



WEEKLY MENU

Monday

Tuesday

Wednesday

Thursday

Friday

1 December 2016

2 December 2016

Western (\$5.00)
French Roast Chicken
Vichy Baby Carrots
Potato Mash with Gravy
Fruit Salad

Western (\$5.00)
Beef Pepperoni Pizza
Roasted Mixed Vegetables
Fresh Fruits

Asian (\$5.00)
Stir-fried Beef Slices with
Ginger & Scallion
Cabbage with Mushroom
Brown Rice

Asian (\$5.00)
Sweet & Sour Chicken
Bok Choy Stirfry
Brown Rice
Fresh Fruits

Vegetarian (\$5.00)
Pasta Napolenta
Tofu & Chickpeas Salsa
Buttered Baby Carrots
Fruit Salad

Vegetarian (\$5.00)
Magherita Pizza
Roasted Mixed Vegetables
Fresh Fruits

Sandwich (\$4.00)
Egg & Cheese Sub
With Fruits

Sandwich (\$4.00)
Tuna Sub with Fruits

Fruits (\$1.00)
Watermelon

Fruits (\$1.00)
Honeydew

Beverages
Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

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Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

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WEEKLY MENU

Monday

5 December 2016

Western (\$5.00)

Roasted Chicken with Mustard Cream Sauce
Broccoli & Cauliflower
Potato Roasties

Asian (\$5.00)

Wok-fried Fish with Lemon Coulis
French Beans with Carrots
Brown Rice
Mixed Melons

Vegetarian (\$5.00)

Mushroom & Cheese Frittata
Broccoli & Cauliflower
Penne Salad
Mixed Melons

Sandwich (\$4.00)

Chicken Ham & Cheese Sub with Fruits

Fruits (\$1.00)

Red Apple

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Tuesday

6 December 2016

Western (\$5.00)

Baked Dory Fillet 'Milanese'
Green Beans with Carrots
Brown Rice
Fruits Salad

Asian (\$5.00)

Stir-fried Chicken in Plum Sauce
Xiao Bai Cai
Fragrant Rice

Vegetarian (\$5.00)

* Chinese Mushroom Fried Rice
Xiao Bai Cai
Ma Po Tofu
Fruits Salad

Sandwich (\$4.00)

Garden Veggie Sub With Fruits

Fruits (\$1.00)

Sunmelon

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Wednesday

7 December 2016

Western (\$5.00)

Beef Bolognese
Balsamic-glazed Vegetables
Spaghetti in Olive Oil
Fresh Fruits

Asian (\$5.00)

Steamed Fish Fillet with Mushroom
Broccoli & Carrots
Brown Rice

Vegetarian (\$5.00)

Lentils & Tomato Stew
Balsamic-glazed Vegetables
Spaghetti in Olive Oil
Fresh Fruits

Sandwich (\$4.00)

Chicken Teriyaki Sub With Fruits

Fruits (\$1.00)

Orange

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Thursday

8 December 2016

Western (\$5.00)

Grilled Dory Fillet with Capers
Lemon Sauce
Zucchini with Carrots
Brown Rice

Asian (\$5.00)

*Korean Grilled Chicken
* Asian-style Salad
Fragrant Rice
Tropical Fresh Fruits

Vegetarian (\$5.00)

Hongkong Fried Noodles
Asian-style Salad
Soy-Braised Egg
Tropical Fresh Fruits

Sandwich (\$4.00)

Egg & Cheese Sub With Fruits

Fruits (\$1.00)

Watermelon

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Friday

9 December 2016

Western (\$5.00)

*Classic Turkey Roast with Cranberry Sauce
Creamy Potato Mash with Gravy
Snowy Fruit Salsa

Asian (\$5.00)

*Tender Beef in Teriyaki Glaze
Oriental-style Fried Rice
Snowy Fruit Salsa

Vegetarian (\$5.00)

Lentils & Mushroom
'Meatloaf' with Tomato Coulis
Creamy Potato Mash with Gravy
Snowy Fruit Salsa

Tuna Sub with Fruits

Fruits (\$1.00)

Honeydew

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

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WEEKLY MENU

Monday

12 December 2016

Western (\$5.00)

*Mediterranean Roasted Chicken
Carrots & Peas
Brown Rice
Mixed Fruit Compote

Asian (\$5.00)

*Baked Fish Fillet with Thai Sauce (NON_SPICY)
Green Beans with Mushroom
Fragrant Rice

Vegetarian (\$5.00)

Mini Waffles with Yoghurt
Broccoli Frittata
Mixed Fruit Compote

Sandwich (\$4.00)

Chicken Ham & Cheese Sub with Fruits

Fruits (\$1.00)

Red Apple

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Tuesday

13 December 2016

Western (\$5.00)

Baked Dory Parmigiana
Cauliflower Gratin
Tri-colour Fusilli In Olive Oil

Asian (\$5.00)

Stir-fried Beef Slices In Oyster Sauce
Chinese Cabbage with Mushroom
Brown Rice
Mixed Melons

Vegetarian (\$5.00)

Italian Bean Stew
Cauliflower Gratin
Tri-colour Fusilli In Olive Oil
Mixed Melons

Sandwich (\$4.00)

Garden Veggie Sub With Fruits

Fruits (\$1.00)

Sunmelon

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Wednesday

14 December 2016

Western (\$5.00)

Moroccan Chicken Stew
Medley of Vegetables
*Raisin Pilaf Rice

Asian (\$5.00)

Pan-fried Fish Fillet with Gingery Scallion Sauce
Broccoli & Carrots
Brown Rice
Fresh Fruits

Vegetarian (\$5.00)

Mediterranean Vegetables
Pita Egg & Cheese Salad
Fresh Fruits

Sandwich (\$4.00)

Chicken Teriyaki Sub With Fruits

Fruits (\$1.00)

Orange

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Thursday

15 December 2016

Western (\$5.00)

Baked Fish with Mushroom Ragu
*Broccoli Mimosa
Potato Roasties
Fruits Salad

Asian (\$5.00)

*Wok-fried Butter Chicken with Curry Leaves
Xiao Bai Cai
Brown Rice

Vegetarian (\$5.00)

*Sin Chew Bee Hoon (Rice Vermicelli)
Xiao Bai Cai
Braised Tofu & Mushroom
Fruits Salad

Sandwich (\$4.00)

Egg & Cheese Sub With Fruits

Fruits (\$1.00)

Watermelon

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

Friday

16 December 2016

Western (\$5.00)

Grilled Beef Burger
Cheddar Cheese
Lettuce & Tomato Salad
Fresh Fruits

Asian (\$5.00)

Roast Chicken with Chinese BBQ Sauce
Asian Greens
Fragrant Rice
Fresh Fruits

Vegetarian (\$5.00)

*Tofu & Egg Burger
Cheddar Cheese
Lettuce & Tomato Salad
Fresh Fruits

Sandwich (\$4.00)

Tuna Sub with Fruits

Fruits (\$1.00)

Honeydew

Beverages

Bottled Water (350ml) \$1.00
Milk (200ml) \$1.50

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