









18th Aug – 31st Aug

	Monday	Tuesday	Wednesday	Thursday
	16 Aug	17 Aug	18 Aug	19 Aug
<u>Meal A</u>			Chinese Style BBQ Pork with Rice	Pan-fried Fish Fillet in Creamy Spinach Sauce with Pasta 
<u>Meal B</u> 			Roasted Vegetable Frittata with Roasted Potato	Vegetable Ratafouille with Pasta
	 Green Monday 23 Aug	24 Aug	25 Aug	26 Aug
<u>Meal A</u>	Vegetarian Lasagna 	Braised Chicken & Potato in Oyster Sauce with Rice	Roasted Pork Loin with Gravy & Herbed Potato Cubes	Chicken & Lettuce Fried Rice (Less Oil)
<u>Meal B</u> 	Vegetable Curry with Rice	Pumpkin & Pea Penne	Stir-Fried Japanese Udon with Mixed Vegetable (Less Oil)	Chickpea & Tomato Tagine with Rice
	30 Aug	31 Aug	01 Sept	02 Sept
<u>Meal A</u>	Vietnamese Lemongrass Pork Chop with Red Rice	Chicken A La King with Pasta		
<u>Meal B</u> 	Aubergine Parmigiana with Pasta	Scrambled Egg & Tomato with Rice		

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

EAT MODERATELY Best eaten in moderation. These food are still important for a balanced diet.

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

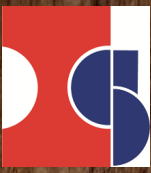
 Vegetarian Choice

 Sustainable Seafood



Highlighted in respective color on the menu





01st Sept – 23rd Sept

	Monday	Tuesday	Wednesday	Thursday
	30 Aug	31 Aug	01 Sept	02 Sept
<u>Meal</u> A			Spaghetti Bolognaise	Thai Green Curry Pork with Rice (Coconut Milk Free)
<u>Meal</u> B			Vegetarian Egg Foo Yung Rice	Mushroom & Lentil Ragu Pasta
	Green Monday 06 Sept	07 Sept	08 Sept	09 Sept
<u>Meal</u> A	Mac & Cheese	Italian Chicken Cacciatora (Skinless) with Pasta	Stir-fried Noodle with Tri-pepper & Shredded Pork (Less Oil)	Beef Lasagna
<u>Meal</u> B	Moroccan Vegetable Tagine with Rice	Braised Vegetables Lo Han Style with Brown Rice	Cheesy Cauliflower Penne Bake	Spanish Tortilla with Tri-pepper & Rice
	13 Sept	14 Sept	15 Sept	16 Sept
<u>Meal</u> A	Portuguese Chicken (Macaú Style) with Rice	Spaghetti Carbonara	Rosemary Chicken in Onion Gravy with Mashed Potato	Mediterranean Pork Stew with Mixed Vegetables & Rice
<u>Meal</u> B	Vegetarian Pad Thai	Wok-fried Tomato & Scrambled Egg with Brown Rice	Vegetable Chili Con Carne with Rice	Taiwanese Style Braised Tofu with Mixed Grain Rice
	20 Sept	21 Sept	22 Sept	23 Sept
<u>Meal</u> A	Pan-fried Fish in Tomato Sauce with Steamed Potato Cube	Thai Style Pineapple Chicken Fried Rice (Less Oil)	The Day Following Mid-autumn Festival	Chinese Style BBQ Pork with Rice
<u>Meal</u> B	Sweet & Sour Vegetarian Chicken with Rice	Vegetable Ratatouille with pasta		Vegetable Paella

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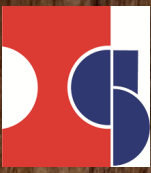
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27th Sept - 30th Sept

	Monday	Tuesday	Wednesday	Thursday
	27 Sept	28 Sept	29 Sept	30 Sept
<u>Meal</u> A	Lemongrass Sole Fillet with Rice 	Grilled BBQ Chicken with Mashed Potatoes	Yeung Chow Fried Rice (Less Oil)	Steamed Chicken (Skinless) with Mushroom & Fungus with Red Rice
<u>Meal</u> B 	Vegetable & Kidney Bean Stew with Rice	Vegetarian Mapo Tofu with Rice	Pumpkin & Pea Penne	Potato & Capsicum Omelette with Roasted Potato

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