

Bistro Menu - August 2020

Week 2	MONDAY	TUESDAY	WEDNESDAY 19-Aug	THURSDAY 20-Aug	FRIDAY 21-Aug
ONE POT			WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH
			Stewed pork with white bean,peas	Sweet n Sour Pork Balls	Beef Goulash
			Vietnamese Tofu & Veg Curry	Chickpea and Vegetable stew	3 Bean Chili
PASTA KITCHEN			Bolognaise	Bolognaise	Bolognaise
			Ham Carbonara	Mushroom and chicken	bacon,ham,peas and mushroom
			Tomato & Mushroom	Tomato & Mushroom with fennel sauce	Tomato & Mushroom
			Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto
			SPAGHETTI	SPAGHETTI	SPAGHETTI
			Pizza	Mac n Cheese	Pizza
URBAN GRILL			Bun Thit Nuong	Char Kway Toew	Beef la lot with white noodle

Bistro Menu - August 2020

Week 2	MONDAY 24-Aug	TUESDAY 25-Aug	WEDNESDAY 26-Aug	THURSDAY 27-Aug	FRIDAY 28-Aug
ONE POT	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH
	Beef Stroganof	Stewed chicken with peas,carot	Thai Chicken Curry	Stewed sausage with bean	Stewed beef with green pepper
	Chickpea Coconut Curry	Lentil soup	Spicy spinach, potatoes and bean soup	Chickpea and Vegetable stew	3 Bean Chili
PASTA KITCHEN	Meat ball	Bolognaise	Moroccan beef saauce	Bolognaise	Sausage and tomato sauce
	Ham Carbonara	Tomato and bacon with cheese	Tuna and mushroom sauce	Gnocchi cream suace	Shrimp ,bacon and peas
	Spinach and cheese sauce	Creamy mushroom sauce	Eggplant pasta sauce	Zucchini and basil	Tomato & Mushroom
	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto
	SPAGHETTI	SPAGHETTI	SPAGHETTI	SPAGHETTI	SPAGHETTI
	Pizza	Veggie Lasagna	Pizza	Mac n Cheese	Pizza
URBAN GRILL	Com Tam	Char Kway Toew	Jamaican Jerk Chicken with Slaw	Pad Thai	Bun Thit Nuong

Bistro Menu - September 2020

Week 2	MONDAY 31-Aug	TUESDAY 1-Sep	WEDNESDAY 2-Sep	THURSDAY 3-Sep	FRIDAY 4-Sep
ONE POT	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH		WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH
	Beef Carbonade	Ceamy sausage and bean		Indonesian beef curry	Stewed chicken with lotus seed,carot
	Kidney bean and butter bean stew	Potatoes and mushroom curry		Stew chickpeas, garlic, mint	Cauliflower & peas spicy sauce
PASTA KITCHEN	Meat ball	Bolognaise	NATIONAL DAY	Bolognaise	Sausage and tomato sauce
	Ham Carbonara	Tomato and bacon with cheese		Gnocchi cream suace	Shrimp ,bacon and peas
	Spinach and cheese sauce	Creamy mushroom sauce		Zucchini and basil	Tomato & Mushroom
	Squash Basil Pesto	Squash Basil Pesto		Squash Basil Pesto	Squash Basil Pesto
	SPAGHETTI	SPAGHETTI		SPAGHETTI	SPAGHETTI
	Pizza	Veggie Lasagna		Mac n Cheese	Pizza
URBAN GRILL	Com Tam	Char Kway Teow		Com Tam	Beef la lot with white noodle

Bistro Menu - September 2020

Week 2	MONDAY 7-Sep	TUESDAY 8-Sep	WEDNESDAY 9-Sep	THURSDAY 10-Sep	FRIDAY 11-Sep
ONE POT	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH
	Spanish Chorizo and Veg stew	Moroccan beef saauce	Stewed pork with white bean,peas	Sweet n Sour Pork Balls	Thai Chicken Curry
	Vegetarian Kim Chi Stew	Thai Veg Curry	Vietnamese Tofu & Veg Curry	Chickpea and Vegetable stew	3 Bean Chili
PASTA KITCHEN	Bolognaise	Moroccan beef saauce	Putanesca	Bolognaise	Beef ball
	Chicken and peas in mustard cream sauce	Gnococchi cream suace	Ham Carbonara	Mushroom and chicken	bacon,ham,peas and mushroom
	Napolenta	Spinach and cheese sauce	Eggplant pasta sauce	Tomato & Mushroom with fennel sauce	Tomato & Mushroom
	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto
	SPAGHETTI	SPAGHETTI	SPAGHETTI	SPAGHETTI	SPAGHETTI
	Pizza	Chicken Lasagna	Pizza	Mac n Cheese	Pizza
URBAN GRILL	Char Kway Toew	Jamaican Jerk Chicken with Slaw	Com Tam	Pad Thai	Chicken Quesadilla

Bistro Menu - September 2020

Week 2	MONDAY 14-Sep	TUESDAY 15-Sep	WEDNESDAY 16-Sep	THURSDAY 17-Sep	FRIDAY 18-Sep
ONE POT	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH
	Beef Carbonade	Braised meat balls with green olive	Stewed chicken with lotus seed,carot	Ceamy sausage and bean	Beef Goulash
	Mushroom & Red curry Thai	Lentil soup	Chickpea Coconut Curry	Kidney bean and butter bean stew	Spicy spinach, potatoes and bean soup
PASTA KITCHEN	Meat ball	Bolognaise	Bolognaise	meat ball	Bolognaise
	Ham Carbonara	Tomato and bacon with cheese	Ham Carbonara	Seafood cream sauce	Tuna ,olive,caper sauce
	Spinach and cheese sauce	Creamy mushroom sauce	Tomato sauce	Olive,caper	Tomato & Mushroom
	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto
	SPAGHETTI	SPAGHETTI	SPAGHETTI	SPAGHETTI	SPAGHETTI
	Pizza	Veggie Lasagna	Pizza	Mac n Cheese	Pizza
URBAN GRILL	Char Kway Toew	Com Tam	Jamaican Jerk Chicken with Slaw	Char Kway Toew	Beef la lot with white noodle

Bistro Menu - September 2020

Week 2	MONDAY 21-Sep	TUESDAY 22-Sep	WEDNESDAY 23-Sep	THURSDAY 24-Sep	FRIDAY 25-Sep
ONE POT	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH
	Stew beef with mushroom,carrot	Chicken teriyaki	Stewed pork with white bean,peas	Spanish Chorizo and Veg stew	Beef Goulash
	Kidney bean and butter bean stew	Potatoes and mushroom curry	Lentil stew	Stew chickpeas, garlic, mint	Cauliflower & peas spicy sauce
PASTA KITCHEN	Bolognaise	Moroccan beef saauce	Putanesca	Bolognaise	Beef ball
	Chicken and peas in mustard cream sauce	Gnocchi cream suace	Ham Carbonara	Mushroom and chicken	bacon,ham,peas and mushroom
	Napolenta	Spinach and cheese sauce	Eggplant pasta sauce	Tomato & Mushroom with fennel sauce	Tomato & Mushroom
	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto
	SPAGHETTI	SPAGHETTI	PENNE	SPAGHETTI	FUSILLI
	Pizza	Chicken Lasagna	Pizza	Mac n Cheese	Pizza
URBAN GRILL	Char Kway Toew	Com Tam	Bun Thit Nuong	Pad Thai	Beef la lot with white noodle

Bistro Menu - September 2020

Week 2	MONDAY 28-Sep	TUESDAY 29-Sep	WEDNESDAY 30-Sep	THURSDAY 1-Oct	FRIDAY 2-Oct
ONE POT	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH
	Stewed beef with carrot	Vietnamese Chicken Curry	Pork sweet and sour	Stewed beef with vegetables	Malaysia chicken curry
	Mushroom & Red curry Thai	Lentil soup	Chickpea Coconut Curry	Kidney bean and butter bean stew	Spicy spinach, potatoes and bean soup
PASTA KITCHEN	Meat ball	Bolognaise	Moroccan beef saauce	Bolognaise	Sausage and tomato sauce
	Ham Carbonara	Tomato and bacon with cheese	Tuna and mushroom sauce	Ham Carbonara	Shrimp ,bacon and peas
	Spinach and cheese sauce	Creamy mushroom sauce	Eggplant pasta sauce	Zucchini and basil	Tomato & Mushroom
	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto
	SPAGHETTI	SPAGHETTI	PENNE	SPAGHETTI	FUSILLI
	Pizza	Veggie Lasagna	Pizza	Mac n Cheese	Pizza
URBAN GRILL	Char Kway Toew	Com Tam	Pad Thai	Com Tam	Bun Thit Nuong