tomatoes with Spinach & Mozzarella 	Braised Cabbage with mushroom 
<b>Vegetarian</b>	Stir-fried Hong Kong Noodles with Vegetables   	Stir-fried Mixed Vegetables with Tofu 	Laksa with Vegetables & Potatoes  	Stir-fried Vegetables in Soy Sauce 	Fried Noodles with Tofu & Bean Sprouts  
<b>Asian</b>	Sweet and Sour Chicken   	Chinese Pickles & Minced Pork  	Fish in Sweet & Sour Sauce   	Chicken Curry with Eggplant   	Green Curry with Pork & Winter Melon  
<b>Asian</b>	Red Curry with Pork & Pumpkin  	Stir-fried Chicken in Curry Paste   	Pork Ribs & Chinese Radish Soup   	Stir-fried Vermicelli with Minced Chicken   	Stir-fried Eggplant & Minced Pork  
<b>Asian</b>	Stir-fried Bean Sprouts with Pork and Tofu   	Stir-fried Chinese Cabbage with Crab Stick   	Stir-fried Mixed Vegetables  	Mixed Root Tempura 	Thai Style Steamed Egg  
<b>Asian Noodles</b>	Flat Noodles with Pork in Brown Gravy    	Traditional Thai Noodles with Pork Balls   	Pink Flat Noodles with Pork & Fish Balls    	Rice Noodles with Minced Pork & Fish Balls    	Yellow Noodles with Shredded Chicken    
<b>Quick Dish</b>	Stir-fried Flat Noodles with Chicken   	Chicken Yakisoba     	Fried Rice with Shrimps   	Vegetarian Pizza / Thai Omelette with Rice   	Fish & Chips  
<b>Soup/ Dessert</b>	Potato Cream Soup 	Tomato Cream Soup / Ruam Mit Nam Ka-Thi 	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.