



28thOctober –1st Nov.	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Red bean Soup	Miso Soup	Tofu & egg Soup	Corn Soup	Onion Soup
Asian Influences	Grilled Pork dumpling Stir fried Spinach Steam Rice	Teriyaki chicken leg Braised turnip and carrot Steam Rice	Roasted duck breast Poached Chinese little green Steam Rice	Wok fried sweet bean and lotus w/ pork sausage Steamed egg Steam Rice	Wok fried beef in soy sauce Stir eggplant Boiled water chestnut
Vegetarian	Boiled vegetable dumpling	Veg. Samosa	Wok fried noodles	Pan fried Polenta	Potato cake
Western Influences	Pan fried fish picatta in Lemon sauce Sautéed zucchini stick Roasted Potato	Braised beef w/ lentil Stir carrots\pea & peppers Mashed Potato	Pan fried Gnocchi w/ cheese & ham Grilled eggplant & capsicum Roasted sweet potato	Chicken nugget Sautéed broccoli Roasted Pumpkin	Braised chicken wing w/ Honey & BBQ sauce Steamed cauliflower Garlic Baby potato
Non- Pork Options	Boiled beef dumpling	Stuff chicken breast w/olive & onion	Chicken wonton soup	Chicken nugget	Wok fried chicken dice
Sandwich Bar					
Homemade Juice	Lime Water	Lime with Wax berry Juice	Fresh Lemonade	Lemongrass & Ginger Iced Tea	Syrup of Plum
Salad & Fruit Bar & Dessert	Seasonal Greens and Fruits, Plain or Fruit Yoghurt / Pudding				

Provided by Aramark

