



	Monday	Tuesday	Wednesday	Thursday	Friday
	01/11	02/11	03/11	04/11	05/11
<u>Meal</u> A	Roasted Thyme & Rosemary Chicken with Potato Cubes	Chicken A La King with Rice	Baked Fish with Parsley Crust & Steamed Potatoes	Pan-Fried Chicken in Sweet Corn Cream Sauce with Brown Rice	No Lunch Hot Meal Service
<u>Meal</u> B	Vietnamese Pork Chop with Brown Rice	Nasi Goreng	French Beef Provencal with Rice	Roasted Pork Loin with Onion Gravy & Mashed Potato	
<u>Meal</u> C	Italian Eggplant Parmigiana	Pesto Roasted Veggie with Tomato Couscous	Marinated Tofu with Brown Rice	Vegetables & Beans Stew with Mixed Rice	
	08/11	09/11	10/11	11/11	12/11
<u>Meal</u> A	Continuous Professional Development (CPD) Day	Beef Stroganoff Pasta	Spaghetti with Pesto Chicken	BBQ Chicken with Mashed Potato	No Lunch Hot Meal Service
<u>Meal</u> B		Chicken Chimichanga with Brown Rice	Pork Scallopini with Lemon Capers Sauce & Rice	Stir-fried Pork with Ginger & Spring Onion with Red Rice	
<u>Meal</u> C		Vegetable Enchiladas	Thai Style Pineapple & Egg Fried Rice (Less Oil)	Chinese Style Steamed Egg & Mushrooms with Red Rice	
	15/11	16/11	17/11	18/11	19/11
<u>Meal</u> A	Apple & Sage Pork with Potato Cubes	Italian Style Fish Fillet in Tomato Sauce with Pasta	Braised Beef & Turnip in Chu Hou Sauce with Rice	Chicken Schnitzel with Mashed Potato	Tuna & Spinach Penne Bake
<u>Meal</u> B	Portuguese Chicken (Macau Style) with Rice	Braised Pork with Pumpkin & Rice	Stir Fried Chicken (Skinless) with Celery & Carrot with Rice	Japanese Teriyaki Pork with Brown Rice	Pork Chop in Black Vinegar Sauce with Rice
<u>Meal</u> C	Broccoli & Cheese Pasta	Vegetable Frittata with Sweetcorn	Stir Fried Rice Noodle with Veg (less oil)	Braised Vegetable Lo Hon Style with Brown Rice	Cauliflower & Sweet Peas Fritters with Red Rice



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



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



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



Vegetarian Choice

Highlighted in respective color on the menu





	Monday	Tuesday	Wednesday	Thursday	Friday
	22/11	23/11	24/11	25/11	26/11
<u>Meal A</u>	Roasted Chicken & Bell Peppers with Herbs Potatoes	Garlic Chicken with Mashed Potato	King Dou Pork with Rice	Pan Fried Fish with Herbed Crust & Steamed Parsley Potatoes	Pork Chop in Black Pepper Onion Sauce with Rice
<u>Meal B</u>	Beef Lasagna	Honey BBQ Pork with Rice	Steamed Fish with Ginger & Spring Onion with Rice	Cheesy Pork Casserole with Rice	Braised Chicken (skinless) & Potato in Oyster Sauce with Mixed Grain Rice
<u>Meal C</u>	Chickpea & Tomato Tagine with Mixed Grain Rice	Mixed Vegetable & Tofu in Portuguese Sauce with Rice	Vegetable Moussaka	Mushroom & Onion Quiche	Cauliflowers & Beans Curry with Rice
	29/11	30/11	01/12	02/12	03/12
<u>Meal A</u>	Baked Pork Chop with Tomato Sauce & Spaghetti	Malaysian Fish Curry with Mixed Rice	Chicken Cacciatore with Pasta	Spaghetti Bolognese	Roasted Thyme & Rosemary Chicken with Potato Cubes
<u>Meal B</u>	Diced Chicken in Sweetcorn & Egg Drop Sauce with Red Rice	Stir-fried Udon with Pork and Assorted Mushrooms	Hungarian Beef Stew with Rice	Orange Fennel Fish Fillet with Rice	Stir Fried Pork with Zucchini & Fungus with Rice
<u>Meal C</u>	Vegetable & Beans Stew with Mixed Rice	Braised Vegetables Lo Hon Style with Brown Rice	Mac & Cheese	Mixed Vegetables in Portuguese Sauce with Rice	Aubergine Parmigiana
	06/12	07/12	08/12	09/12	10/12
<u>Meal A</u>	Roasted Thyme & Rosemary Chicken with Potato Cubes	Chicken in Tomato Basil Sauce with Pasta	Tuna & Spinach Penne Bake	Vietnamese Lemongrass Pork Chop with Roasted Potato	California Grilled Fish with Steamed Potato
<u>Meal B</u>	Vietnamese Pork Chop with Brown Rice	Teriyaki Pork Loin with Brown Rice	Japanese Pork Curry with Rice	Chicken A La King with Rice	Braised Daikon Radish & Beef Brisket with Brown Rice
<u>Meal C</u>	Tomato Scrambled Egg with Rice	Braised Glass Noodles with Assorted Veg	Vegetable Japchae	Pesto Roasted Veggie with Tomato Couscous	Cauliflower & Sweet Peas Fritters with Roasted Potato



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Vegetarian Choice

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	Monday	Tuesday	Wednesday	Christmas Theme	Friday
	13/12	14/12	15/12	16/12	17/12
<u>Meal</u> A	Cottage Pie & Roasted Potato	Italian Style Fish Fillet with Tomato Sauce & Olives with Pasta	Texas Style Pork Pot Roast with Carrots & Rice	Slow Roasted Turkey with Mashed Potato	Pork Stroganoff with Mashed Potato
<u>Meal</u> B	Steamed Chicken (Skinless) with Mushroom & Black Fungus with Rice	Sweet & Sour Chicken with Brown Rice	Yeung Chow Fried Rice (Less Oil)	Traditional Roasted Ham with Roasted Potato	Honey Soy Chicken with Rice
<u>Meal</u> C 	Stir Fried Udon with Mixed Vegetables & Tofu	Stewed Pepper Tomato & Egg with Fusilli	Vegetable Roll with Fresh Tomato Sauce	Roasted Pumpkin with Dried Cranberries	Taiwanese Style Braised Tofu with Rice



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Vegetarian Choice

Highlighted in respective color on the menu

