The Basement Lunch Menu 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
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Western	Chilli con carne	Swedish meat balls	Smoked pork loin on steamed cabbage with	Chicken fricassee	Chicken gyros
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Side dish	Sauteed mixed vegetables	Buttered carrots	Buttered sweetcorn & peas	Creamy spinach	Buttered mixed vegetables
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Side dish	Rosemary potatoes	Mashed potatoes	Fried potatoes	Parsley potatoes	French fries
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Western	Broccoli souffle	Mediterranean vegetable stew	Spinach lasagna	Baked cauliflower	Vegetarian Mexican wrap
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Asian	Steamed fish with lime, garlic and chili	Hainanese chicken	Chicken tikka masala	Larb moo	Stir fried chicken with bell peppers
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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
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Asian	Vegetable tempura with plum sauce	Grilled tempura vegetable-tofu skewers	Green curry with vegetables & mushrooms	Spicy Thai mushroom salad	Vegetable phad Thai
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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
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Live	Chicken teriyaki	Stir fried Hong Kong noodles with chicken	Red pork with rice	American fried rice	Korean pork with rice
cooking	<mark>♥</mark> &			⊘ %	<u> </u>
Pasta	Penne seafood marinara	Spaghetti carbonara	Penne Napoli	Spaghetti bolognese	Fussili arrabiata







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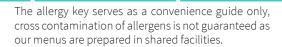








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