



**MENU 1 - WEEK COMMENCING**

**19/08, 14/09, 19/10, 16/11, 14/12/2020**

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BLUE OPTION	Roast Chicken with Boiled Potato	Beef Casserole with Potato, Pumpkin & Carrots with Bread	Chicken Burger with Potato Wedges	Pasta with Pork Balls	Chicken Meat Loaf with mashed potato
RED OPTION	Beef & Vegetables Fried Rice	Chicken Rice	Fish Teriyaki with Rice	Chicken & Vegetable Curry with Rice	Sautéed Egg Noodle with Pork & Vegetable
YELLOW OPTION (VEGETARIAN ONLY)	Sautéed Vegetarian Rice Vermicelli	Pumpkin & Pineapple Fried Rice	Lentil Shepherd Pie	Tofu & Vegetable Curry with Rice	Braised Tofu and Egg with Rice
GREEN OPTION	Baguette OR Whole Wheat Bun filled with Tuna Mayonnaise, Onion & Tomato	Wrap OR Whole Wheat Bun filled with vegetable Omelet & Mixed Salad	Jacket Potato OR Whole Wheat Bun filled with Egg mayo and topped with bacon bits	Sandwich OR Whole Wheat Bun filled with Ham & Cucumber	Baguette OR Whole Wheat Bun filled with Sautéed Chicken & Mixed Salad
SOUP	SOUP OF THE DAY				
VEGETABLES AND SALAD	VEGETABLE OF THE DAY				
	SALAD BAR				
DESSERT	MIXED FRUITS				



**MENU 2 - WEEK COMMENCING  
24/08, 21/09, 26/10, 23/11/2020**

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BLUE OPTION</b>	Pizza Margherita	Pasta Bolognese (Beef)	Battered Fish with Baked Potato	Chicken & Vegetables Stew with bread	Chicken Carbonara
<b>RED OPTION</b>	Oriental Fried Rice	Roast Pork with Rice	Chicken Noodle Soup	Sweet & Sour Fish with rice	Beef Rendang with Rice
<b>YELLOW OPTION (VEGETARIAN ONLY)</b>	Pizza Margherita	Pasta Napolitana	Vegetarian Noodle Soup	Sweet & Sour Tofu with Rice	Creamy Pasta with Broccoli, Carrot & Cauliflower
<b>GREEN OPTION</b>	Roasted Sweet Potato topped with Hummus & cheese	Sandwich OR Whole Wheat Bun filled with Egg Mayo & Mixed Salad	Baguette OR Whole Wheat Bun filled with Roast Pork, Tomato & Salad	Wrap OR Whole Wheat Bun filled with Chicken & Mixed Salad	Baguette OR Whole Wheat Bun filled with Tuna Mayonnaise, Onion & Tomato
<b>SOUP</b>	<b>SOUP OF THE DAY</b>				
<b>VEGETABLES AND SALAD</b>	<b>VEGETABLE OF THE DAY</b>				
	<b>SALAD BAR</b>				
<b>DESSERT</b>	<b>MIXED FRUITS</b>				



**MENU 3 - WEEK COMMENCING  
31/08, 28/09, 02/11, 30/11/2020**

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BLUE OPTION</b>	Grilled Chicken BBQ Sauce with Boiled Potato	Roast Chicken with Pasta sautéed with Garlic	Pork Ragu with Bread	Ham & Cheese Croque Monsieur with Potato Wedges	Beef & Vegetables Stew with Rice
<b>RED OPTION</b>	Braised Pork & Tofu in Spicy Sauce with Rice	Fish Curry with Rice	Ipoh Chicken Noodle	Chicken Macaroni Soup	Yangchow Fried Rice (Pork)
<b>YELLOW OPTION (VEGETARIAN ONLY)</b>	Braised Tofu & Eggplant in Spicy Sauce with Rice	Chickpeas & Vegetable Curry with Rice	Ipoh Vegetarian Rice Noodle	Cheese Croque Monsieur with Potato Wedges	Vegetarian Fried Rice
<b>GREEN OPTION</b>	Baguette OR Whole Wheat Bun filled with Tuna Mayonnaise, Onion & Tomato	Sandwich OR Whole Wheat Bun filled with Chicken & Mixed Salad	Jacket Potato OR Whole Wheat Bun filled with Meat Bolognese	Wrap OR Whole Wheat Bun filled with Sautéed Chicken & Mixed Salad	Baguette OR Whole Wheat Bun filled with vegetable Omelet & Salad
<b>SOUP</b>	<b>SOUP OF THE DAY</b>				
<b>VEGETABLES AND SALAD</b>	<b>VEGETABLE OF THE DAY</b>				
	<b>SALAD BAR</b>				
<b>DESSERT</b>	<b>MIXED FRUITS</b>				



**MENU 4 - WEEK COMMENCING**  
**07/09, 05/10, 19/10, 09/11, 07/12/2020**

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BLUE OPTION</b>	Macaroni & Cheese	Beef Lasagne	Ham & Cheese Baguette Pizza	Fish Goujons with Baked Potato	Pasta Aglio Olio with Bacon
<b>RED OPTION</b>	Tofu vegetable Miso & Omelet with Rice	Chicken Noodle Soup	Korean Braised Chicken with Rice	Pork in Dark Soya Sauce with Rice	Seafood Fried Rice
<b>YELLOW OPTION (VEGETARIAN ONLY)</b>	Macaroni & Cheese	Roasted Vegetable Lasagne	Margherita Baguette Pizza	Vegetarian Noodle Soup	Vegetable Dhal With Rice
<b>GREEN OPTION</b>	Roasted Sweet Potato topped with Baked Beans and cheese	Baguette OR Whole Wheat Bun filled with Egg Mayo & Salad	Wrap OR Whole Wheat Bun filled with Sautéed Pork & Mixed Salad	Sandwich OR Whole Wheat Bun filled with Chicken & Mixed Salad	Baguette OR Whole Wheat Bun filled with Tuna Mayo & Mixed Salad
<b>SOUP</b>	<b>SOUP OF THE DAY</b>				
<b>VEGETABLES AND SALAD</b>	<b>VEGETABLE OF THE DAY</b>				
	<b>SALAD BAR</b>				
<b>DESSERT</b>	<b>MIXED FRUITS</b>				