



FOOD HALL LUNCH MENU



SET LUNCH

Starter, A Choice of Main Course, Dessert & Beverage

Menu		MONDAY 27th August 2018	TUESDAY 28th August 2018	WEDNESDAY 29th August 2018	THURSDAY 30th August 2018
STARTER		Pumpkin Soup	Creamy Green Pea Soup	Carrot & Ginger Soup	Cauliflower & Potato Soup
MAIN COURSE	SALAD BAR (OPTION 1)	Corn & Tomato Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot	Cauliflower Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot	Potato Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot	Pasta Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot
	TOASTED SANDWICH (OPTION 2)	Toasted Panini Bread with Tandoori Chicken Fresh Garden Salad	Toasted Wholemeal Bread with Beef Pepperoni Fresh Garden Salad	Hawaiian Grilled Chicken Ciabatta Sandwich Fresh Garden Salad	Toasted Wholemeal Bread with Roasted Chicken Fresh Garden Salad
	WESTERN (OPTION 3)	Pasta Carbonara (Smoked Chicken) Fresh Garden Salad	Beef Bourguignon Sautéed Green Bean Mashed Potato & Pumpkin	Spicy Lamb Pizza Fresh Salad	Chicken Nuggets French Fries Coleslaw
	ASIAN (OPTION 4)	Szechuan Fish Stir Fried Pak Choy Steam Rice	Honey Glazed Chicken with Sesame Siew Pak Choy White Rice	Nyonya Curry Fish Stir Fried Green Cabbage Steamed Rice	Sweet & Sour Fish Garlic Kailan Steam Rice
	VEGETARIAN (OPTION 5)	Pumpkin & Leek Tart Garden Salad Vegetarian Fried Noodle	Chick Pea & Eggplant Hummus with Pita Bread Greek Salad Spring Roll	Vegetarian Baked Macaroni Tomato Fried Noodle	Japanese Beancurd & Mix Florets Tomato fried noodle
	SPECIAL OF THE DAY (OPTION 6)	Hainan Chicken Rice & Condiments	Chicken Shawarma Corn & Tomato Salad Lemon & Raisin Rice	Jacket Potato Baked Bean Garden Salad	Kolok Mee (Minced Chicken) with Condiments
DESSERT		Fresh Fruit	Banana Cake	Fresh Fruit	Hokkaido Cake
BEVERAGES		Mineral Water	Apple Juice / Mineral Water	Mineral Water	Fruit punch Juice / Mineral Water

NATIONAL DAY

Food Traffic Light System			
	<p>GREEN Go for it! Eat to your hearts content</p>	<p>AMBER Caution! Easy does it</p>	<p>RED Stop! Think twice Choose a healthier life, go green!</p>



FOOD HALL LUNCH MENU

SET LUNCH

Starter, A Choice of Main Course, Dessert & Beverage



Menu		MONDAY 3rd Sept 2018	TUESDAY 4th Sept 2018	WEDNESDAY 5th Sept 2018	THURSDAY 6th Sept 2018	FRIDAY 7th Sept 2018
STARTER		Creamy Corn Soup	Creamy Mushroom Soup	Roasted Tomato Soup	Japanese Miso Soup	Vegetarian Chowder Soup
MAIN COURSE	SALAD BAR (OPTION 1)	Corn & Tomato Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot	Cauliflower Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot	Potato Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot	Pasta Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot	Broccoli Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot
	TOASTED SANDWICH (OPTION 2)	Toasted Panini Bread with Tandoori Chicken Fresh Garden Salad	Toasted Wholemeal Bread with Beef Pepperoni Fresh Garden Salad	Hawaiian Grilled Chicken Ciabatta Sandwich Fresh Garden Salad	Toasted Wholemeal Bread with Roasted Chicken Fresh Garden Salad	Toasted Panini Bread with Poached Chicken Fresh Garden Salad
	WESTERN (OPTION 3)	Chicken Chop Sautéed Mix Florets Braised Corn Kernel	Beef Stew Green Pea Stewed Mashed Potato & Carrot	Fish Tagine Moroccan Vegetable Stew Butter Cous Cous	Shepherd Pie Fresh Salad	Boiled Chicken Sausage Braised Cabbage Hashbrown
	ASIAN (OPTION 4)	White Chicken Tom Yam Thai Mix Vegetable Steam Rice	Japanese Style Grilled Fish Stir Fried Bean Sprout & Chives White Rice	Thai Minced Beef with Basil Stir Fried Vegetable with Straw Mushroom White Rice	Nyonya Fish Curry & Pineapple Stir Fried Mix Vegetable White Rice	Chicken Biryani Pickled Vegetable Makloubeh Rice
	VEGETARIAN (OPTION 5)	Vegetarian Wrap Fried Noodle Summer Salad	Chick Pea & Eggplant Hummus Pita Bread Greek Salad	Deep Fried Beancurd Nasi Lemak & Condiments	Lentil Bolognese Pasta White Rice	Aloogobi White Rice Singapore Fried Noodle
	SPECIAL OF THE DAY (OPTION 6)	Dried Fish Tikka Yogurt Egg Plant Lemon Rice	Nasi Lemak (Fried Chicken & Condiments)	Jacket Potato Creamy Smoked Chicken Green Bean Salad	Tandoori Chicken Raita Paratha	Braised Smoked Beef with Coconut Milk Stir Fried Mix Vegetable White Rice
DESSERT		Fresh Fruit	Ice Cream	Fresh Fruit	Butter Cake	Fresh Fruit
BEVERAGES		Mineral Water	Mango Juice / Mineral Water	Mineral Water	Grapefruit Juice / Mineral Water	Mineral Water

Food Traffic Light System			
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FOOD HALL LUNCH MENU



SET LUNCH

Starter, A Choice of Main Course, Dessert & Beverage

Menu				WEDNESDAY 12th Sept 2018	THURSDAY 13th Sept 2018	FRIDAY 14th Sept 2018
STARTER				Carrot & Ginger Soup	Cauliflower & Potato Soup	Creamy Pasta & Basil Soup
MAIN COURSE	SALAD BAR (OPTION 1)	K I N G ' S B I R T H D A Y	A W A L M U H A R R A M	Potato Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot	Pasta Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot	Broccoli Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot
	TOASTED SANDWICH (OPTION 2)			Hawaiian Grilled Chicken Ciabatta Sandwich Fresh Garden Salad	Toasted Wholemeal Bread with Roasted Chicken Fresh Garden Salad	Toasted Panini Bread with Poached Chicken Fresh Garden Salad
	WESTERN (OPTION 3)			Chicken A La Kiev Garlic Butter Mix Florets Pilaf Rice	Mongolian Lamb Sautéed Cabbage Herb rice	Beef Burrito Tomato Salsa
	ASIAN (OPTION 4)			Massaman Beef Curry Stir Fried Cauliflower & Long Bean White Rice	Grilled Fish with Oyster Sauce Garlic Kailan Steam White Rice	Noodle Chicken Soup & Condiments
	VEGETARIAN (OPTION 5)			Mediterranean Pasta Garden Salad	Steamed Chopped Eggplant with Fried Noodle	Sweet & Sour Beancurd Steamed rice
	SPECIAL OF THE DAY (OPTION 6)			Szechuan Fish Chinese Mix Vegetable Fried Noodle	Piri Piri Chicken Summer Salad Herbs Rice	Chicken Kebab Tomato & Cucumber Salad Herbs Rice
DESSERT				Fresh Fruit	Doughnut	Fresh Fruit
BEVERAGES				Mineral Water	Orange Juice / Mineral Water	Mineral Water

Food Traffic Light System			
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FOOD HALL LUNCH MENU

SET LUNCH

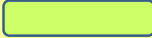


Starter, A Choice of Main Course, Dessert & Beverage



Menu		Date			
		TUESDAY 19th Sept 2018	WEDNESDAY 19th Sept 2018	THURSDAY 20th Sept 2018	FRIDAY 21st Sept 2018
STARTER		Creamy Mushroom Soup	Roasted Tomato Soup	Japanese Miso Soup	Vegetarian Chowder Soup
MAIN COURSE	SALAD BAR (OPTION 1)	Cauliflower Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot	Potato Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot	Pasta Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot	Broccoli Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot
	TOASTED SANDWICH (OPTION 2)	Toasted Wholemeal Bread with Beef Pepperoni Fresh Garden Salad	Hawaiian Grilled Chicken Ciabatta Sandwich Fresh Garden Salad	Toasted Wholemeal Bread with Roasted Chicken Fresh Garden Salad	Toasted Panini Bread with Poached Chicken Fresh Garden Salad
	WESTERN (OPTION 3)	Pasta Bolognese Fresh Garden Salad	Fish Kebab Grilled Capsicum & Zucchini Crushed Olive Rice	Irish Stew (Lamb) Butter Mix Floret Mashed Potato & Pumpkin	Minced Chicken on Bun Garden Salad
	ASIAN (OPTION 4)	Thai's Basil Minced Chicken Vegetable with Baby Corn & Straw Mushroom Pineapple Rice	Kung Pao Chicken Chinese Mix Vegetable Steam Rice	Fried Fish with Tauchu Sauce Stir Fried Siew Pak Choi White Rice	Bakso (Beef Meatball & Condiments)
	VEGETARIAN (OPTION 5)	Vegetable Curry Mantou White Rice	Mamak Fried Noodle Fried Rice Sautéed Pak Choy	Cantonese Braised Beancurd & Vegetable Fried Noodle	Tart Flambé Fried Tempe Steam Rice
	SPECIAL OF THE DAY (OPTION 6)	Quesadilla (Chicken) Salsa	Jacket Potato Baked Bean Salad	Tandoori Chicken Vegetable Curry Paratha	Butter Chicken Stir Fried Green Bean White Rice
DESSERT		Ice Cream	Fresh Fruit	Cheese Cake	Fresh Fruit
BEVERAGES		Fruit punch Juice / Mineral Water	Mineral Water	Mango Juice / Mineral Water	Mineral Water

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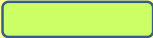


FOOD HALL LUNCH MENU



SET LUNCH

Starter, A Choice of Main Course, Dessert & Beverage

Menu		MONDAY 24th Sept 2018	TUESDAY 25th Sept 2018	WEDNESDAY 28th Sept 2018	THURSDAY 27th Sept 2018	FRIDAY 28th Sept 2018
STARTER		Creamy Corn Soup	Creamy Mushroom Soup	Roasted Tomato Soup	Japanese Miso Soup	Vegetarian Chowder Soup
MAIN COURSE	SALAD BAR (OPTION 1)	Corn & Tomato Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot	Cauliflower Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot	Potato Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot	Pasta Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot	Broccoli Salad Coral Salad Lettuce Salad Tomato, Onion, Capsicum, Cucumber, Carrot
	TOASTED SANDWICH (OPTION 2)	Toasted Panini Bread with Tandoori Chicken Fresh Garden Salad	Toasted Wholemeal Bread with Beef Pepperoni Fresh Garden Salad	Hawaiian Grilled Chicken Ciabatta Sandwich Fresh Garden Salad	Toasted Wholemeal Bread with Roasted Chicken Fresh Garden Salad	Toasted Panini Bread with Poached Chicken Fresh Garden Salad
	WESTERN (OPTION 3)	Roasted Chicken with Creamy Mustard Sauce Sautéed Broccoli Mashed Potato & Pumpkin	Beef Lasagna Garden Salad	Smoked Chicken Quiche (Smoked Chicken & Button Mushroom) Salad	Moroccan Lamb Tagine Sautéed Mix Vegetable Couscous	Fish Fingers & Chips Coleslaw
	ASIAN (OPTION 4)	Ginger & Oyster Beef Stir Fried Siew Pak Choy Steam Rice	Chicken Kurma Stir Fried Vegetable Ghee Rice	Chicken Curry Stir Fried Cabbage White Rice	Japanese Grilled Fish Sautéed Julienne Carrot & Cabbage White Rice	Chicken Tikka Stir Fried Long Bean & Cauliflower Biryani Rice
	VEGETARIAN (OPTION 5)	Vegan Shepherd Pie Garden Salad Fried Rice	Lentil Bolognese Fried Tempe Steam White Rice	Vegetable Curry & Dhal White Rice Mantou	Penne Pesto White Rice with Sweet Sour Vegetable	Braised Soft Tofu with Seaweed Fried Noodle
	SPECIAL OF THE DAY (OPTION 6)	Black Pepper Fish Garlic Kailan Tomato Fried Noodle	Fisherman Pie with Tomato & Cilantro Sauce Corn & Tomato Salad	Jacket Potato Baked Bean Garden Salad	Mild Butter Chicken Curry Stir Fried Cauliflower & Tomato White Rice	Lemon Grass Beef Braised Pumpkin & Broccoli White Rice
DESSERT		Fresh Fruit	Muffin	Fresh Fruit	Banana Cake	Fresh Fruit
BEVERAGES		Mineral Water	Apple Juice / Mineral Water	Mineral Water	Grapefruit Juice / Mineral Water	Mineral Water

Food Traffic Light System			
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