



MENU 1 - WEEK COMMENCING
18/11/19, 06/11/20 10/02/20,

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BLUE OPTION	Beef Casserole with Pumpkin & Carrots with Bread	Chicken Meatloaf with mashed potato	Pasta with Pork Balls	Roast Chicken with Boiled Potato	Beef Lasagne
RED OPTION	Seafood Fried Rice	Nam Van Noodle Soup	Chicken & Vegetable Curry with Rice	Pork in Dark Soya Sauce with Rice	Pork Bulgogi with Rice
YELLOW OPTION (VEG. ONLY)	Pumpkin & Pineapple Fried Rice	Vegetarian Noodle Soup	Tofu & Vegetable Curry with Rice	Lentil Shepherd Pie	Roasted Veggie Lasagne
GREEN OPTION	Wrap filled with Vegetable Omelet & Mixed Salad	Jacket Potato filled with Meat Bolognese Sauce	Sandwich filled with Ham & Salad	Baguette filled with Chicken & Cucumber	Whole Wheat Bun filled with Egg Mayo & Tomato
SOUP	Potato, Carrot & Onion	Cabbage	Beetroot, Carrot & Onion	Watercress	Winter Melon
VEGETABLES	Spinach & Carrot	French Beans & Carrot	Cauliflower & Carrot	Cabbage & Carrot	Bok Choi & Carrot
DESSERT	MIXED FRUITS				



MENU 2 - WEEK COMMENCING
28/10/19, 25/11/19, 13/01/20,
17/02/20, 16/03/20

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BLUE OPTION	Ham & Cheese Baguette Pizza	Battered Fish with Baked Potato	Chicken & Vegetables Stew with bread	Chicken Carbonara	Beef & Vegetables Stew with Rice
RED OPTION	Fish Curry with rice	Chicken Noodle Soup	Yangchow (pork) Fried Rice	Beef Rendang with Rice	Sautéed Egg Noodle with Pork & Vegetable
YELLOW OPTION (VEG. ONLY)	Margherita Baguette Pizza	Vegetarian Noodle Soup	Oriental Fried Rice	Creamy Pasta with Broccoli, Carrot & Cauliflower	Sautéed Vegetarian Rice Vermicelli
GREEN OPTION	Wrap filled with Chicken & Mixed Salad	Jacket Potato filled with Baked Beans & Cheese	Sandwich filled with Bacon, Omelet & Mixed Salad	Baguette filled with Tuna Mayo & Cucumber	Whole Wheat Bun filled with Scrambled Egg & Tomato
SOUP	Spinach	Mixed Vegetables soup	Pumpkin	Tomato & Tofu	Cabbage & Carrot
VEGETABLES	Chinese Cabbage & Carrot	Long Beans & Carrot	Choy Sum & Carrot	Morning Glory & Carrot	Broccoli & Carrot
DESSERT	MIXED FRUITS				



MENU 3 - WEEK COMMENCING

04/11/19, 02/12/20, 20/01/20,

24/02/20, 22/03/20

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BLUE OPTION	Pork Ragu with Bread	Ham & Cheese Croque Monsieur with Potato Wedges	Pasta Bolognese (Beef)	Grilled Chicken BBQ Sauce with Boiled Potato	Fish Goujons with Baked Potato
RED OPTION	Sweet & Sour Fish with Rice	Chicken Macaroni Soup	Roast Pork with Rice	Braised Pork & Tofu in Spicy Sauce with Rice	Chicken Noodle Soup
YELLOW OPTION (VEG. ONLY)	Sweet & Sour Tofu with Rice	Cheese Croque Monsieur with Potato Wedges	Pasta Napolitana	Braised Tofu & Eggplant in Bean Sauce with Rice	Vegetarian Noodle Soup
GREEN OPTION	Wrap filled with Veggie Omelet & Mixed Salad	Jacket Potato filled with Meat Bolognese Sauce	Sandwich filled with Ham, Cheese & Salad	Baguette filled with Chicken & cucumber	Whole Wheat Bun filled with Egg Mayo & Tomato
SOUP	Potato, Carrot & Onion	Cabbage	Beetroot, Carrot & Onion	Watercress	Winter Melon
VEGETABLES	Spinach & Carrot	French Beans & Carrot	Cauliflower & Carrot	Cabbage & Carrot	Bok Choi & Carrot
DESSERT	MIXED FRUITS				



MENU 4 - WEEK COMMENCING
11/11/19, 9/12/19, 05/02/20,

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BLUE OPTION	Garlic Pasta with Roast Chicken	Beef Burger with Potato Wedges	Pizza Margherita	Roast Pork with Mashed Potato	Macaroni & Cheese
RED OPTION	Braised Pork & Egg with Rice	Fish Teriyaki with Rice	Vermicelli with Pork, Egg & Vegetable	Chicken Rice	Tofu Veggie Miso & Omelet with Rice
YELLOW OPTION (VEG. ONLY)	Braised Tofu & Egg with Rice	Chickpeas & Vegetable Curry with Rice	Pizza Margherita	Vegetable Dhal With Rice	Macaroni Cheese
GREEN OPTION	Wrap filled with Chicken & Mixed Salad	Jacket Potato filled with Baked Beans & Cheese	Sandwich filled with Egg Mayo & Cucumber	Baguette filled with Tuna Mayo & Tomato	Whole Wheat Bun filled with Sweet Potato, Chickpeas & Salad
SOUP	Spinach	Mixed Vegetables	Pumpkin	Tomato & Tofu	Cabbage & Carrot
VEGETABLES	Chinese Cabbage & Carrot	Long Beans & Carrot	Choy Sum & Carrot	Morning Glory & Carrot	Broccoli & Carrot
DESSERT	MIXED FRUITS				