



14th–18th October	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Tomato and egg soup	Creamy mushroom Soup	Wax & seaweed soup	Pea seedling Soup	Carrot soup
Asian Influences	Stewed beef slice w/ Stir spinach Steam Rice	Braised duck leg with Long Bean Wok fried lotus root w/ celery Steam Rice	Curry pork ball with carrot& potato Wok fried green pakchoi Steam Rice	Boiled handmade noodle w/ two kinds of topping (long bean & pork mince or tomato egg)	Sautéed bacon with green Pepper & dry tofu Steamed wawa cabbage Steam Rice
Vegetarian	Braised dry bean curd	Veg spring roll	Pumpkin Risotto	Vegetable couscous	Mapo bean curd
Western Influences	Grilled frankfurter sausage Stir fried Holland bean with carrot Potato chips	Spaghetti Bolognese Buttery Broccoli Roasted Potato	French stewed chicken w/ Capsicum Sweet sour carrot Roasted Sweet Potato	Goulash beef Sautéed Zucchini & Carrot Roasted pumpkin	Fish & chips Sautéed cauliflower
Non- Pork Options	Teriyaki Chicken	Roasted chicken with mint sauce	Chicken Tacos	Eggplant chicken quiche	Deep fry chicken Wonton
Sandwich Bar					
Homemade Juice	Lime & Wax berry Juice	Dark Plum, Mint with Sour Plum Juice	Honey Pear Juice	Mixed Berry Water	Fresh Lemonade
Salad & Fruit Bar & Dessert	Seasonal Greens and Fruits, Plain or Fruit Yoghurt / Pudding				

Provided by Aramark

