

LUNCH MENU

All meals are served with brown rice, soup of the day, fresh vegetables and fresh fruit.
The menu may vary as availability of fresh produce dictates.

	WEEK A	WEEK B	WEEK C	WEEK D
MONDAY	beef lasagne or sweet & sour pork or (v) vegetable lasagne served with veggie wedges	beef lasagne or steamed chicken in soy sauce or (v) vegetable lasagne served with roasted veggies & spring rolls	roasted pork in cream mushroom sauce or chicken Cordon Bleu or (v) roast pumpkin & potato in cream mushroom sauce served with mashed potato & pumpkin	beef in oyster sauce or roast chicken with lemongrass or (v) morning glory with oyster sauce served with pumpkin mash & roasted veggies
TUESDAY	pork with garlic & pepper or egg noodles with chicken or (v) egg noodles with vegetables served with carrot mash	Hong Kong beef or fish fingers or (v) sweet & sour vegetables served with mashed potato & pumpkin	spaghetti bolognese (beef) or BBQ chicken drumsticks or (v) spaghetti bolognese (veg) served with roasted veggies	beef lok lak or fish with Chinese pickles or (v) special fried vegetables (mushroom/baby corn/ spring greens) served with spinach mash & veggie wedges
WEDNESDAY	spaghetti bolognese (beef) or steamed fish in soy sauce or (v) tofu with morning glory served with roasted sweet potato	steamed pork ribs in black bean sauce or pasta with chicken in homemade tomato sauce or (v) vegetable pasta in homemade tomato sauce served with roasted sweet potato	penne pasta with bacon in tomato & onion sauce or shrimp tempura or (v) vegetable tempura served with roasted sweet potato	fried dried beef or grilled chicken breast with mushroom sauce or (v) grilled pumpkin and potato with cream mushroom sauce served with roasted sweet potato
THURSDAY	roast pork with avocado sauce or chicken, sweet potato, pumpkin & coconut curry or (v) sweet potato, pumpkin & coconut curry served with roasted veggies	beef & pumpkin curry or sweet & sour fish or (v) chickpea & pumpkin curry served with carrot mash	crumbed chicken fillet in spinach sauce or sweet & sour chicken or (v) sweet & sour vegetables served with carrot mash & veggie wedges	pasta with sliced sausage in a tomato & onion sauce or fish cakes or (v) pasta with mixed vegetables in a tomato & onion sauce served with carrot mash & veggie wedges
FRIDAY	honey garlic beef balls with BBQ sauce or pasta with shrimp in mushroom cream sauce or (v) macaroni & cheese served with spinach mash	beef balls with sweet & sour sauce or fish in 3-flavour sauce or (v) macaroni & cheese served with mashed potato & spinach	pasta with beef in cream mushroom sauce or steamed seafood with tofu or (v) macaroni & cheese served with mashed potato & spinach	pork cutlet with tartar sauce or pasta with shrimp in cream mushroom sauce or (v) macaroni & cheese served with roasted veggies