







Lunch Menu Dec 2021


















	Monday	Tuesday	Wednesday	Thursday	Friday
	29 Nov	30 Nov	01 Dec	02 Dec	03 Dec
<u>Meal A</u>			Meat Lovers Pizza 	Beef Stroganoff	Battered Fish
<u>Meal B</u>			Vegetable Pizza 	Vegetable Chow Mein	Spanish Pisto Stew
Carbohydrates			Corn on the Cob	Steamed Potato	Shoestring Fries
Vegetables			Cauliflower	Garlic Pak Choi	Broccoli

	Green Monday	Tuesday	Wednesday	Thursday	Friday
	06 Dec	07 Dec	08 Dec	09 Dec	10 Dec
<u>Meal A</u>	Vegetarian Lasagna	Chicken parmesan	Chicken & Tomato Pizza 	Beef Goulash	Battered Fish
<u>Meal B</u>	Vegetable & Tofu Udon	Zucchini Veggie Boats	Vegetable Pizza 	Vegetable Hummus Wrap	Veggie Balls with Tomato Sauce
Carbohydrates	Herbed Potato	Potato Wedge	Corn on the Cob	Steamed Potato	Shoestring Fries
Vegetables	Shanghai Bok Choi	Broccoli	Cucumber	Green Beans	Garlic Zucchini



Lunch Menu Dec 2021

Christmas Meal

	Monday	Tuesday	Wednesday	Thursday	Friday
	13 Dec	14 Dec	15 Dec	16 Dec	17 Dec
Meal A	BBQ Roasted Pork	Taiwanese Chicken	Chicken Pesto Pizza 	Chicken Teriyaki	Turkey & Gammon Ham 
Meal B 	Vegetable Quesadillas  	Veggie Lasagna  	Vegetable Pizza   	Veggie Pot Pie  	Veggie Balls in Tomato Sauce   
Carbohydrates	Potato Wedge	Steamed Potato	Corn on the Cob	Herb Potato	Potato Wedge 
Vegetables 	Garlic Bok Choi	Broccoli	Cucumber	Green Beans	Brussels Sprouts

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



Egg Alert



Dairy Alert



Fish Alert



Shellfish Alert

Highlighted in respective color on the menu