



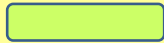


# FOOD HALL LUNCH MENU

## SET LUNCH

Starter, A Choice of Main Course, Dessert & Beverage



Menu		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Date		7th January 2019	8th January 2019	9th January 2019	10th January 2019	11th January 2019
<b>STARTER</b>		Pumpkin Soup	Creamy Potato Soup	Roasted Tomato Soup	Creamy Corn Soup	Carrot & Ginger Soup
<b>MAIN COURSE</b>	<b>SALAD BAR (OPTION 1)</b>	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
	<b>TOASTED SANDWICH (OPTION 2)</b>	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
	<b>WESTERN (OPTION 3)</b>	Roasted Chicken with Mustard Gravy Garlic Butter Broccoli Sweet Butter Corn	Beef Stew Carrot Vichy Boiled Potato	Fish Kebab Vegetable Stew Butter Couscous	Shepherd Pie Garden Salad	Spaghetti Meatball (Beef) Green Bean & Florets Salad
	<b>ASIAN (OPTION 4)</b>	Beef Kurma Pickled Vegetable Steamed Rice	Chicken Kuzi Stir Fried Long Bean Ghee Rice	Hainan Chicken Rice & Condiments	Noodle soup with Fish ball & Fish Cake Condiments	Pandan Chicken Vegetable in Coconut Milk White Rice
	<b>VEGETARIAN (OPTION 5)</b>	Vegetarian Fried Noodle Garden Salad	Vegetarian Wrap (Grilled Zucchini & Capsicum)	Singapore Fried Noodle Szechuan Bean curd	Tempeh with Green Bean White Rice	Spaghetti Aglio E Olio Fresh Salad
	<b>SPECIAL OF THE DAY (OPTION 6)</b>	Fish Tikka Turmeric Cauliflower & Tomato Biryani Rice	Noodle with Tom Yam Soup (Chicken) & Condiments	Jacket Potato Baked Bean Salad	Tandoori Chicken Vegetable Curry Biryani Rice	Sweet & Sour Fish Sautéed Green Cabbage Tomato Fried Bee Hoon
<b>DESSERT</b>		Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Ice Cream
<b>BEVERAGES</b>		Mineral Water	Orange Juice / Mineral Water	Mineral Water	Apple Juice / Mineral Water	Mineral Water

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

## SET LUNCH



**Starter, A Choice of Main Course, Dessert & Beverage**

Menu		MONDAY 14th January 2019	TUESDAY 15th January 2019	WEDNESDAY 16th January 2019	THURSDAY 17th January 2019	FRIDAY 18th January 2019
<b>STARTER</b>		Green Pea Soup	Creamy Mushroom Soup	Cauliflower Soup	Broccoli Soup	Vegetarian Chowder Soup
<b>MAIN COURSE</b>	<b>SALAD BAR (OPTION 1)</b>	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
	<b>TOASTED SANDWICH (OPTION 2)</b>	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
	<b>WESTERN (OPTION 3)</b>	Creamy Baked Chicken Glazed Carrot Mashed Potato & Green Pea	Grilled Fish with Tomato Cilantro Sauce Sauted French Bean Lemon Rice	Lamb Pizza Garden Salad	Lamb Stew Sauted Cabbage Herbs rice	Pasta Carbonara (Smoked Chicken) Garden Salad
	<b>ASIAN (OPTION 4)</b>	Mongolian Lamb Sauteed Mix Vegetable & Baby Corn White Rice	Lemon Grass Chicken Stir Fried Cabbage & Baby Corn White Rice	Oyster & Ginger Beef Stir Fried Garlic Khailan White Rice	Grilled Fish with Oyster Sauce Garlic Kailan Tomato Fried Bee Hoon	Chicken Teppanyaki Sautéed Bean sprout & Carrot Garlic Fried Rice
	<b>VEGETARIAN (OPTION 5)</b>	Vegetarian Tom Yam with Noodle	Vegetarian Quiche (Spinach, Pumpkin & Broccoli)	Chinese Fried Rice Sauteed Vegetable	Pasta with Pesto Sauce (Pine Nut Free) Garden Salad	Japanese Bean curd & Mix Florets Tomato fried noodle
	<b>SPECIAL OF THE DAY (OPTION 6)</b>	Smoked Chicken Pizza Garden Salad	Beef Bakso with Condiments	Cheesy Jacket Potato Baked Bean Grated Carrot Salad	Chicken Shawarma Cold Salad Steamed Rice	Fish Tagine Moroccan Vegetable Stew Butter & Herb Couscous
<b>DESSERT</b>		Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Hokkaido Cake
<b>BEVERAGES</b>		Mineral Water	Orange Juice / Mineral Water	Mineral Water	Apple Juice / Mineral Water	Mineral Water

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



# FOOD HALL LUNCH MENU




## SET LUNCH



Starter, A Choice of Main Course, Dessert & Beverage

Menu		Date		TUESDAY 22nd January 2019	WEDNESDAY 23rd January 2019	THURSDAY 24th January 2019	FRIDAY 25th January 2019
<b>STARTER</b>				Creamy Potato Soup	Roasted Tomato Soup	Creamy Corn Soup	Carrot & Ginger Soup
<b>MAIN COURSE</b>	<b>SALAD BAR (OPTION 1)</b>			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
	<b>TOASTED SANDWICH (OPTION 2)</b>			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
	<b>WESTERN (OPTION 3)</b>			Bourguignon Beef Mashed Green Pea & Potato Salad	Mediterranean Grilled Fish Ratatouille Crushed Olive Rice	Chicken Quesadilla Salsa	Chicken Fajitas Salsa
	<b>ASIAN (OPTION 4)</b>			Chicken Adobo Long Cabbage with Carrot White Rice	Chicken Tomato Curry Stir Fried Green Bean White rice	Fried Fish with Tauchu Sauce Stir Fried Siew Pak Choy Chinese Fried Noodle	Beef Teriyaki Stir Fried Carrot & Bean Sprout Garlic Fried Rice
	<b>VEGETARIAN (OPTION 5)</b>			Vegetarian Lasagna Garden Salad	Mamak Fried Noodle Garden Salad	Dalcha Vegetable White Rice	Pasta with Vegetarian Bolognese Sauce Garden Salad
	<b>SPECIAL OF THE DAY (OPTION 6)</b>			Noodle Chicken Curry with Condiments	Jacket Potato Beef Croquette Garden Salad	Chicken Tandoori Vegetable Curry Paratha	Szechuan Fish Chinese Mix Vegetable Chinese Fried Rice
<b>DESSERT</b>				Fresh Fruit	Fresh Fruit	Fresh Fruit	Banana Cake
<b>BEVERAGES</b>				Orange Juice / Mineral Water	Mineral Water	Apple 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 28th January 2019	TUESDAY 29th January 2019	WEDNESDAY 30th January 2019	THURSDAY 31st January 2019	FRIDAY 1st February 2019
<b>STARTER</b>		Green Pea Soup	Creamy Mushroom Soup	Cauliflower Soup	Broccoli Soup	Vegetarian Chowder Soup
<b>MAIN COURSE</b>	<b>SALAD BAR (OPTION 1)</b>	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
	<b>TOASTED SANDWICH (OPTION 2)</b>	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
	<b>WESTERN (OPTION 3)</b>	Chicken Escalope Sautéed French Bean Pasta	Beef Lasagna Garden Salad	Tarragon Chicken Carrot Vichy Pasta	Lamb Kebab with Roasted Capsicum Pita Bread	Fish Picatta with Tomato Concasse Sauce Italian Chick Pea Salad Pasta
	<b>ASIAN (OPTION 4)</b>	Massaman Beef Curry Stir Fried Cauliflower & Long Bean White Rice	Chicken Biryani Pickled Vegetable Makloubeh Rice	Thai Beef Basil Garlic Khailan Tomato Fried Bee Hoon	Dry Masala Fish Acar Bombay Biryani Rice	Chicken Percik Stir Fried Long Bean Ghee Rice
	<b>VEGETARIAN (OPTION 5)</b>	Ratatouille Herbs & Lemon Rice	Pumpkin & Leek Tart Garden Salad	Pasta with Roasted Vegetable	Steamed Eggplant with Yoghurt White Rice	Egg & Vegetable Curry Tomato Fried Noodle
	<b>SPECIAL OF THE DAY (OPTION 6)</b>	Minced Chicken on Bun Garden Salad	Piri Piri Chicken Garlic Butter Floret Roasted Potato	Special Lamb Fried Rice Garden Salad	Nyonya Fish Curry Stir Fried Cauliflower & Tomato White Rice	Beef Burrito Salsa
<b>DESSERT</b>		Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Butter Cake
<b>BEVERAGES</b>		Mineral Water	Orange Juice / Mineral Water	Mineral Water	Apple Juice / Mineral Water	Mineral Water

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