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
MONDAY	1- Beef lasagne 2- Steamed fish in soy sauce 3- Vegetable lasagne *served with* spicy corn salsa	1- Beef lasagne 2- Roast chicken wings with hoisin sauce 3- Spinach lasagne *served with* spicy corn salsa	1- Grilled beef marinade 2- Chicken Pad Thai 3- Vegetable Pad Thai *served with* spicy corn salsa
TUESDAY	1- Pork with garlic pepper 2- Roast chicken with lemon grass 3- Tofu with morning glory *served with* mashed potato, brocolli, pumpkin or spinach	1- Beef & pumpkin curry 2- Crumbed chicken fillet in spinach sauce 3- Chickpea & pumpkin curry *served with* mashed potato, brocolli, pumpkin or spinach	1- Roast pork with avocado sauce 2- Chicken, sweet potato & pumpkin curry 3- Sweet potato & pumpkin curry *served with* mashed potato, brocolli, pumpkin or spinach
WEDNESDAY	1- Hong Kong Beef 2- Chicken noodles 3- Vegetable noodles *served with* Vegetable sour soup	1- Pork ribs with hoisin sauce 2- Fish with chinese pickles 3- Tofu with morning glory *served with* Pho	1- Beef lok lak 2- Fish fingers 3- Stir fried vegetables *served with* Tom Yum soup
THURSDAY	1- Pork & egg stew 2- Grilled chicken breast with mushroom sauce 3- Grilled pumpkin with mushroom sauce *served with* mixed roast vegetables, pumpkin, potato, brocolli & carrot	1- Beef in oyster sauce 2- Deep fried shrimp Hong Kong style 3- Spring rolls *served with* mixed roast vegetables, pumpkin, potato, brocolli & carrot	1- Spaghetti & beef bolognaise 2- Chicken cordon bleu 3- Spaghetti & vegetable bolognaise *served with* mixed roast vegetables, pumpkin, potato, brocolli & carrot
FRIDAY	1- Chicken green curry 2- Sweet & sour fish 3- Macaroni cheese *served with* potato & sweet potato wedges	1- Pork cutlet with tartar sauce 2- Tom Yum linguine 3- Macaroni cheese *served with* potato & sweet potato wedges	1- Beef Pho 2- BBQ chicken drumsticks 3- Vegetable Pho *served with* potato & sweet potato wedges

Updated 21-Aug-2024