



Lunch Menu, week beginning 4th November 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Asian	Green Bean Soup Sautéed Chicken with Sweet and Sour Sauce Sautéed Mushroom Rice	Spicy Sour Soup Noodles with Braised Pork on top Cucumber, Bean sprouts, Green beans Handmade Noodles	White Mushroom Soup Pork Stew with Seaweed Sautéed Eggplant with Soy Sauce Rice	Coconut Milk with Pearls Chicken Stew with Mushroom Sautéed Tomato & Cauliflower Rice	Chinese Style Rice Soup Braised Pork with Potato Sautéed Mushroom with Tofu Rice
Western	Tomato Soup Pork Stew with Soy Sauce Carrot Roast Pumpkin	Cauliflower Soup Roast Duck Breast Cauliflower Rice	Pumpkin Soup Chicken Stew with Tomato Sauce Broccoli Roast Potatoes	Mushroom Soup Pasta Beef Bolognese Corn	Carrot Soup Steamed Fish with Soy Sauce Chinese Bok Choy Roast Sweet Potatoes
Vegetarian	Sautéed Vegetable with Rice	Noodles with Tomato and Eggs	Vegetable & Egg Pancake	Cheese Pasta Gratin with Vegetables and Tomato Dressing	Fried Noodles with Vegetable & Eggs
Sandwich	Sandwich Bar	Sandwich Bar	Sandwich Bar	Sandwich Bar	Sandwich Bar
Dessert		Carrot Cake		Orange Cake	Juice
Salad	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt