



**MENU 1 - WEEK COMMENCING  
07/01, 11/02, 11/03, 08/04 2019**

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BLUE OPTION</b>	Pasta with Pork Balls	Beef & Potato Stewed, Bread	Beef Burger, Sweet Potato Wedges	Chicken Casserole with Pasta	Roast Chicken Boiled Potato
<b>RED OPTION</b>	Chicken & Vegetable Curry , Rice (HALAL)	Pork Bulgogi Rice	Nam Van Noodle Soup	Seafood Fried Rice	Pork in Dark Soya Sauce, Rice
<b>YELLOW OPTION VEGETARIAN ONLY)</b>	Pasta Napolitana	Tofu & Vegetable Curry, Rice	Vegetarian Noodle Soup	Tofu Veggie Miso & Omelet , Rice	Aloo Tikki Nuggets
<b>GREEN OPTION</b>	Baguette OR Whole Wheat Bun filled with Tuna Mayonnaise, Onion & Tomato	Wrap OR Whole Wheat Bun filled with Egg Mayo & Mixed Salad	Sandwich OR Whole Wheat Bun filled with Ham & Salad	Baguette OR Whole Wheat Bun filled with Chicken & Mixed Salad	Jacket Potato OR Whole Wheat Bun filled with Bacon & Cheese
<b>SOUP</b>	Pumpkin	Potato, Carrot & Onion	Cabbage & Carrot	Mixed Vegetable	Beetroot, Carrot & Onion
<b>VEGETABLES AND SALAD</b>	Broccoli , Cabbage & Carrot	Spinach & Carrot	French Beans & Carrot	Morning Glory & Carrot	Turnip & Carrot
	SALAD BAR				
<b>DESSERT</b>	MIXED FRUITS				



**MENU 2 - WEEK COMMENCING  
14/01, 18/02, 18/03 2019**

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BLUE OPTION</b>	Beef Lasagne	Ham & Cheese Baguette Pizza	Battered Fish Baked Potato	Shepherd Pie (Chicken)	Honey Lime Chicken Sautéed Potato
<b>RED OPTION</b>	Sautéed Chicken with Onion, Rice	Fish Curry Rice	Chicken Noodle Soup	Yangchow Fried Rice (Pork)	Beef Rendang Rice
<b>YELLOW OPTION VEGETARIAN ONLY)</b>	Roasted Veggie Lasagne	Mushroom & Peas Baguette Pizza	Vegetarian Noodle Soup	Oriental Fried Rice Tofu in Soya Sauce	Lentil Shepherd Pie
<b>GREEN OPTION</b>	Baguette OR Whole Wheat Bun filled with Chicken Ham & Cucumber	Wrap OR Whole Wheat Bun filled with Chicken & Mixed Salad	Sandwich OR Whole Wheat Bun filled with Bacon, Omelet & Mixed Salad	Baguette OR Whole Wheat Bun filled with Tuna Mayonnaise, Onion & Tomato	Baked Potato OR Whole Wheat Bun filled with Meat Sauce Bolognese
<b>SOUP</b>	Cabbage & Carrot	Tomato & Tofu	Spinach	Winter Melon	Watercress
<b>VEGETABLES AND SALAD</b>	Chayote & Carrot	Chinese Cabbage & Carrot	Long Beans & Carrot	Choy Sum & Carrot	Cauliflower & Carrot
	SALAD BAR				
<b>DESSERT</b>	MIXED FRUITS				



**MENU 3 - WEEK COMMENCING**

**21/01, 25/02, 25/03 2019**

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



**MENU 4 - WEEK COMMENCING  
28/01, 04/03, 01/04 2019**

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BLUE OPTION</b>	Chicken Carbonara	Chicken & Veggie Stew, Bread	Fish Goujons Baked Potato	Roast Pork Mashed Potato	Pizza Margherita
<b>RED OPTION</b>	Stir Fry Pork, Tomatoes & Eggs Rice	Fish Teriyaki Rice	Chicken Noodle Soup	Chicken Rice	Vermicelli with Pork, Egg & Veggie
<b>YELLOW OPTION (VEGETARIAN ONLY)</b>	Stir Fry Tomatoes & Eggs, Rice	Creamy Pasta with Broccoli, Carrot & Cauliflower	Vegetarian Noodle Soup	Vegetable Dhal Rice	Pizza Margherita
<b>GREEN OPTION</b>	Baguette OR Whole Wheat Bun filled with Chicken Ham & Salad	Wrap OR Whole Wheat Bun filled with Chicken & Mixed Salad	Sandwich Whole Wheat Bun filled with Egg Mayo & Salad	Baguette OR Whole Wheat Bun filled with Tuna Mayo & Mixed Salad	Jacket Potato OR Whole Wheat Bun filled with Meat Sauce Bolognese
<b>SOUP</b>	Tomato & Tofu	Cabbage & Carrot	Spinach	Winter Melon	Watercress
<b>VEGETABLES AND SALAD</b>	Chayote & Carrot	Chinese Cabbage & Carrot	Long Beans & Carrot	Choy sum & Carrot & Onion	Cauliflower & Carrot
	SALAD BAR				
<b>DESSERT</b>	MIXED FRUITS				