

LUNCH MENU

Brown rice and fresh fruit is served daily.

The menu may vary as availability of fresh produce dictates.

	WEEK A	WEEK B	WEEK C
M O N D A Y	1- Beef lasagne 2- Steamed fish in soy sauce 3- Vegetable lasagne <i>served with</i> spicy corn salsa	1- Beef lasagne 2- Roast chicken wings with hoisin sauce 3- Spinach lasagne <i>served with</i> spicy corn salsa	1- Grilled beef marinade 2- Chicken Pad Thai 3- Vegetable Pad Thai <i>served with</i> spicy corn salsa
T U E S D A Y	1- Pork with garlic pepper 2- Roast chicken with lemon grass 3- Tofu with morning glory <i>served with</i> mashed potato, broccoli, pumpkin or spinach	1- Beef & pumpkin curry 2- Crumbed chicken fillet in spinach sauce 3- Chickpea & pumpkin curry <i>served with</i> mashed potato, broccoli, pumpkin or spinach	1- Roast pork with avocado sauce 2- Chicken, sweet potato & pumpkin curry 3- Sweet potato & pumpkin curry <i>served with</i> mashed potato, broccoli, pumpkin or spinach
W E D N E S D A Y	1- Hong Kong Beef 2- Chicken noodles 3- Vegetable noodles <i>served with</i> Vegetable sour soup	1- Pork ribs with hoisin sauce 2- Fish with chinese pickles 3- Tofu with morning glory <i>served with</i> Pho	1- Beef lok lak 2- Fish fingers 3- Stir fried vegetables <i>served with</i> Tom Yum soup
T H U R S D A Y	1- Pork & egg stew 2- Grilled chicken breast with mushroom sauce 3- Grilled pumpkin with mushroom sauce <i>served with</i> mixed roast vegetables, pumpkin, potato, broccoli & carrot	1- Beef in oyster sauce 2- Deep fried shrimp Hong Kong style 3- Spring rolls <i>served with</i> mixed roast vegetables, pumpkin, potato, broccoli & carrot	1- Spaghetti & beef bolognese 2- Chicken cordon bleu 3- Spaghetti & vegetable bolognese <i>served with</i> mixed roast vegetables, pumpkin, potato, broccoli & carrot
F R I D A Y	1- Chicken green curry 2- Sweet & sour fish 3- Macaroni cheese <i>served with</i> potato & sweet potato wedges	1- Pork cutlet with tartar sauce 2- Tom Yum linguine 3- Macaroni cheese <i>served with</i> potato & sweet potato wedges	1- Beef Pho 2- BBQ chicken drumsticks 3- Vegetable Pho <i>served with</i> potato & sweet potato wedges