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Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Western	Pork loin steak with green pepper sauce 	Crispy pork-asparagus roll 	Pork steak with cheddar cheese in mustard cream sauce 	Pork cordon bleu 	Battered dory fish 
Western	Chilli con carne 	Swedish meat balls 	Smoked pork loin on steamed cabbage with caraway 	Chicken fricassee 	Chicken gyros 
Side dish	Sauteed mixed vegetables 	Buttered carrots 	Buttered sweetcorn & peas 	Creamy spinach 	Buttered mixed vegetables 
Side dish	Rosemary potatoes 	Mashed potatoes 	Fried potatoes 	Parsley potatoes 	French fries 
Western vegetarian	Broccoli souffle 	Mediterranean vegetable stew 	Spinach lasagna 	Baked cauliflower 	Vegetarian Mexican wrap 
Asian	Steamed fish with lime, garlic and chili 	Hainanese chicken 	Chicken tikka masala 	Larb moo 	Stir fried chicken with bell peppers 
Asian	Stir fried chicken with sweet chili sauce 	Red curry with pork 	Morning glory with crispy pork and chili 	Crispy sesame chicken 	Stir fried minced pork with basil 
Asian vegetarian	Vegetable tempura with plum sauce 	Grilled tempura vegetable-tofu skewers 	Green curry with vegetables & mushrooms 	Spicy Thai mushroom salad 	Vegetable phad Thai 
Rice	Steamed rice 	Steamed rice 	Steamed rice 	Steamed rice or sticky rice 	Steamed rice 
Noodles	Chicken noodles 	Yellow noodles with pork 	Yen ta fo 	Noodles with red pork 	Braised chicken noodles 
Live cooking	Chicken teriyaki 	Stir fried Hong Kong noodles with chicken 	Red pork with rice 	American fried rice 	Korean pork with rice 
Pasta station	Penne seafood marinara 	Spaghetti carbonara 	Penne Napoli 	Spaghetti bolognese 	Fussili arrabiata 



The allergy key serves as a convenience guide only, cross contamination of allergens is not guaranteed as our menus are prepared in shared facilities.