



Fun Thursday

	Monday 02 Nov	Tuesday 03 Nov	Wednesday 04 Nov	Fun Thursday 05 Nov	Friday 06 Nov
Western A Roasted Pork Loin served with Mashed Potato 	Asian B Lemon Chicken served with Brown Rice 	Spaghetti Napoléon 	BBQ Chicken served with Rice	Hot Dog served with Potato Cube 	Chicken Goulash served with Pasta
Sandwich C Roasted Vegetables & Cheese Sandwich 	BLT Sandwich 	Roasted Asparagus Sandwich 	Cheese & Tomato Sandwich 	Korean Chicken Sandwich 	
Vegetables	Carrot Batons	Roasted Vegetables	Carrot & Sweet Corn	Garlic Greens	Cabbage

	09 Nov	10 Nov	11 Nov	12 Nov	13 Nov
Western A Chili Con Carne served with Rice	Mushroom Stroganoff served with Fusilli 	Chicken Alfredo served with Pasta 	Hawaiian Pizza served with Potato Cube 	Pork & Pumpkin Stew served with Rice	
Asian B Stir-fried Noodle with Assorted Mushroom 	Honey Glazed BBQ Pork served with Rice	Japanese Mild Vegetable Curry served with Steamed Rice 	Honey Soy Chicken served with Mixed Grain Rice	Stir-fried Udon with Mixed Vegetables (Less Oil) 	
Sandwich C Pepperoni Sandwich 	BLT Sandwich 	Crab Meat & Sweet Corn Sandwich 	Dried Tomato & Cheese Sandwich 	Chicken Pesto Sandwich 	
Vegetables	Carrot Batons	Cabbage	Asian Green	Cauliflower & Carrot	Chinese Zucchini



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



Best eaten in moderation. These foods 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



Fun Thursday

	Monday 16 Nov	Tuesday 17 Nov	Wednesday 18 Nov	Fun Thursday 19 Nov	Friday 20 Nov
Western A	Chicken A-La-King served with Rice 	Vegetarian Meatball Marinara Pasta 	Fish Fillet New Orleans served with Penne 	Chicken Burger served with Potato Cube 	Spaghetti Carbonara
Asian B	Stir-fried Beef & Onion served with Rice 	Stir-fried Chicken & Mixed Pepper served with Brown Rice	Diced Pork in Sweet Corn Egg Drop Sauce served with Rice 	Japanese Mild Eggplant Curry served with Rice	Pork in Black Vinegar Sauce served with Rice
Sandwich C	Roasted Asparagus & Egg Salad Sandwich 	Korean Chicken Sandwich 	Roasted Vegetable Sandwich 	Cheese & Mushroom Sandwich 	Egg Salad with Sweet Corn Sandwich
Vegetables	Broccoli	Sweet Corn & Carrots	Chives Zucchini	Garlic Greens	Cabbage

	23 Nov	24 Nov	25 Nov	26 Nov	27 Nov
Western A	Chicken Penne Arrabiata	Baked Fish Fillet in Creamy Sauce served with Mashed Potato 	Pork Chop & Fresh Tomato Sauce served with Rice	Margherita Pizza served with Diced Potato 	Pork Loin in Apricot Sauce served with Spaghetti
Asian B	Braised Pork & Potato in Oyster Sauce served with Rice 	Teriyaki Chicken served with Rice	Stir-fried Pasta with Shredded Beef (Less Oil)	Chinese Stir-fried Chicken Tenderloin & Mixed Mushroom served with Rice	Malaysian Fish Curry (Mild) served with Brown Rice
Sandwich C	Grilled Bell Pepper Sandwich 	Mushroom & Cheese Sandwich 	Egg & Cheese Sandwich 	Chicken Pesto Sandwich 	Honey Mustard Egg Salad Sandwich
Vegetables	Carrot & Broccoli	Broccoli	Roasted Carrot with Honey	Roasted Vegetables	Cabbage



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	Monday	Tuesday	Wednesday	Fun Thursday	Friday
	30 Nov				
Western A	Roasted Pork Loin in Apple Sauce served with Roasted Potato				
Asian B	Taiwanese Style Braised Minced Pork served with Mixed Vegetable & Rice				
Sandwich C	Veggie Napoléon Meat Ball Sandwich				
Vegetables	Carrot Batons				



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

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

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

