



MENU 1 - WEEK COMMENCING

18/11 2019, 06/11 2020, 10/02/2020, 09/03/2020

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BLUE OPTION	Macaroni & Cheese	Beef Casserole with Potato, Pumpkin & Carrots with Bread	Chicken Meat Loaf with mashed potato	Pasta with Pork Balls	Roast Chicken with Boiled Potato
RED OPTION	Tofu Veggie Miso & Omelet with Rice	Seafood Fried Rice	Nam Van Noodle Soup	Chicken & Vegetable Curry with Rice	Pork in Dark Soya Sauce with Rice
YELLOW OPTION (VEGETARIAN ONLY)	Macaroni Cheese	Pumpkin & Pineapple Fired Rice	Vegetarian Noodle Soup	Tofu & Vegetable Curry with Rice	Lentil Shepherd Pie
GREEN OPTION	Wrap – Sweet Potato Chickpeas and Salad	Baguette or Whole Wheat Bun filled with Chicken & Mixed Salad	Jacket Potato OR Whole Wheat Bun filled with Bacon & Egg	Sandwich OR Whole Wheat Bun filled with Egg Mayo & Salad	Baguette OR Whole Wheat Bun filled with Tuna Mayo & tomato
SOUP	Pumpkin	Potato, Carrot & Onion	Cabbage	Beetroot, Carrot & Onion	Tomato & Tofu
VEGETABLES AND SALAD	Broccoli & Carrot	Spinach & Carrot	French Beans & Carrot	Morning Glory & Carrot	Cabbage & Carrot
	SALAD BAR				
DESSERT	MIXED FRUITS				



MENU 2 - WEEK COMMENCING 28/10, 25/11 2019, 13/01/2020, 17/02/2020, 16/03/2020

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BLUE OPTION	Beef Lasagne	Ham & Cheese Baguette Pizza	Battered Fish with Baked Potato	Chicken & Vegetables Stew with bread	Chicken Carbonara
RED OPTION	Pork Bulgogi with Rice	Fish Curry with rice	Chicken Noodle Soup	Yangchow (pork) Fried Rice	Beef Rendang with Rice
YELLOW OPTION (VEGETARIAN ONLY)	Roasted Veggie Lasagne	Margherita Baguette Pizza	Vegetarian Noodle Soup	Oriental Fried Rice	Creamy Pasta with Broccoli, Carrot & Cauliflower
GREEN OPTION	Baguette OR Whole Wheat Bun filled with Egg Mayo & Salad	Wrap OR Whole Wheat Bun filled with Chicken & Mixed Salad	Jacket Potato OR Whole Wheat Bun filled with Meat Sauce Bolognese	Sandwich OR Whole Wheat Bun filled with Bacon, Omelet & Mixed Salad	Baguette OR Whole Wheat Bun filled with Tuna Mayonnaise, Onion & Tomato
SOUP	Cabbage & Carrot	Spinach	Mixed Vegetables soup	Winter Melon	Watercress
VEGETABLES AND SALAD	Bok Choi & Carrot	Chinese Cabbage & Carrot	Long Beans & Carrot	Choy Sum & Carrot	Cauliflower & Carrot
	SALAD BAR				
DESSERT	MIXED FRUITS				



MENU 3 - WEEK COMMENCING 04/11, 2/12 2019, 02/12/2020, 20/01/2020, 24/02/2020, 22/03/2020

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BLUE OPTION	Beef & Vegetables Stew with Rice	Pork Ragu with Bread	Ham & Cheese Croque Monsieur with Potato Wedges	Pasta Bolognese (Beef)	Grilled Chicken BBQ Sauce with Boiled Potato
RED OPTION	Sautéed Egg Noodle with Pork & Vegetable	Sweet & Sour Fish with Rice	Chicken Macaroni Soup	Roast Pork with Rice	Braised Pork & Tofu in Spicy Sauce with Rice
YELLOW OPTION VEGETARIAN ONLY)	Sautéed Vegetarian Rice Vermicelli (e)	Sweet & Sour Tofu with Rice	Cheese Croque Monsieur with Potato Wedges	Pasta Napolitana	Braised Tofu & Eggplant in Bean Sauce with Rice
GREEN OPTION	Baguette OR Whole Wheat Bun filled with Tuna Mayonnaise, Onion & Tomato	Wrap OR Whole Wheat Bun filled with Veggie Omelet & Mixed Salad	Jacket Potato OR Whole Wheat Bun filled with Bacon & Omelet	Sandwich OR Whole Wheat Bun filled with Ham & Mixed Salad	Baguette OR Whole Wheat Bun filled with Chicken & Salad
SOUP	Tomato & Tofu	Potato, Carrot & Onion	Cabbage	Beetroot, Carrot & Onion	Pumpkin
VEGETABLES AND SALAD	Broccoli & Carrot	Spinach & Carrot	French Beans & Carrot	Morning Glory & Carrot	Cabbage & Carrot
	SALAD BAR				
DESSERT	MIXED FRUITS				



MENU 4 - WEEK COMMENCING 11/11, 9/12 2019, 05/02/2020, 02/03/2020,

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BLUE OPTION	Fish Goujons with Baked Potato	Garlic pasta with Roast Chicken	Beef Burger with Potato Wedges	Pizza Margherita	Roast Pork with Mashed Potato
RED OPTION	Chicken Noodle Soup	Braised Pork & Egg with Rice	Fish Teriyaki with Rice	Vermicelli with Pork, Egg & Veggie	Chicken Rice
YELLOW OPTION (VEGETARIAN ONLY)	Vegetarian Noodle Soup	Braised Tofu & Egg with Rice	Chickpeas & Vegetable Curry with Rice	Pizza Margherita	Vegetable Dhal With Rice
GREEN OPTION	Baguette OR Whole Wheat Bun filled with Ham & Cheese & Mixed Salad	Wrap OR Whole Wheat Bun filled with Egg Mayo & Salad	Jacket Potato OR Whole Wheat Bun filled with Meat Sauce Bolognese & Mixed Salad	Sandwich Whole Wheat Bun filled with Chicken & Mixed Salad	Baguette OR Whole Wheat Bun filled with Tuna Mayo & Mixed Salad
SOUP	Cabbage & Carrot	Spinach	Mixed Vegetables	Winter Melon	Watercress
VEGETABLES AND SALAD	Bok Choi & Carrot	Chinese Cabbage & Carrot	Long Beans & Carrot	Choy Sum & Carrot	Cauliflower & Carrot
	SALAD BAR				
DESSERT	FRESH FRUIT OF THE DAY				