



The Hub Menu (31 Aug -2 Sept 2015)

Week 2	Mad Monday	Tasty Tuesday	Wild Wednesday	Theme Thursday (School Holiday)	Fun Friday (School Holiday)
Soup of the Day	Mushroom Soup (v)	Tofu Soup (v)	Chinese Mushroom (v)		
Asian Influence	Malay Curry CHICKEN Fired egg with Onions	Yang Chow Fried Rice Diced PORK with potataoes Asian Greens	Fragrant Garlic RICE Hainannese CHICKEN Carrots & broccoli		
Vegetarian	Vegetable Lasagna	Vegetarian Wrap	Cheese and pasta baked		
Western Influence	Mashed Potato PORK Schnitzel Carrots & String beans	Roast Potatoes Rosemary roast CHICKEN Drumsticks Cauliflower cheese Green Peas & Carrots	Grilled BEEF Mash Potatoes Green beans		
Streat	Samosa Vegetarian Fried Rice Vegetables Curry	Cheese & tomato Pizza with Sweetcorn	CHICKEN & CHEESE Fajita		
Bowl	Spaghetti Tuna Sauce	Lajiang Shanghai Noodle Soup PORK chop	Pork Rendang Tumeric Rice Seasonal Vegetables		

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



The Hub Menu (7-11 Sept 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	Sautéed Rice Cakes Minced PORK in Bean Sauce Cabbage with Mushrooms	Vietnam Rice Noodles Pork with Egg Bok choy
Vegetarian	Baked Pasta	Pita with Greek Salad	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
Street	Chicken Skewer Layered Potatoes String Bean	Margarita Pizza (tomato, oregano & cheese) or BBQ CHICKEN Pizza	Jacket Potato BEEF Bolognaise 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



The Hub Menu (14 -18 Sept 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 Bok Choy with Mushroom	Steamed Rice Vinaigrette PORK Ribs Chives with Egg	Fried Rice Noodles Crispy Pork Knuckles in Spices Seasonal Vegetables	Steamed Rice Braised CHICKEN & Mushroom Mixed vegetables	PORK Chop Sautéed Rice Cakes Vegetables Spring Rolls
Vegetarian	Vegetable Lasagna	Vegetarian Wrap	Cheese and pasta baked	Beancurd with Mix vegetables	Penne with Mushroom Cheese Sauce
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 Jumbo Hot Dog with Submarine Roll Grilled Vegetables
Streat	Spaghetti Napolitano Sauce Or Chicken Bolognaise Sauce	Cheese Pizza Or Ham & tomato Pizza	Mexican Tortilla BEEF Salsa Cheese Lettuce	Hainannese Chicken Rice	
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



The Hub Menu (21 -25 Sept 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	Pot Rice CHICKEN DRUMSTICKS in Soya Sauce 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	Pita with Greek Salad	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 Steamed broccoli & cauliflower	Potato Wedges Pan fried FISH (lemon sauce) Green string beans Carrots	Chunky Chips Big Mouth BEEF Cheese Burger
Street	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	Chickpea Curry with cauliflower Prata	Japanese Ramen Yakitori CHICKEN Seasonal Vegetables	Vegetarian Lasagna Or CHICKEN Lasagna	Turmeric Rice BEEF Rendang Marinated Cauliflower, carrots and onions	Spaghetti Napolitano sauce (tomato, onion, herbs)

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