

# Pre-Ordered Menus



	06th Nov	07th Nov	08 Nov	09 Nov	10th Nov
<b>Western</b>	baked fish with cream sauce, potato croquette, sautéed ratatouille.	beef casserole with carrot and sweet paprika, penne pasta, roasted potato with herb.	fried chicken thigh with bbq sauce, sautéed sweet corn, potato wedges.	deep fried chicken cordon bleu, roasted mixed vegetables with herbs, mashed potato cream.	braised beef with brown sauce and mushroom, yellow rice with raisin, sautéed green pea with slow cooked tomato.
<b>Asian</b>	clay pot chicken rice with chinese sausage, baby cabbage with sliced mushroom and spring roll	sweet and sour fish, stew cabbage with black fungus, baby corn and mushroom, steamed rice.	stir fried chicken kong po style, stir fried leek and baby corn, stir fried egg omelet with onion, brown rice.	steamed chicken thigh, stir fried hor fun with egg gravy, stir fry baby cabbage green.	fried fish with soya, stir fried baby cabbage green, egg omelet with tomato, brown rice.
<b>Vegetarian</b>	fried yellow noodles, stir fried cabbage green, soya egg.	fried tofu with vegetarian oyster sauce, stew cabbage with black fungus, baby corn and mushroom, steamed rice.	stir fried kueh teow with bean sprout, stir fried leek and baby corn, stir egg omelet with onions.	fried yellow noodles, stir fried cabbage green, braised soft tofu with mixed vegetables.	stir fried mee tai bak, egg omelet with tomato, stir fried baby cabbage.
<b>Sub</b>	olives and minced beef pizza, salad and fruits	subway with turkey ham, mayo and gherkin, salad and fruits	egg and tuna sandwich wrap with apple and salad	grilled chicken sub roll served with sliced fruit and salad	mexican wrap with beef, salad and fruits.
<b>Allergen Friendly</b>	clay pot chicken rice with chinese sausage, baby cabbage with sliced mushroom and spring roll	steamed fish with sweet and sour sauce, stew cabbage with black fungus, baby corn and mushroom, steamed rice.	fried chicken thigh, stir fried leek and baby corn, brown rice, fresh fruits.	stir fried hor fun, stir fried baby cabbage green, braised soft tofu with mixed vegetables	fried fish, stir fried baby cabbage green, yellow rice with raisin

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	13 <sup>th</sup> Nov	14 <sup>th</sup> Nov	15th Nov	16th Nov	17th Nov
<b>Western</b>	roasted honey chicken thigh, french fries, coleslaw and roasted tomato.	grilled beef hamburger with brown sauce, ratatouille, olive penne pasta.	baked chicken breast with mushroom sauce, mashed potato with garlic, roasted mixed vegetables with herb.	olive penne pasta with herbs, beef bolognese, sautéed long bean.	grilled beef steak with mushroom sauce. roasted potato cube, baked cauliflower mornay with parmesan cheese
<b>Asian</b>	steamed fish with ginger, stir fried olive fried rice, stir fried long bean	ginger steamed chicken thigh, hainanese chicken rice, stir fried baby cabbage green	cabbage green, yellow rice fried beef with onion, sautéed baby	stir fried broccoli and cauliflower, baked chicken with char siew sauce, brown rice.	bean curd with minced chicken, stir fried lotus root and sugar snap pea, yellow rice.
<b>Vegetarian</b>	stir fried olive rice, stir fried bean sprout, stir fried long bean.	olive penne pasta, ratatouille, sautéed green pea.	vegetarian fried kway teow, sautéed baby cabbage, samosa.	hong kong fried noodles, braised cabbage, spring roll.	stir fried lotus root and sugar snap pea, yellow rice, soya egg.
<b>Sub</b>	Ham and pineapple pizza, salad and fruits.	tuna sub with cucumber, salad and fruits.	naan bread with grilled fish and sour cream, salad and fruits.	Chicken salami pizza, fruits and salad.	tortilla wrap with chicken, salad and fruits.
<b>Allergen Friendly</b>	steamed fish with ginger, stir fried olive fried rice, stir fried long bean	ginger steamed chicken thigh, hainanese chicken rice, stir fried baby cabbage green	baked chicken breast with mashed potato and garlic, roasted mixed vegetables with herb.	stir fried broccoli and cauliflower, baked chicken with char siew sauce, brown rice.	bean curd with minced chicken, stir fried lotus root and sugar snap pea, yellow rice.

# Pre-Ordered Menus



	20 <sup>th</sup> Nov	21 <sup>th</sup> Nov	22th Nov	23th Nov	24th Nov
<b>Western</b>	smoked chicken breast, cous cous and roasted mixed vegetables with herbs.	baked fish with lite Cajun spices, mashed potato and butter mixed vegetables.	grilled chicken patties with onion ketchup, polenta and butter mixed vegetables.	beef meat ball with tomato sauce, penne pasta and steamed cauliflower.	grilled fish with butter rice, broccoli with cream sauce.
<b>Asian</b>	fried fish with mango mayo, stir fried egg plant and brown rice.	stir fried beef with baby cabbage and steamed rice.	ginger braised chicken, tomato rice, sautéed bean sprout.	char siew chicken with sautéed cabbage, carrots and steamed rice.	stir fried beef with sautéed cabbage and steamed rice.
<b>Vegetarian</b>	singapore stir fried bee hoon, stir fried eggplant with samosa.	soya egg, sautéed baby cabbage and fried yellow noodles.	tomato rice, steamed egg with stir fried leek and baby corn.	braised tofu with sautéed pumpkin, lotus root and steam rice.	stir fried hong kong noodle baby cabbage with spring roll.
<b>Sub</b>	smoked chicken sandwich with salad and fruits.	ham and cheese sandwich, yogurt and fruits.	chicken burger with bun, fruit and salad.	cheese and ham sandwich with sliced fruit and salad.	tuna wrap served with sliced fruit and yogurt.
<b>Allergen Friendly</b>	chicken breast, cous cous and roasted mixed vegetables with herbs	Stir fried beef with baby cabbage and steamed rice.	grilled chicken patties, tomato rice, sautéed beansprout.	beef meat ball with tomato sauce, sautéed cabbage and steamed rice.	grilled fish, sautéed baby cabbage and steamed rice.

# Pre-Ordered Menus



	27 <sup>th</sup> Nov	28 <sup>th</sup> Nov	29th Nov	30th Nov	01 <sup>st</sup> Dec
Western	roasted chicken with bbq sauce, mashed potato and roasted mixed vegetables.	beef stew with mixed grilled vegetables and aglio olio penne.	baked chicken with mushroom sauce, ratatouille and polenta.	baked fish with herbs, butter green pea, yellow butter rice with raisin.	olive penne pasta with herbs, beef bolognese, sautéed Vegetables .
Asian	braised fish with five spices, stir fried French and steamed rice.	teriyaki chicken with steamed rice, stir fried leek, baby corn and celery.	sweet and sour fish with baby kalia and brown rice.	sautéed beef with bell pepper, steamed egg and steamed rice.	sweet and sour chicken, stir fried baby cabbage green and brown rice.
Vegetarian	stir fried mee tai bak, egg omelet, stir fried baby cabbage.	bean sprout with bean curd, steamed and samosa.	stir fried kueh teow with bean sprout, omelet with onion and braised cabbage.	fried tofu with mushroom sauce, braised cabbage, yellow rice with raisin.	stir fried bee hoon, soya egg and stir fried bean sprout.
Sub	sub roll with roasted chicken salad and fruits.	hot dog bun with sausage, salad and yogurt.	baked chicken sub roll with salad and fruits.	tortilla wrap with chicken, salad and fruit.	subway with beef sliced fruits and salad.
Allergen Friendly	roasted chicken ,stir fried French and steamed rice.	beef stew with stir fried leek, baby corn and celery, steamed rice.	baked chicken breast with baby kai lan and brown rice.	sautéed beef with bell pepper, braised cabbage and steamed rice.	grilled steak, stir fried baby cabbage and brown rice.

# Pre-Ordered Menus



	04 <sup>nd</sup> Dec	05th Dec	06th Dec	07th Dec	08th Dec	
<b>Western</b>	beef burger with bun, potato wedges and coleslaw	baked fish, penne pasta with tomato sauce, mixed vegetables with olive oil	grilled beef with rosemary, demi glaze , mixed vegetables and mashed potato	baked chicken breast with mushroom sauce , country roasted root vegetables and polenta .	grilled fish with tomato coulis, mixed grilled vegetables and,butter rice.	
<b>Asian</b>	sautéed chicken breast with blbq sauce , stir fried leek, baby corn and celery ,steamed white rice	Stir fried chicken with oat, stir fried green cabbage and brown rice	sweet and sour fish with pineapple and capsicum, egg omelet with french bean, steamed rice	braised beef with five spices and potato , sautéed bean sprout and chive, steamed white rice	hainanese chicken chop with tomato sauce and green pea ,,sautéed cabbage ,hong kong fried noodles	
<b>Vegetarian</b>	fried toufu with mushroom sauce ,stir fried leek, baby corn and celery .steamed rice	penne with tomato sauce, mixed vegetables with olive oil, Roasted potato	stir fried singapore Bee Hoon, braised green cabbage and somosa	Stir fried mee tee bak, been spout and stir fried tomato with egg	hong kong fried noodles, sautéed cabbage and spring roll.	
<b>Sub</b>	sub roll with beef and honey mustard, sliced fruits and potato wedges.	cheese and ham sub, sliced fruits and low fat milk	egg and tuna sandwich ,with salad and fruit	grilled chicken with salad in pita bread served with sliced fruit	tandoori chicken wrap, cucumber salad with low fat milk and cut fruit	
<b>Allergen Friendly</b>	fried toufu with mushroom sauce ,stir fried leek, baby corn and celery .steamed rice	baked fish with tomato sauce, brown rice with and. green cabbage .	grilled beef with rosemary with stir fried French bean with steamed rice 	braised beef with five spices and potato , sautéed bean sprout and chive, steamed white rice	grilled fish with tomato coulis, mixed grilled vegetables and roasted potato	

# Pre-Ordered Menus



	11th Dec	12th Dec	13th Dec	14th Dec	15th Dec Free Christmas Pudding	
<b>Western</b>	grilled fish, pesto potato wth french bean and olives, polenta	beef hamburger steak with onion ketchup, butter mixed vegetables and mashed potato	baked fish with lite cajun spice, basmati rice, mixed vegetables salad with mayo(cold)	baked chicken breast with rosemary, mushroom sauce ,coleslaw, roasted potato.	beef stew ,mixed grilled vegetables with rosemary, aglio olio pasta	
<b>Asian</b>	braised chicken with ginger and dark soya sauce, soya egg, baby cabbage with mushroom sauce and steamed brown rice	stir fried fish with thai asparagus and mushroom, sautéed bean sprout with bean curd, steamed rice	sautéed beef with spring onion and ginger, fried bee hoon with egg gravy and kalian.	sautéed fish with garlic flower and lotus root, spring roll and fried noodles	sautéed chicken with celery, carrot and strew mushroom, steamed white rice	
<b>Vegetarian</b>	soya egg, sautéed baby cabbage and singapore fried rice noodles.	sautéed beansprout with bean curd, sautéed thai asparagus and mushroom and mashed potato.	fried bee hoon with egg gravy and kalian, potato croquette.	fried noodles and spring roll, stir fried garlic flower and lotus root.	Roasted tomato, mixed grilled vegetables with rosemary, aglio olio pasta	
<b>Sub</b>	egg and tuna sandwich, salad and fruits(whole meal bread)	tortilla wrap with minced beef, salad, tomato salsa, corn rice and low fat milk	ham and pineapple pizza, yogurt cup and fruits.	grilled chicken sub with cheese and mustard mayo ,salad and fruits	grilled vegetables and cheese sub roll with fruit and low fat milk.	
<b>Allergen Friendly</b>	steamed chicken with ginger ,sautéed baby cabbage and brown rice .	stir fried fish with thai asparagus and mushroom, sautéed bean sprout with bean curd, steamed rice	baked fish with lite cajun spice and kailan. basmati rice	baked chicken breast, roasted potato, and salad	sautéed chicken with celery, carrot and strew mushroom, steamed white rice.	