























































	Monday	Tuesday	Wednesday	Thursday	Friday
	16 Aug	17 Aug	18 Aug	19 Aug	20 Aug
Meal A			Grilled BBQ Chicken with Mashed Potato 	Roasted Pork Loin with Gravy & Herbed Potato Cubes 	Meatball Marinara with Pasta 
Meal B			Braised Pork & Pumpkin with Rice 	Portuguese Chicken (Macau Style) with Rice 	Steamed Fish with Ginger & Shallot with Rice  
Meal C 			Stir-fried Singapore Vermicelli (Less Oil)  	Mac & Cheese  	Vegetarian Mapo Tofu with Red Rice 
	23 Aug	24 Aug	25 Aug	26 Aug	27 Aug
Meal A	Roasted Chicken with Mashed Potato 	Italian Style Pork Loin with Fresh Tomato Sauce with Rice	Baked Fish with Parsley Crust & Garlic Potato  	Beef Goulash Pasta  	Chicken A La King with Rice 
Meal B	Vietnamese Lemongrass Pork Chop with Red Rice 	Mild Japanese Chicken Curry with Brown Rice 	Stir-fried Long Beans & Minced Pork with Rice 	Chicken & Potato in Oyster Sauce with Rice  	Honey BBQ Pork with Rice 
Meal C 	Teriyaki Tofu & with Rice 	Pumpkin & Pea Penne 	Potato & Capsicum Omelette 	Stir-fried Japanese Udon with Mixed Vegetable & Bean Sprouts (Less Oil)  	Vegetable Ratatouille with Pasta 
	30 Aug	31 Aug	01 Sept	02 Sept	03 Sept
Meal A	Mushroom Chicken with Rice 	Hungarian Style Pork Loin with Penne 	Grilled Lemon Garlic Fish Fillet with Roasted Potato  	Bolognese Pasta  	Pan-fried Fish Fillet with Sweet Paprika & Tomato Salsa with Pasta  
Meal B	Braised E-Fu Noodle with Shredded Pork & Mushroom  	Teriyaki Chicken with Red Rice 	Onion Pork Chop with Red Rice	Steamed Chicken (Skinless) with Mushroom & Fungus with Red Rice 	Taiwanese Minced Pork with Rice 
Meal C 	Spinach & Cheese Lasagne  	Stew Tomato Chickpea Chili (mild) with Rice	Aubergine Parmigiana with Pasta  	Lo Hon Tofu & Vegetable with Rice 	Portuguese Vegetarian Chicken (Macau style) with 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



Egg Alert



Dairy Alert



Fish Alert



Shellfish Alert



Soy Alert

































































Sustainable Seafood

Highlighted in respective color on the menu





	Monday	Tuesday	Wednesday	Thursday	Friday
	06 Sept	07 Sept	08 Sept	09 Sept	10 Sept
Meal A	Chicken Cacciatore Risotto 	Mexican Pork Chili Con Carne with Red Rice	Brazilian Fish Stew with rice  	Portuguese Piri Piri Chicken with Sweet Potato Cube	Americano Pizza (Pepperoni, Sweet Corn, Mushroom)  
Meal B	Wok-fried Pork in Dark Vinegar Sauce with Rice 	Thai Chicken & Vegetable Curry Rice (Coconut Milk Free) 	Oyakodon (Japanese Chicken & Egg Bowl)  	Sweet & Sour Pork with Red Rice 	Mild Chicken Biryani with Brown Rice  
Meal C 	Yaki Udon with Mixed Vegetables 	Sweetcorn & Leek Pasta Bake  	Singapore Style Stir-fried Vermicelli  	Vegetable Paella	Vegetarian Pad Thai  
	13 Sept	14 Sept	15 Sept	16 Sept	17 Sept
Meal A	Pasta Carbonara  	Tuna & Sweetcorn Pasta Bake   	Grilled BBQ Chicken with Honey Roasted Potato	Beef Lasagna  	Mediterranean Pork Stew with Mixed Vegetables & Rice
Meal B	Kung Po Chicken with Brown Rice 	Chinese Black Pepper Beef Tenderloin with Mixed Pepper & Red Rice  	Korean Pork Bibimbap with Vegetables  	Taiwanese Braised Minced Pork Rice 	Stir-fried Tripepper & Shredded Beef Noodle  
Meal C 	Vegetable & Kidney Bean Stew with Rice	Red Pepper & Spinach Lasagna  	Pumpkin & Sweet Potato Risotto 	Vegetable Ratatouille with Pasta 	Mac & Cheese  
	20 Sept	21 Sep	22 Sept	23 Sept	24 Sept
Meal A	Braised Pork Ragu Pasta  	Rosemary Chicken in Onion Gravy with Mashed Potato 	The Day Following Mid-autumn Festival	Hungarian Beef Goulash Pasta  	Spaghetti Bolognese  
Meal B	Thai Pineapple Chicken Fried Rice (Less Oil)  	Braised E-fu Noodle with Shredded Pork & Mushroom  		Honey Glazed BBQ Pork with Red Rice 	Steamed Fish with Soy sauce & Spring Onion with Rice   
Meal C 	Tomato & Cheese Pizza  	Scrambled Egg & Tomato with Brown Rice 		Aubergine Pasta Bake with Balsamic Tomato Sauce	Vegetable & Cheese Frittata with Sweetcorn 

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










 Soy Alert

 Sustainable Seafood

Highlighted in respective color on the menu





	Monday 27 Sept	Tuesday 28 Sept	Wednesday 29 Sept	Thursday 30 Sept	Friday 01 Oct
<u>Meal</u> A	Rustic Mediterranean Sole Fillet with Tomato, Onion, Capers & Red Rice  	Creamy Mushroom Chicken Penne 	Roasted Lemon & Thyme Chicken with Garlic Potato	Chicken & Paprika Cataplana with Patatas Brava	National Day
<u>Meal</u> B	Teriyaki Chicken with Red Rice	Stir-fried Long Beans & Minced Pork with Rice	Braised Beef Brisket in Chu Hou Sauce with Red Rice	Yeung Chow Fried Rice (Less Oil) 	
<u>Meal</u> C 	Cheesy Cauliflower & Broccoli Penne Bake 	Chinese Shiitake Steamed Eggs with Rice 	Vegan Meatball & Spaghetti  	West African stew with sweet Potato & Greens 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

 Egg Alert

 Dairy Alert

 Fish Alert

 Shellfish Alert

 Soy Alert

 Sustainable Seafood

Highlighted in respective color on the menu

