

Bistro Menu - AUGUST 2022

Week	MONDAY 3-Jan	TUESDAY 4-Jan	WEDNESDAY 17-Aug	THURSDAY 18-Aug	FRIDAY 19-Aug
ONE POT			WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH
			Moroccan Veggie stew	Sweet n sour pork balls	Chicken Teriyaki
			Vegetarian Kim Chi Stew	Chickpea and Vegetable stew	Chili Bean Vegetable stew
PASTA KITCHEN			Putanesca vegetarian	Bolognaise	Meat ball
			Spinach Cream Sauce	Mushroom and chicken	bacon,ham,peas and mushroom
			Squash Basil Pesto	Basil Pesto	Basil Pesto
			PENNE	SPAGHETTI	SPAGHETTI
URBAN GRILL			Char Kway Toew Vegetarian	Jamaican Jerk Chicken with Slaw	TACO SHELL

Bistro Menu - AUGUST 2022

Week	MONDAY 22-Aug	TUESDAY 23-Aug	WEDNESDAY 24-Aug	THURSDAY 25-Aug	FRIDAY 26-Aug
ONE POT	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH
	Beef Bourguignon	Chicken Nanban	Sauteed lemongrass & chilli with tofu	Stewed sausage with bean	Bak kut The
	Green coconut curry	Chickpea Taco	Lentil stew	Spicy vegan cauliflower	Bean stew with Harrissa sauce
PASTA KITCHEN	Bolognaise	Meat ball	Egg plant, zucchini, mushroom with tomato sauce	Bolognaise	Beef ball
	Chicken and peas in mustard cream sauce	Bacon cream suace	Peas,mushroom,zucchini with creamy sauce	Mushroom and Tuna cream sauce	Shrimp, bacon and peas
	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto
	SPAGHETTI	SPAGHETTI	PENNE	SPAGHETTI	FUSILLI
URBAN GRILL	Beef la lot with white noodle	Com Tam	Vegetarian Pad Thai	Jamaican Jerk Chicken with Slaw	Char Kway Toew

Bistro Menu - AUGUST 2022

	MONDAY 29-Aug	TUESDAY 30-Aug	WEDNESDAY 31-Aug		
ONE POT	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH		
	Beef Carbonade	Ceamy sausage and bean	Hearty Vegetable stew		
	Mushroom & Red curry Thai	Lentil soup	Chickpea Coconut Curry		
PASTA KITCHEN	Bolognaise	Meat Ball	Peas,mushroom,zucchini with basil		
	Shrimp and bacon ,parmesan cheese	Tomato and bacon with cheese	Alfredo mushroom sauce		
	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto		
	SPAGHETTI	SPAGHETTI	SPAGHETTI		
URBAN GRILL	Char Kway Toew	Com Tam	Egg & mushroom fried rice		

Bistro Menu - SEPTEMBER 2022

Week	MONDAY 5-Sep	TUESDAY 6-Sep	WEDNESDAY 7-Sep	THURSDAY 8-Sep	FRIDAY 9-Sep
ONE POT	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH
	Beef Goulash	Stew pork chinese style	Moroccan Veggie stew	Ceamy sausage and bean	Chicken teriyaki
	Thai Veg Curry	Mediterranean vegetable stew bean	Lentil stew	Spicy Vegetables bean stew	Potatoes and mushroom curry
PASTA KITCHEN	Bolognaise	Moroccan beef saauce	Putanesca vegetarian	Bolognaise	meat ball
	Chicken and peas in mustard cream sauce	Bacon cream suace	spinach cream sauce	Seafood cream sauce	Tuna, olive, caper sauce
	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto
	SPAGHETTI	SPAGHETTI	PENNE	SPAGHETTI	SPAGHETTI
URBAN GRILL	Char Kway Toew	Com Tam	Char Kway Toew Vegetarian	PERI PERI CHICKEN	TEXAN TACO SHELL

Bistro Menu - February 2022

Week	MONDAY 12-Sep	TUESDAY 13-Sep	WEDNESDAY 14-Sep	THURSDAY 15-Sep	FRIDAY 16-Sep
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	Spicy Bean & Vegetable stew	Indonesia beef curry	Chicken Orange
	Mushroom & Red curry Thai	Lentil soup	Chickpea & potato Curry	Mushroom Stroganoff	Bean stew with Harrissa sauce
PASTA KITCHEN	Meat ball	Bolognaise	Napoletana sauce	Bolognaise	Sausage and tomato sauce
	Shrimp and bacon ,parmesan cheese	Tomato and bacon with cheese	Roasted capsicum, baby corn, mushroom sauce	Ham Carbonara	Shrimp, bacon and peas
	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto
	SPAGHETTI	SPAGHETTI	SPAGHETTI	SPAGHETTI	FUSILLI
URBAN GRILL	Char Kway Toew	Jamaican Jerk Chicken with Slaw	Vegetarian Tacos	Com Tam	Char Kway Toew



Bistro Menu - February 2022

Week	MONDAY 19-Sep	TUESDAY 20-Sep	WEDNESDAY 21-Sep	THURSDAY 22-Sep	FRIDAY 23-Sep
ONE POT	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH
	Beef Stroganof	Chicken teriyaki	Mediterranean bean & vegetable stew	Stewed sausage with bean	Pork stew with bean
	Chickpea Coconut Curry	Lentil soup	Spicy spinach, potatoes and bean soup	Vietnamese Tofu & Veg Curry	Mushroom straganoff
PASTA KITCHEN	Meat ball	Bolognaise	Olive,caper,tomato,mushroom green bean	Bolognaise	Beef ball
	Seafood cream sauce	Tomato and bacon with cheese	mushroom cream sauce	Bacon cream suace	Shrimp, bacon and peas
	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto
	SPAGHETTI	SPAGHETTI	SPAGHETTI	SPAGHETTI	SPAGHETTI
URBAN GRILL	Char Kway Toew	Com Tam	Char Kway Toew Vegeterian	Jamaican Jerk Chicken with Slaw	Chicken Quesadilla

Bistro Menu - March 2022

Week	MONDAY 26-Sep	TUESDAY 27-Sep	WEDNESDAY 28-Sep	THURSDAY 29-Sep	FRIDAY 30-Sep
ONE POT	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH
	Bak kut The	Moroccan beef Stew	Creamy Three Bean Stew	Sweet n sour pork balls	Malaysia Chicken Curry
	Vegetarian Kim Chi Stew	Thai Veg Curry	Vietnamese Tofu & Veg Curry	Chickpea and Vegetable stew	Chili bean stew
PASTA KITCHEN	Bolognaise	Moroccan beef saauce	Tomato sauce	Bolognaise	Beef ball
	Chicken and peas in mustard cream sauce	Bacon cream suace	Zucchini, asparagus cream sauce	Mushroom and chicken	Bacon, ham, peas and mushroom
	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto
	SPAGHETTI	SPAGHETTI	SPAGHETTI	SPAGHETTI	SPAGHETTI
URBAN GRILL	Com Tam	Jamaican Jerk Chicken with Slaw	Vegetarian Tacos	Char Kway Toew	Beef la lot with white noodle

Bistro Menu - March 2022+A106

Week	MONDAY 3-Oct	TUESDAY 4-Oct	WEDNESDAY 5-Oct	THURSDAY 6-Oct	FRIDAY 7-Oct
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	Bean stew & Harissa sauce	Creamy sausage and bean	Beef Goulash
	Mushroom & Red curry Thai	Chinese sauteed vegetable	Chickpea Coconut Curry	Kidney bean and butter bean stew	Green coconut Curry
PASTA KITCHEN	Meat ball	Bolognaise	Rocket pesto sauce & vegetable salsa	Bolognaise	Beef ball
	Shrimp and bacon ,parmesan cheese	Tomato and bacon with cheese	Mushroom Carbonara	Seafood cream sauce	Tuna ,olive,caper sauce
	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto
	SPAGHETTI	SPAGHETTI	SPAGHETTI	SPAGHETTI	SPAGHETTI
URBAN GRILL	Char Kway Toew	Com Tam	Stir fried noodles	Char Kway Toew	PERI PERI CHICKEN

Bistro Menu - March 2022+A119

Week	MONDAY 10-Oct	TUESDAY 11-Oct	WEDNESDAY 12-Oct	THURSDAY 13-Oct	FRIDAY 14-Oct
ONE POT	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH	WHITE/BROWN RICE, MASH
	Beef teriyaki	Vietnamese Chicken Curry	Hearty Vegetable stew	Stewed beef with vegetables	Malaysia chicken curry
	Mushroom & Red curry Thai	Chickpea Taco	Chickpea Coconut Curry	Potatoes and mushroom curry	Spicy spinach, potatoes and bean soup
PASTA KITCHEN	Meat ball	Bolognaise	Peas,mushroom,zucchini with ceamy basil	Bolognaise	Sausage and tomato sauce
	Shrimp and bacon ,parmesan cheese	Tuna ,olive,caper sauce	Alfredo mushroom sauce	Ham Carbonara	Shrimp, bacon and peas
	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto	Squash Basil Pesto
	SPAGHETTI	SPAGHETTI	PENNE	SPAGHETTI	FUSILLI
URBAN GRILL	Char Kway Toew	Com Tam	Char Kway Toew Vegeterian	Jamaican Jerk Chicken with Slaw	Chicken Quesadilla