

Week day	Monday 11.03.2019	Tuesday 12.03.2019	Wednesday 13.03.2019	Thursday 14.03.2019	Friday 15.03.2019
Western	<b>Roasted Chicken with BBQ Sauce</b> 	<b>Mediterranean baked Fish</b> 	<b>Herb crusted Dory Fish</b> 	<b>Smoked Pork &amp; Pak Choy</b> 	<b>Battered Dory Fish</b> 
Western	<b>Sliced Pork with Mushrooms in Cream Sauce</b> 	<b>Pork Stew</b> 	<b>Chicken with BBQ Sauce</b> 	<b>Chicken Fingers</b> 	<b>BBQ Skewers</b> 
Side Dish	<b>Mashed Potatoes</b> 	<b>Rosemary Potatoes</b> 	<b>Fried Potatoes</b> 	<b>Parsley Potatoes</b> 	<b>French Fries</b> 
Side Dish	<b>Sauteed mixed Vegetables</b> 	<b>Buttered Carrots</b> 	<b>Buttered Sweet Corn and Peas</b> 	<b>Creamy Spinach</b> 	<b>Buttered mixed Vegetables</b> 
Western Vegetarian	<b>Mac N' Cheese</b> 	<b>Baked Cauliflower</b> 	<b>Potato-Leek Gratin</b> 	<b>Mushroom Risotto</b> 	<b>Pasta – Vegetable Gratin</b> 
Asian	<b>Steamed Dory Fish with Thai Herbs &amp; Chili</b> 	<b>Penang Chicken</b> 	<b>Palo with Pork</b> 	<b>Thai Style grilled Chicken</b> 	<b>Green Curry with Chicken</b> 
Asian	<b>Braised Egg Tofu with minced Pork</b> 	<b>Vermicelli with Prawns</b> 	<b>Stir fried Chicken with Broccoli &amp; Sesame</b> 	<b>Som Tam Thai</b> 	<b>Stir fried minced Pork with Basil</b> 
Asian Vegetarian	<b>Vegetable Tempura &amp; Plum Sauce</b> 	<b>Tom Kha with Tofu &amp; Mushrooms</b> 	<b>Phad Se Eaw</b> 	<b>Stir fried Morning Glory with Chili &amp; Tofu</b> 	<b>Mixed Vegetables in Soy Sauce</b> 
Rice	<b>Steamed Rice</b>	<b>Steamed Rice</b>	<b>Steamed Rice</b>	<b>Steamed or Sticky Rice</b>	<b>Steamed Rice</b>
Noodles	<b>Chicken Noodles</b> 	<b>Yellow Noodles with Pork</b> 	<b>Yen Ta Four</b> 	<b>Noodles with Red Pork</b> 	<b>Braised Chicken Noodles</b> 
Live Cooking	<b>Chicken Teriyaki</b> 	<b>Stir fried Hong Kong Noodles with Chicken</b> 	<b>Red Pork with Rice</b> 	<b>American fried Rice</b> 	<b>Korean Pork with Rice</b> 
Pasta Station	<b>Penne Seafood Marinara</b> 	<b>Spaghetti Carbonara</b> 	<b>Penne Napoli</b> 	<b>Spaghetti Bolognese</b> 	<b>Fussili Arrabiata</b> 



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