



## The Hub Menu (7 - 9 Oct 2015)

Week 2	Mad Monday School Holiday	Tasty Tuesday School Holiday	Wild Wednesday	Theme Thursday (School Holiday)	Fun Friday (School Holiday)
Soup of the Day			Chinese Mushroom (v)	Seaweed Soup(V)	Vegetable & Pasta Soup (v)
Asian Influence			Fragrant Garlic RICE Hainannese CHICKEN Carrots & broccoli	CHICKEN with Mushroom Broccoli with Garlic Egg and Tomatoes	Pork with Quail Egg Tofu Cabbage and carrots
Vegetarian			Cheese and pasta baked	Beancurd with Mix vegetables	Penne with Tomatoes
Western Influence			Grilled BEEF Mash Potatoes Green beans	Potato Wedges Pan fried FISH (lemon sauce) Green string beans Carrots	Chunky Chips Big Mouth BEEF Cheese Burger
Streat			Pork Rendang Tumeric Rice Seasonal Vegetables	Orlean Chicken Rosated Potatoe Brocoli	
Bowl			Spaghetti Napolitano sauce (tomato, onion, herbs)	Lajiang Noodles Soup	Bi Bim Bap



## The Hub Menu (12-16 Oct 2015)

Week 3	Mad Monday	Tasty Tuesday	Wild Wednesday	Theme Thursday	Fun Friday
Soup of the Day	Egg Soup (v)	Tomatoes Soup(V)	Pumpkin Soup (v)	Seaweed Soup(V)	Vegetable Soup (v)
Asian Influence	Sweet & Sour PORK Spring Onion Egg Celery with Black Mushroom	Shanghai Fried Noodles Chicken with Potatoes Mixed Vegetable	Yellow Rice Yu Xiang Duck Slices Egg with Cucumber	Vegetables Rice PORK in Bean curd Sauce Cabbage with Mushrooms	Vietnam Rice Noodles Cantonese BBQ PORK Bok choy
Vegetarian	Baked Pasta	Vege Lasagna	Chickpea with cauliflower mild curry	Vegetarian Wrap	Vegetable curry With rice
Western Influence	Roast potato & Pumpkin Roast CHICKEN Breast Broccoli	Mashed Potato Grilled PORK Sausages Green peas & Carrots	Layered potatoes Grilled herbed FISH Ratatouille (tomato, zucchini, eggplant)	Roast BEEF Steamed Potatoe Cauliflower	Chunky Chips CHICKEN burger
Streat	Chicken Skewer Layered Potatoes String Bean	Margarita Pizza (tomato, oregano & cheese) or BBQ CHICKEN Pizza	Jacket Potato BEEF Bolognese Sauce Sour Cream Cheese	Hainannese Chicken Rice	
Bowl	Spaghetti Tomato and Basil Sauce Or BEEF Lasagna	Japanese Ramen Braised PORK slices Spinach Sprouts	CHICKEN Penne Or Tomato Pasta Bake	Korean Style Stone Pot Rice (CHICKEN, egg & vegetables)	Red Curry Chocken with potatoes Yellow Rice Asian Greens

Set menu includes Salad Bar with Vegetarian choice, 1 drink , 1 dessert and seasonal fresh fruit platter.



## The Hub Menu (19 -23 Oct 2015)

Week 4	Mad Monday	Tasty Tuesday	Wild Wednesday	Theme Thursday	Fun Friday
Soup of the Day	Miso	Vegetables Soup	Mushroom Soup	Tomato Soup	Egg & Onions Soup
Asian Influence	Steamed Rice Braised PORK with beacurd Bok Choy with Mushroom	Steamed Rice Vinaigrette PORK Ribs Chives with Egg	Fried Rice Noodles  Crispy Pork Knuckles in Spices  Seasonal Vegetables	PORK Chop Mushroom and Beacurd Vegetables Spring Rolls	Steamed Rice Braised CHICKEN & Mushroom Braised Beacurd Mixed vegetables
Vegetarian	Vegetable Lasagna	Vegetarian Wrap	Cheese and pasta baked	Beacurd with Mix vegetables	Penne with Tomatoes
Western Influence	Roast Potato & Pumpkin Roast CHICKEN Drumsticks Green peas & corn	Orleans Chicken Mashed potato Cauliflower and carrots	Roast Sweet Potato Grilled CHICKEN Breast Steamed broccoli	Layered Potatoes Spanish Pork Balls Green Beans Carrots	Chunky Chips
Streat	Spaghetti Napolitano Sauce Or Chicken Bolognaise Sauce	Cheese Pizza Or Ham & tomato Pizza	Mexican Tortilla BEEF Salsa Cheese Lettuce	Hainannese Chicken Rice	Jumbo Hot Dog with Submarine Roll Grilled Vegetables
Bowl	Henan La Mian	Bi Bim bap CHICKEN & Vegetable	Penne Mushroom Sauce Or Carbonara Sauce (Ham, egg)	BEEF Rendang Prata Cauliflower Curry	Nasi Goreng Chicken Drumstick Asian Greens

Set menu includes Salad Bar with Vegetarian choice, 1 drink, 1 dessert and seasonal fresh fruit platter



## The Hub Menu (26 -30 Oct 2015)

Week 1	Mad Monday	Tasty Tuesday	Wild Wednesday	Theme Thursday	Fun Friday
Soup of the Day	Egg Soup (v)	Tomatoes Soup	Pumpkin Soup (v)	Seaweed Soup(V)	Vegetable & Pasta Soup (v)
Asian Influence	Yang Chow Fried Rice CHICKEN DRUMSTICKS in Soya Sauce Tofu Asian Greens	Vegetables Rice Black Pepper BEEF Season Greens	Sweet & Sour PORK Egg with Chives Vegetables with Mushroom	CHICKEN with Mushroom Broccoli with Garlic Egg and Tomatoes	Cantonese BBQ PORK Bok Choy Cabbage and Shitake Mushrooms
Vegetarian	Baked Pasta	Vege Lasagna	Chickpea with cauliflower mild curry	Vegetarian Wrap	Vegetable curry With rice
Western Influence	Roast Potato Italian Grilled PORK Ratatouille	Mashed Potato CHICKEN Schnitzel Peas, carrots & corn	Roasted Lamb Roasted Potatoes Broccoli & cauliflower	Potato Wedges Grilled FISH Seasonal Greens	Chunky Chips Big Mouth BEEF Cheese Burger
Streat	Jacket Potato BEEF Bolognese Sauce Sour Cream Cheese	Margarita Pizza (tomato, oregano & cheese) or Pepperoni Pizza (tomato, pork salami, cheese)	Pasta Tuna Sauce / Cream Sauce	Hainannese Chicken Rice	
Bowl	Japanese Ramen Yakitori CHICKEN Seasonal Vegetables	Chickpea Curry with cauliflower Egg Prata	Vegetarian Lasagna Or CHICKEN Lasagna	Turmeric Rice BEEF Rendang Marinated Cauliflower, carrots and onions	Korean Bi Bim Bap