



21th--25th October	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Tomato Soup	Enoki & egg Soup	Cauliflower Soup	Miso Soup	Creamy pumpkin soup
Asian Influences	Stewed pork ball \ham& tofu Stir fried M Spinach Steam wild rice	Grilled Dumping Wok fried string beans Steam Rice	Wok fried beef with tea mushroom Poached Chinese little green Steam Rice	Wok fried shredded pork with green pepper Wok Fried green lettuce Steam Rice	Wok fried rice noodle w/ shredded beef and leek & bean sprout Boiled water chestnut
Vegetarian	Stewed oyster mushroom w/tofu	Pan fried Polenta	Korean Cold Noodles	Vegetarian Dumplings	Margarita pizza
Western Influences	Curry chicken Sautéed zucchini stick Steamed Rice	Braised beef w/ lentil Stir carrots\pea & peppers Mashed Potato	Grilled chicken sausage Grilled eggplant & capsicum Baked Potato	Rustic pasta fusilli w/ parmesan cheese Sautéed broccoli Roasted Pumpkin	Fish & chips Steamed cauliflower
Non- Pork Options	Curry chicken	Chicken ravioli	Baked Chicken with Olives& Tomato	Mexican Chicken Burrito	South Korean Flavour Fried Chicken
Sandwich Bar					
Homemade Juice	Mint and Lime Water	Lime with Wax berry Juice	Fresh Lemonade	Lemongrass & Ginger Iced Tea	Passion fruit & lime syrup
Salad & Fruit Bar & Dessert	Seasonal Green and Fruits, Plain or Fruit Yoghurt / Pudding				

Provided by Aramark

