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	Monday	Tuesday	Wednesday	Fun Thursday	Friday
			30 Sep	01 Oct	02 Oct
Western A			Italian Vegetarian Meatball with Penne  	National Day	The day following the Chinese Mid-Autumn Festival
Asian B			Thai Chicken Curry with Rice (Mild)		
Sandwich C			Bacon, Lettuce, Tomato Sandwich  		
Vegetables			Carrot Batons		
Dessert			Fresh Fruit		
	05 Oct	06 Oct	07 Oct	08 Oct	09 Oct
Western A	Beef & Mushroom Stew served with Rice 	BBQ Pork Loin with Potato Wedges	Vegetarian Paella 	Chicken Chasseur with Mash Potato  	Ham & Cheese Pasta Bake 
Asian B	Cauliflower Korma with Rice  	Tandoori Fish with Rice 	Taiwanese Minced Pork with Rice 	Chap Chae (Korean Vermicelli with Vegetables) served with Rice 	Japanese Mild Vegetable Curry served with Rice 
Sandwich C	Ham & Cheese Salad Sandwich  	Sweet Corn & Egg Salad Sandwich   	Korean Chicken Sandwich  	Tuna Salad Sandwich   	Chicken Pesto Sandwich  
Vegetables	Carrot Batons	Roasted Vegetables	Asian Green	Cauliflower & Carrot	Chinese Zucchini
Dessert	Fresh Fruit	Chocolate Pear Cake  	Fresh Fruit	Rice Cake  	Fresh Fruit

EAT MORE

These foods should form the basis of your diet. So fill up on them.

EAT MODERATELY

Best eaten in moderation. These foods are still important for a balanced diet.

EAT LESS

Don't have too much of these. Just treat ourselves every so often.



Vegetarian Choice



Egg Alert



Dairy Alert



Fish Alert



Shellfish Alert



Fun Thursday

	Monday	Tuesday	Wednesday	Fun Thursday	Friday
	12 Oct	13 Oct	14 Oct	15 Oct	16 Oct
Western A	Chicken Milanese with Pasta 	Crispy Fish Fillet with Coriander with Barley Pearl 	Pork Carnitas with Mexican Rice	Cordon Bleu with French Fries 	Creamy Chipotle Chicken with Couscous
Asian B	Thai Pineapple Fried Rice 	Chicken Keto with Rice	Vegetarian Singapore Vermicelli (Less Oil) 	Chicken Tikka Masala with Mixed Grain Rice	Thai Style Fish with Fresh Herbs & Mixed Brown Rice
Sandwich C	Beef Pastrami Sandwich 	Cheese Tomato Sandwich 	Tuna Mayo Salad Sandwich 	Egg & Cucumber Sandwich 	Mediterranean Sandwich
Vegetables	Carrot & Broccoli	Broccoli	Roasted Carrot with Honey	Roasted Vegetables	Cabbage
Dessert	Fresh Fruit	Brownie	Fresh Fruit	Cheery Pie	Fresh Fruit
	19 Oct	20 Oct	21 Oct	22 Oct	23 Oct
Western A	<p>19 Oct - 23 Oct School Holiday</p>				
Asian B					
Sandwich C					
Vegetables					
Dessert					



Fun Thursday

	Monday 26 Oct	Tuesday 27 Oct	Wednesday 28 Oct	Fun Thursday 29 Oct	Friday 30 Oct
Western A	The day following Chung Yeung Festival	Chicken Butter Milk with Couscous 	Broccolis Stuffed Fish with Steamed Rice 	Croque Monsieur with French Fries 	Chicken Lombardy with Pasta
Asian B		Teriyaki Fish with Sweet Corn Rice 	Stir Fried Mushroom with Silver Needle Noodle (Less Oil) 	Vegetable Curry with Rice 	Lemongrass Pork Chop with Rice
Sandwich C		Egg & Cucumber Sandwich 	Cuban Pork Sandwich 	Thai Sweet Chili Chicken Sandwich 	Mushroom & Cheese Sandwich
Vegetables		Carrot Batons	Green Beans	Roasted Vegetables	Cabbage
Dessert		Banana Cake	Fresh Fruit	Apple Cake	Fresh Fruit



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So fill up on them.



Best eaten in moderation.
These food are still important for a balanced diet.



Don't have too much of these.
Just treat ourselves every so often.



Vegetarian
Choice



Egg
Alert



Dairy
Alert



Fish
Alert



Shellfish
Alert