

WEEKLY MENU

1, Monday	2, Tuesday	3, Wednesday	4, Thursday	5, Friday
LABOUR DAY	CHEF'S RECOMMENDATION (\$ 5.00) French Roasted Chicken Steamed Broccoli Butter Rice	CHEF'S RECOMMENDATION (\$ 5.00) Baked Fish w Mushroom Ragu French Bean Fragrant Rice	CHEF'S RECOMMENDATION (\$ 5.00) Garlic Grilled Chicken Steamed Vegetables Penne Aglio Olio	CHEF'S RECOMMENDATION (\$ 5.00) Fish Cutlet w Lemon Butter Sauce Roasted Vegetables Brown Rice
	TASTE OF ASIA (\$5.00) Sweet & Sour Fish Steamed Broccoli Fragrant Rice	TASTE OF ASIA (\$5.00) Mushroom Steamed Chicken French Bean Hong Kong Noodle	TASTE OF ASIA (\$5.00) Stir Fried Beef w Ginger & Onion Cabbage w Mushrooms Fragrant Rice	TASTE OF ASIA (\$5.00) Hainanese Chicken Rice Oyster Sauce Xiao Bai Cai
	CLASSIC VEGETARIAN (\$5.00) Olive Fried Rice Deep Fried Egg w Sweet Sour Sauce Steamed Broccoli	CLASSIC VEGETARIAN (\$5.00) Tomato Omelet French Bean Hong Kong Noodles	CLASSIC VEGETARIAN (\$5.00) Mushroom & Cheese Frittata Steamed Vegetables Penne Aglio Olio	CLASSIC VEGETARIAN (\$5.00) Mushroom Masala Stir Fried Okra Brown Rice
	SANDWICH (\$5.00) Garden Veggie Sub with Fruit	SANDWICH (\$5.00) Chicken Teriyaki Sub with Fruit	SANDWICH (\$5.00) Egg & Cheese Sub with Fruit	SANDWICH (\$5.00) Tuna Sub with Fruit
	FRESH FRUIT (\$1.00)	FRESH FRUIT (\$1.00)	FRESH FRUIT (\$1.00)	FRESH FRUIT (\$1.00)

WEEKLY MENU

8, Monday	9, Tuesday	10, Wednesday	11, Thursday	12, Friday
<p>CHEF'S RECOMMENDATION (\$ 5.00) Baked Chicken Parmigiana Steamed Broccoli Fragrant Rice</p> <p>TASTE OF ASIA (\$5.00) Stir Fried Fish in Oyster Sauce Broccoli w Mushrooms Fragrant Rice</p> <p>CLASSIC VEGETARIAN (\$5.00) Mexican Bean Stew Roasted Vegetables Warm Tortilla</p> <p>SANDWICH (\$5.00) Chicken Ham & Cheese Sub with Fruit</p> <p>FRESH FRUIT (\$1.00)</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) Pan Fried Fish w Balsamic Reduction Cauliflower & Carrots Roasted Potatoes</p> <p>TASTE OF ASIA (\$5.00) Char Siew Chicken Rice Xiao Bai Cai w Oyster Sauce</p> <p>CLASSIC VEGETARIAN (\$5.00) Yellow Dhal Curry Cauliflower Indian Flavoured Rice</p> <p>SANDWICH (\$5.00) Garden Veggie Sub with Fruit</p> <p>FRESH FRUIT (\$1.00)</p>	<p>Vesak Day</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) Hungarian Beef Goulash Carrots & Peas Pasta in Olive Oil</p> <p>TASTE OF ASIA (\$5.00) Kung Bao Chicken French Bean Fragrant Rice</p> <p>CLASSIC VEGETARIAN (\$5.00) Vegetarian Stew Scrambled Eggs Pasta in Olive Oil</p> <p>SANDWICH (\$5.00) Egg & Cheese Sub with Fruit</p> <p>FRESH FRUIT (\$1.00)</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) Roasted Chicken w Mustard Sauce Potato Gratin Cauliflower Mimosa</p> <p>TASTE OF ASIA (\$5.00) Fried Fish with Tangerine Sauce Kai Lan with Garlic Brown Rice</p> <p>CLASSIC VEGETARIAN (\$5.00) Steamed Egg with Shallots Kai Lan with Garlic Oriental Fried Rice</p> <p>SANDWICH (\$5.00) Tuna Sub with Fruit</p> <p>FRESH FRUIT (\$1.00)</p>

WEEKLY MENU

15, Monday	16, Tuesday	17, Wednesday	18, Thursday	19, Friday
<p>CHEF'S RECOMMENDATION (\$ 5.00) Baked Dory Milanese Corn on Cob Tri Colour Pasta</p> <p>TASTE OF ASIA (\$5.00) Taiwanese Braised Minced Chicken Stir Fried Cabbage Fragrant Rice</p> <p>CLASSIC VEGETARIAN (\$5.00) Tri-Colour Fusilli Corn on Cob Chick Pea Salad</p> <p>SANDWICH (\$5.00) Chicken Ham & Cheese Sub with Fruit</p> <p>FRESH FRUIT (\$1.00)</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) Hawaiian Chicken Tangy Coleslaw Buttered Raisin Rice</p> <p>TASTE OF ASIA (\$5.00) Fried Fish w Thai Sweet Chilli Sauce Asian Greens Fried Tang Hoon</p> <p>CLASSIC VEGETARIAN (\$5.00) Thai Basil Omelette Asian Greens Fried Tang Hoon</p> <p>SANDWICH (\$5.00) Garden Veggie Sub with Fruit</p> <p>FRESH FRUIT (\$1.00)</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) Beef Bolognese Spaghetti Roasted Vegetables</p> <p>TASTE OF ASIA (\$5.00) Chicken Fried Rice Braised Egg Lettuce, Tomato & Cucumber</p> <p>CLASSIC VEGETARIAN (\$5.00) Spaghetti Napolitana Roasted Vegetables</p> <p>SANDWICH (\$5.00) Chicken Teriyaki Sub with Fruit</p> <p>FRESH FRUIT (\$1.00)</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) Pan Fried Dory Lemon Caper Sauce Steamed Vegetables Brown Rice</p> <p>TASTE OF ASIA (\$5.00) Chicken Tikka Steamed Vegetables Roti Prata</p> <p>CLASSIC VEGETARIAN (\$5.00) Chick Pea Curry Steamed Vegetables Roti Prata</p> <p>SANDWICH (\$5.00) Egg & Cheese Sub with Fruit</p> <p>FRESH FRUIT (\$1.00)</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) Chicken Salisbury w Mushroom Sauce French Beans Mashed Potato</p> <p>TASTE OF ASIA (\$5.00) Grilled Teriyaki Fish French Beans Fried Udon</p> <p>CLASSIC VEGETARIAN (\$5.00) Roasted Eggplant Chawamushi Fried Udon</p> <p>SANDWICH (\$5.00) Tuna Sub with Fruit</p> <p>FRESH FRUIT (\$1.00)</p>

WEEKLY MENU

22, Monday	23, Tuesday	24, Wednesday	25, Thursday	26, Friday
<p>CHEF'S RECOMMENDATION (\$ 5.00) Baked Fish Parmigiana Steamed Broccoli & Cauliflower Fragrant Rice</p> <p>TASTE OF ASIA (\$5.00) Braised Chicken w Mushroom Steamed Broccoli & Cauliflower Fragrant Rice</p> <p>CLASSIC VEGETARIAN (\$5.00) Vegetable Masala Baked Beans Brown Rice</p> <p>SANDWICH (\$5.00) Chicken Ham & Cheese Sub with Fruit</p> <p>FRESH FRUIT (\$1.00)</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) Grilled Beef Burger Sautéed Vegetables</p> <p>TASTE OF ASIA (\$5.00) Roasted Chicken Rice Stir-Fried Vegetable</p> <p>CLASSIC VEGETARIAN (\$5.00) Spanish Omelette Sautéed Vegetable Brown Rice</p> <p>SANDWICH (\$5.00) Garden Veggie Sub with Fruit</p> <p>FRESH FRUIT (\$1.00)</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) Chicken Bolognese Steamed Vegetables Whole Grain Pasta</p> <p>TASTE OF ASIA (\$5.00) Kung Pao Fish Mixed Vegetables Fried Bee Hoon</p> <p>CLASSIC VEGETARIAN (\$5.00) Fried Spring Roll Mixed Vegetables Fried Bee Hoon</p> <p>SANDWICH (\$5.00) Chicken Teriyaki Sub with Fruit</p> <p>FRESH FRUIT (\$1.00)</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) Pan Fried Fish w Mustard Sauce Corn on Cob Brown Rice</p> <p>TASTE OF ASIA (\$5.00) Teriyaki Chicken Japanese Vegetable Curry Fragrant Rice</p> <p>CLASSIC VEGETARIAN (\$5.00) Cheese Mushroom Quesadillas Corn Salsa Cilantro Rice</p> <p>SANDWICH (\$5.00) Egg & Cheese Sub with Fruit</p> <p>FRESH FRUIT (\$1.00)</p>	<p>CHEF'S RECOMMENDATION (\$ 5.00) Beef Pepperoni Pizza Roasted Vegetables</p> <p>TASTE OF ASIA (\$5.00) Hainanese Chicken Cutlet Braised Cabbage Fragrant Rice</p> <p>CLASSIC VEGETARIAN (\$5.00) Black Bean Salsa Burrito</p> <p>SANDWICH (\$5.00) Tuna Sub with Fruit</p> <p>FRESH FRUIT (\$1.00)</p>