



23th--27th September	Monday	Tuesday	Wednesday	Thursday	Fri day
Soup of the Day	Spinach& vermicelli soup	Pumpkin soup	Radish & tofu soup	Creamy broccoli soup	Tomato& egg soup
Asian Influences	Braised pork w/ turnip Wok Fried green cabbage Steam Rice	Boiled Chinese noodles with soybean sauce Braised eggplant with pork mince	BBQ Chicken leg Stirred honey bean with carrot Steam Rice	Pan fried pot sticker Wok Fried green lettuce with chicken sauce Steam Rice	Sautéed Chicken Breast with Onion& Pepper Wok fried celery w/ red pepper Steam Rice
Vegetarian	Braised tofu with bamboo shoot	Vegetarian Dumplings	Japanese Soba noodles	Wok fried dried tofu with soy sauce	Spaghetti tomato sauce
Western Influences	Pan Fried Chicken with Herb Stir Broccoli with carrot Steamed sweet potato	Irish stew(without potato) Roasted Zucchini & Celery Mashed Potato	Creamy Farfalle with ham &onion Stirred squash & carrot Roasted sweet Potato	Grilled duck breast with olive sauce Oven baked Brussel sprout Roasted Potato	Grilled snapper fish in orange Jus Sautéed cherry tomato &pea Roasted Pumpkin
Non- Pork Options	Pan fried chicken breast w/ Lemon Jus	Masala Chicken	Eggplant &chicken Quiche	Fried chicken nugget	Boiled chicken Wonton
Sandwich Bar					
Homemade Juice	Lime & Waxberry 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

