



Fun Thursday

	Monday	Tuesday	Wednesday	Fun Thursday	Friday
	02 Nov	03 Nov	04 Nov	05 Nov	06 Nov
Western A	Roasted Pork Loin served with Mashed Potato	Spaghetti Napoléon	BBQ Chicken served with Rice	Hot Dog served with Potato Cube	Chicken Goulash served with Pasta
Asian B	Lemon Chicken served with Brown Rice	HK Style Chicken in Swiss Sauce served with Brown Rice	Lemongrass Pork Chop served with Rice	Pan-fried Fish in Sweetcorn & Egg Sauce served with Rice	Korean Style Mixed Vegetable Vermicelli served with Rice
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
Dessert	Fresh Fruit	Fresh Fruit	Fresh Fruit	Brownie	Fresh Fruit
	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
Dessert	Fresh Fruit	Fresh Fruit	Fresh Fruit	Chocolate Pear Pie	Fresh Fruit



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.





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
Dessert	Fresh Fruit	Fresh Fruit	Fresh Fruit	Banana Cake  	Fresh Fruit

	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
Dessert	Fresh Fruit	Fresh Fruit	Fresh Fruit	Brownie  	Fresh Fruit



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Fun Thursday

	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				
Dessert	Fresh Fruit				



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.



Vegetarian Choice



Egg Alert



Dairy Alert



Fish Alert



Shellfish Alert