

## Set lunch Menu - AUGUST 2022

Week 2	MONDAY	TUESDAY	WEDNESDAY 17-Aug	THURSDAY 18-Aug	FRIDAY 19-Aug
Salad			Apple salad	Greek salad	Potato salad
Soup			Minestrone soup	Yam soup with minced pork	Sponge gourd Basella, pork minced soup
Asian			Pineapple fried rice	Charsiu pork, steamed rice, cabbage	Sauteed chicken with satay Long bean
Western			Chickpeas Curry	Grill fish with lemon butter sauce Mash potatoes	French beef stew
Vegetarian			Quang Dong style Noodles	Sweet and sour tofu	Mashed potato with broccoli and cheese

\* Steamed rice served daily

\* Seasonal fresh fruit served daily



## Vegetarian

Week 3	MONDAY 22-Aug	TUESDAY 23-Aug	WEDNESDAY 24-Aug	THURSDAY 25-Aug	FRIDAY 26-Aug
Salad	Sweetcorn salad	Cabbage salad	Mushroom & spinach salad	Papaya salad	Russian salad
Soup	Ground soup	Potato soup	Tom yum soup	Miso soup	Pumpkin soup
Asian	Korean Chicken wings Lady finger	Braised pork with egg, steamed rice, bokchoy	Braised tofu rolls with mushrooms	Fish teriyaki Cabbage & carrot	Satay chicken drumsticks
Western	Grill Pork with pepper corn sauce Potato wedge	Bangers and mash, gravy Peas, carrot	Blackbean enchiladas	Peri Peri chicken Potato wedge	Beef lasanga Green bean & carrot
Vegetarian	Sauteed vegetables chinese style	Baked vegetables with cheese	Potato & chickpea curry	Sauteed vegetable with cashew nut	Pad Thai

## Set lunch Menu - AUGUST 2022

Week 4	MONDAY 29-Aug	TUESDAY 30-Aug	WEDNESDAY 31-Aug	THURSDAY 1-Sep	FRIDAY 2-Sep
Salad	Russian salad	Ceasar salad	Tomato salad		
Soup	Tungho vegetable soup	Chicken meat & sweetcorn soup	Cabbage soup		
Asian	Pork sweet & sour Vegetable	Beef thai curry style vegetable	Pad Thai		
Western	Southern chicken with honey butter coleslaw	Grilled pork with peppercorn sauce, fusilli, vegetable	Mushroom stroganoff		
Vegetarian	Braised mushroom and vegetables	Deep fried wonton	Spinach lasagna		

\* Steamed rice served daily

\* Seasonal fresh fruit served daily



## Set lunch Menu - January 2022

Week 5	MONDAY 5-Sep	TUESDAY 6-Sep	WEDNESDAY 7-Sep	THURSDAY 8-Sep	FRIDAY 9-Sep
Salad	Cucumber, tomato & beef salad	Nicoise salad	Green Bean salad	Assorted bean salad	Lettuce & dressing salad
Soup	Watercress with meat soup	Gourd soup	Chive soup	Sponge gourd Basella, pork minced soup	Choysum soup
Asian	Grill pork (Moo ping)	Thai grilled chicken wings	Sweet & sour veggie balls	Nasi Lemak cucumber and egg	Beef stew with carrot Vegetables
Western	Grilled fish with passion sauce	Pork patty with gravy sauce spaghetti	Chickpea enchiladas	Omlette with cheese & vegetables	Deep fried seafood with cocktail sauce Potato wedges
Vegetarian	Baked potato, broccoli, bean and cheese	Chickpea taco	Thai red curry	Deep fried Spring roll	Moroccan lentil stew with bean

\* Steamed rice served daily

\* Seasonal fresh fruit served daily



## Set lunch Menu - SEPTEMBER 2022

Week 6	MONDAY 12-Sep	TUESDAY 13-Sep	WEDNESDAY 14-Sep	THURSDAY 15-Sep	FRIDAY 16-Sep
Salad	Tomato & egg salad	Papaya salad	Mixed salad	Greek salad	Lotus stem salad
Soup	Broccoli soup	Sweet & sour fish soup	Seaweed soup	Chicken consomme	Vegetable & minced pork
Asian	Deep fried chicken with nanban sauce	Spicy pork bulgogi Long bean	Tofu nuggets	Harrisa Chicken Chinese cabbage	Braised duck with ginger green bean
Western	Grilled pork, apple sauce Steamed potato	Cottage pie	Green mac 'n' cheese	French beef stew Mashes Potatoes	Grilled pork with dipping sauce ginger&sesame Garlic fried rice
Vegetarian	Vegetarian chilli with red rice	Ratatouille	Chili bean stew	Mexican white bean styles	Vegetarian Pad Thai

\* Steamed rice served daily

\* Seasonal fresh fruit served daily



## Set lunch Menu - SEPTEMBER 2022

Week 7	MONDAY 19-Sep	TUESDAY 20-Sep	WEDNESDAY 21-Sep	THURSDAY 22-Sep	FRIDAY 23-Sep
Salad	Sweetcorn salad	Mimosa salad	Sweetcorn and cucumber salad	Beef thai salad	Mushroom salad
Soup	Choy sum & minced pork soup	Cabbage, minced pork soup	Minestrone soup	Watercress with meat soup	Sponge gourd Basella, pork minced soup
Asian	Korean chicken wings Chinese cabbage	Grill pork BBQ with japanese soysauce	Pineapple fried rice	Fried Duck with tamarind sauce Cucumber, tomato	Sauteed pork with coconut milk Cucumber and tomato
Western	Fish finger with tarta sauce mixed salad ,Wedge Potatoes	Japanese Korokke Vegetables	3 bean casserole	Beef lasagna	Pan fried fish with pepper corn sauce
Vegetarian	Mushroom and potato curry	Vegetarian lasagna	Stir fried noodles with tofu	Deep fried mushroom	Baked broccoli & potato and cheese

\* Steamed rice served daily \* Seasonal fresh fruit served daily



## Set lunch Menu - SEPTEMBER 2022

Week 8	MONDAY 26-Sep	TUESDAY 27-Sep	WEDNESDAY 28-Sep	THURSDAY 29-Sep	FRIDAY 30-Sep
Salad	Assorted bean salad	Potato & green bean salad	Potato salad	Mango salad	Lotus stem salad
Soup	Kim chi soup	Seaweed and tofu soup	Pumpkin soup	Green bean soup	Sweet & sour soup
Asian	Fried chicken with fish sauce Green bean and carrot	Braised pork with egg, steamed rice, bokchoy	Fried tofu with lemongrass	Moroccan beef stew steamed rice, cabbage	Deep fried pork Vegetable
Western	Beef patty Potato wedge	Roasted chicken with mustard sauce, long bean	Spinach and mushroom frittata	Pesto chicken with mushroom Spaghetti	Omlette with cheese & vegetable
Vegetarian	Stew vegetable with bean	Braised young tofu with vegetable	Char Kway Toew	Sweet and sour tofu	Baked potato, broccoli, bean and cheese

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## Set lunch Menu - OCTOBER 2022

Week 8	MONDAY 3-Oct	TUESDAY 4-Oct	WEDNESDAY 5-Oct	THURSDAY 6-Oct	FRIDAY 7-Oct
Salad	Chicken & cabbage salad	Spinach salad	Palm heart salad	Nicoise salad	Papaya salad
Soup	Pumpkin & pork soup	Minestrone soup	Cauliflower soup	Groul soup	Bok choy soup
Asian	Stewed beef with carrot baquette	Fried chicken Korean style Glory morning	Green coconut curry	Charsi pork, steamed rice, cabbage	Deep fried chicken with nanban sauce
Western	Peri Peri chicken Potato wedge	BBQ pork mixed salad	Spinach lasagna	Chicken parma Mixed salad	Deep fried seafood & cocktaill sauce
Vegetarian	Stir Fried Flat Rice Noodles	Very green curry	Mushroom omelette	Baked broccoli & potato and cheese	Steamed vegetable, tofu and mushroom with soya sauce

\* Steamed rice served daily      \* Seasonal fresh fruit served daily



## Set lunch Menu - March 2022+A71

Week 8	MONDAY 10-Oct	TUESDAY 11-Oct	WEDNESDAY 12-Oct	THURSDAY 13-Oct	FRIDAY 14-Oct
<b>Salad</b>	Tomato, egg salad	Lotus stem & meat salad	Mixed Salad	Mango salad	Mushroom & spinach salad
<b>Soup</b>	Chive & tofu soup	Sweet & sour fish soup	Lentil soup	Mustard leaf with fish cake soup	Yam soup with minced pork
<b>Asian</b>	Fried pork with lemongrass Bokchoy	Fried fish with fish sauce long bean	Sweet potato & mushroom curry	Sauteed chicken with satay Long bean	Grilled pork cutlet, steamed rice, choysum
<b>Western</b>	Beef patty Potato wedge	Deep fried pork with apple sauce vegetables	Chili bean mac	French beef stew	Fish finger with tarta sauce mixed salad
<b>Vegetarian</b>	Vietnamese vegetable curry	Spinach and mushroom frittata	Spring rolls	Sauteed mushroom with vegetable	Young tofu Schezuan style

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