



Aug & Sept / 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
		23 Aug	24 Aug	25 Aug	26 Aug
<u>Meal</u> A		Pan Fried Tarragon Chicken Steak with Pasta	Korean style Beef & Radish with Brown Rice	Taiwanese Style Minced Pork w/Steam Rice	Sliced Beef in Russian Style Stew w/Pasta
<u>Meal</u> B		Homemade B. B. Q. Pork with Steam Rice	Roasted Chicken in Mushroom Paprika Sauce w/ Brown Rice	Baked Fish w/ Fresh Herb Napoleon sauce served w/Steam Potato Wedges	HK Style Braised Chicken w/Broccoli & Mushroom served w/Brown Rice
<u>Meal</u> C 		Sweetcorn & Zucchini Frittata with Potatoes	Indian Style Mix Vegetables in Curry w/Mix Rice	Vegetarian Lasagna	Vegetarian Shepherd's Pie
<u>Meal</u> D		Pepperoni & Cheese Wrap	Baked Chicken with Cheese & Onion Baguette	Ham & Egg Tortilla with Sweet Corn	British Cheddar & Pickle & Tomato sandwich

	Monday	Tuesday	Wednesday	Thursday	Friday
	29 Aug	30 Aug	31 Aug	1 Sept	2 Sept
<u>Meal</u> A	Sliced Pork w/ Ginger & Spring Onion and Brown Rice	Hawaii Pizza	Bake Tuna with Pasta	Nasi Goreng	Shepard's Pie with Cheesy Tomatoes
<u>Meal</u> B	Arroz de Pato	Steamed Pumpkin & Pork with Brown Rice	Japanese Teriyaki Chicken with Steam Rice	Braised Chicken & Potato in Portuguese Sauce with Mix Rice	Californian Grilled Fish with Pasta
<u>Meal</u> C 	Stir-fried Japanese Udon with Mix Mushroom & Bean Curd	Potato Au Gratin with Vegetable	Spinach & Onion Frittata with Roasted Potatoes	Korean Bibimbap with Grilled Tofu	Thai Green Curry with Mixed Vegetables & Tofu with Rice
<u>Meal</u> D	Roasted Chicken Wrap with Pasta Salad	Chicken Caesar Sandwich with Garden Salad	Macau Style Pork Bun with Onion, Tomato and Lettuce	Hot Dog with Cherry Tomato and Lettuce	Cheesy Spinach and Mix Mushroom Wrap with Penne Salad

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

Highlighted in respective color on the menu





Aug & Sept / 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
	5 Sept	6 Sept	7 Sept	8 Sept	9 Sept
<u>Meal A</u>	Pan Fried Pork Chop w/Capital Sauce serve with Penne	Rosemary Chicken Drumstick (boneless) with Pasta	Pork Goulash with Thyme with Red Rice	Roasted Chicken Cacciatore with Pasta	Roasted Pork Chop with Onion Gravy served w/Steamed Potatoes
<u>Meal B</u>	Braised Chicken with Pumpkin with Brown Rice	Sweet & Sour Pork with Steamed Rice	Baked Fish Stew with Pasta	Bacon & Asparagus Frittata with Potatoes	Roasted Chicken in Mushroom Paprika Sauce w/Mix Rice
<u>Meal C</u> 	Pan-fried Tofu in Curry Sauce w/ Mix Rice	Chickpea salad Sandwich	Japanese Grilled Eggplant & Tofu with Rice	Ratatouille and Kidney Beans with Pasta	Braised Assorted Vegetable and Vermicelli served w/Rice
<u>Meal D</u>	Margherita Pizza	Smoked Duck Breast Wrap with Garden Salad	Roasted Mix Vegetable Wrap Served with Pasta Salad	Pork and Egg Burger with Tomato and Sweet Corn	Chicken and Cheese Wrap with Mexican Corn Salad

	Monday	Tuesday	Wednesday	Thursday	Friday
	12 Sept	13 Sept	14 Sept	15 Sept	16 Sept
<u>Meal A</u>		BBQ Chicken with Pasta Salad	Braised Chicken & Vegetable Casserole served w/Mix Rice	Homemade B. B. Q. Pork with Steam Rice	Spaghetti Bolognaise
<u>Meal B</u>		Lemongrass Pork w/ Rice	Baked Fish w/ Spinach Florentine and Washed Potato	Chicken Pomodoro Pasta (Tomato Base)	Nasi Goreng
<u>Meal C</u> 		Baked Cheese, Broccoli and Cauliflower served w/Roasted Potatoes	Tomato and Cheese Bun with Chickpea Salad	Vegetarian Bibimbap with Fried Egg	Eggplant Parmigiana w/ Roasted Herbs Potatoes
<u>Meal D</u>		Mushroom & cheese Ciabatta	Teriyaki Chicken Pocket (2 pcs)	Black Bean Quesadilla with Tomato Salsa	Club Sandwich (chicken, Bacon, Lettuce, Tomato)



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Vegetarian Choice



Egg Alert



Dairy Alert



Fish Alert



Shellfish Alert

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	Monday	Tuesday	Wednesday	Thursday	Friday
	19 Sept	20 Sept	21 Sept	22 Sept	23 Sept
<u>Meal</u> A	Chicken Korma and Mix Rice	Beef Bourguignon w/ Pasta	Beef Stroganoff with Spaghetti	Braised Chicken in Thai Curry served w/Brown Rice	Balsamic Vinegar Roasted Pork Loin with Steamed Potatoes
<u>Meal</u> B	Grilled Pork Chop w/ Lemongrass & Garlic w/Rice	Roasted Chicken Breast w/ Concasse and Rice	Baked Sole Fillet w/Onion Tomato Sauce	Pan-fried Fish Fillet with Pasta in Creamy Pumpkin Sauce	Chicken Cacciatore w/Pasta
<u>Meal</u> C	Spinach, Kidney Beans & Onion with Pasta	Cauliflower, Pumpkin & Pea Korma with Brown Rice	Indian Style Mix Vegetables in Curry w/Mix Rice	Baked Tomatoes with Concasse w/Pasta	Vegetarian Lasagna
<u>Meal</u> D	Tomato and Cheese sandwich with Cucumber and Corn Salad	Tuna Sandwich with Pasta Salad	Chicken Ciabatta with Garden Salad	Ham and Cheese sandwich with Japanese Potato Salad	Bacon and Egg Ciabatta with Tomato and Sweet Corn Salad

	Monday	Tuesday	Wednesday	Thursday	Friday
	26 Sept	27 Sept	28 Sept	29 Sept	30 Sept
<u>Meal</u> A	Sliced Pork w/ Ginger & Spring onion and Brown Rice	Minced Beef & mixed vegetable Lasagna	Chicken in India Style Curry Chicken with Rice	Steamed Chicken & Shiitake with Red Rice	Coq Au Vin with Pasta
<u>Meal</u> B	Mushroom & Bacon Sauce Served on Pasta	Chicken Stroganoff w/Mix Rice	Cheesy Bake Tuna with Pasta	Grilled Fish Meuniere Served w/Steamed Potato	Stir-fried Long Beans & Minced Pork with Red Rice
<u>Meal</u> C	Vegetable Cutlet with Corn and Pasta	Portuguese Style Vegetables with Rice (Coconut Milk Free)	Ratatouille and Kidney Beans with Pasta	Stir-fried mixed Vegetables with Udon	Vegetarian Shepherd's Pie
<u>Meal</u> D	Caesar Chicken Panini	Lentil Bean Burger with Potato Wedge	Chickpeas & Vegetable Wrap with Sweet Corn	Grilled Eggplant & Cheese Panini with Garden Salad	Veggie Hummus Wrap with Pasta Salad



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