



Senior Menu

Nov - Dec 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
	Green Monday 01 Nov	02 Nov	03 Nov	04 Nov	05 Nov
<u>Meal</u> A	Penne Pesto with Mushroom & Onion 	Beef Bourguignon	Peri-peri Chicken Pizza	Shakshouka-style Baked Fish	Chicken Burger
<u>Meal</u> B	Japanese Vegetarian Udon 	Sweet & Sour Chicken	Stir-fried Pork with Ginger & Spring Onion	Cantonese Fried Rice with Honey Glazed BBQ Pork (Less Oil)	Tandoori Fish
<u>Meal</u> C	Vegetarian Chili Con Carne 	Vegetarian Paella 	Mexican Corn & Zucchini Frittata 	Vegetarian Baked Pumpkin Penne 	Vegetarian Egg Foo Yung Rice
Grains	Rice	Pasta Rice	Rice	Mixed Grain Rice Penne	Sweetcorn Brown Rice
	Green Monday 08 Nov	09 Nov	10 Nov	11 Nov	12 Nov
<u>Meal</u> A	Mac & Cheese 	Pasta Carbonara	Hawaiian Pizza	Roasted Pork Loin in Onion Gravy	Fish & Chips
<u>Meal</u> B	Chinese Silky Steamed Eggs with Mushrooms & Squash 	Japanese Beef Curry	Stir-fried Pork	Honey Soy Chicken	Vietnamese Grilled Lemongrass Pork Chop
<u>Meal</u> C	Vegetarian Fried Rice 	Chickpea & Tomato Tagine 	Steamed Eggplant with Garlic & Glass Noodle 	Italian Lentils Stew with Fusilli 	Braised Vegetables Lo Han Style
Grains	Pasta Rice	Pasta Rice	Sweetcorn Red Rice	Mashed Potato Rice	Chips Red Rice
	Green Monday 15 Nov	16 Nov	17 Nov	18 Nov	19 Nov
<u>Meal</u> A	Cheesy Cauliflower & Broccoli with Penne 	Steamed Fish with Black Bean Sauce	American Pizza (Pepperoni, Sweet Corn, Mushroom) 	Mushroom Chicken Bourguignon	Grilled Beef Burger
<u>Meal</u> B	Japanese Vegetable Curry 	Taiwanese Minced Pork with Mushroom	Chicken Tikka Masala	Miso Glazed Fish	Braised Pumpkin Pork
<u>Meal</u> C	Singapore Style Stir-fried Rice Vermicelli 	Mediterranean Broccoli & Cheese Omelet 	Mushroom Stroganoff 	Tomato & Cheese Pasta Bake 	Mexican Corn & Zucchini Frittata
Grains	Rice	Pasta Rice	Sweetcorn Mixed Grain Rice	Mashed Potato	Rice

EAT MORE

These foods should form the basis of your diet. So fill up on them.

EAT MODERATELY

Best eaten in moderation. These foods are still important for a balanced diet.

EAT LESS

Don't have too much of these. Just treat ourselves every so often.



Vegetarian Choice

Highlighted in respective color on the menu





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Nov - Dec 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
	Green Monday 24 Nov	25 Nov	26 Nov	27 Nov	28 Nov
<u>Meal</u> A	Italian Eggplant Parmigiana ✓	Grilled Fish with Tomato Salsa	Le Reine Pizza (Ham & Mushroom)	Salisbury Meatballs with Mushroom Gravy	Beef Bolognese
<u>Meal</u> B	Scrambled Egg with Tomato ✓	Peking Pork Chop	Macau Style Portuguese Curry Chicken	Steamed Fungus, Mushroom & Chicken	Oyakodon (Japanese Veggie, Chicken & Egg Bowl)
<u>Meal</u> C	Vegetarian Singapore Vermicelli (Less Oil) ✓	Stir-fried Japanese Vegetarian Udon (Less Oil) ✓	Vegetarian Pad Thai ✓	Moroccan Baked Eggs with Chickpeas ✓	Vegetarian Fried Rice ✓
Grains	Rice Pasta	Rice	Sweet Corn Rice	Mashed Potato Rice	Pasta Rice
	Green Monday 29 Nov	30 Nov	01 Dec	02 Dec	03 Dec
<u>Meal</u> A	Pesto Penne Pasta with Mixed Veggie ✓	Chicken Cacciatore	Barbecue Chicken & Mushroom Pizza	Tandoori Fish	Fish & Chips
<u>Meal</u> B	Vegetable Japchae ✓	Korean Style Pork Bulgogi & Vegetables	Beef Stew	Teriyaki Pork & Broccoli	Nasi Goreng (Indonesian Fried Rice, Less Oil)
<u>Meal</u> C	Vegetarian Paella ✓	Tomato & Basil Pasta ✓	Vegetable Balti ✓	Stewed Pepper & Tomatoes with Eggs ✓	Spinach Mushroom Pesto Spaahetti ✓
Grains	Pasta	Mashed Potato Red Rice	Sweet Corn Rice	Rice	Chips Rice
	Green Monday 06 Dec	07 Dec	08 Dec	09 Dec	Christmas Theme 10 Dec
<u>Meal</u> A	Spanish Tortilla with Tripper ✓	Pasta Carbonara	Applesauce Pork Chops	Classic Beef Bolognese Pasta	Classic Roast Turkey
<u>Meal</u> B	Japanese Stir-fried Udon with Assorted Vegetables ✓	Kung Po Chicken (Nuts Free)	Steamed Fish with Soy & Spring Onion	Diced Chicken in Sweet Corn & Egg Sauce	Traditional Roasted Ham with Gravy
<u>Meal</u> C	Vegetarian Shepherd's Pie ✓	Vegetarian Napolitano Penne ✓	Margherita Pizza	Japanese Steamed Egg with Shiitake Mushroom ✓	Kasespatzle (Cheesy Egg Noodles) ✓
Grains	Sweet Potato Rice	Pasta Brown Rice	Sweet Corn Rice	Red Rice Pasta	Mashed Potato Sweet Corn

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