



The Hub Menu Week4

19/-23/Apr/2021	Meatless Monday	Tuesday	Wednesday	Thursday	Fun Friday
Daily Sandwich	Customised Sandwich	Customised Sandwich	Customised Sandwich	Customised Sandwich	Customised Sandwich
Asian Influences	Fried Rice Bean curd with coriander Season Green	Hong Shao Pork Steamed Rice With bean curd	Shanghai Fried Noodles with Roasted Chicken leg Poached Baby Green	Korean Pork with Kimchi Steamed Rice Seasonal Green	Braised Fish/Sweet & Sour Sauces Steamed Rice Season Greens
International Influences	Pasta with Nuts Free Pesto Baked cherry tomato	Roasted pork lion/Gravy Mash Potato Roasted Vegetable Mix	Moroccan Chicken Stew Couscous Sautéed Spinach	Fusilli Carbonara/Garlic Bread Braised Zucchini	Home Made Beef Burgers with Potato Wedges Sautéed Mushrooms & Onions
Vegetarian		Tofu with Vegetables Steamed Rice	Moroccan Vegetables Stew Couscous	Fusilli with Tomato & Pumpkin Sauce Braised Zucchini	Vegetables Burger with Potato Wedges