



**August 2020**

Monday

Tuesday

Wednesday

Thursday

Friday

|          |          |  |  |   |                                     |
|----------|----------|--|--|---|-------------------------------------|
|          |          |  |  | 13/08                                   | 14/08                               |
| Starter  |          |  |  | Salad                                   | Salad                               |
| Hot Dish | <b>A</b> |  |  | Lemon Herbed Roasted Chicken with Pasta | Ham & Cheese Pizza                  |
|          | <b>B</b> |  |  | Sweet & Sour Pork with Brown Rice       | Chicken Cacciatore with Pasta       |
|          | <b>C</b> |  |  | Chili Con Carne with Mashed Potato      | Vegetable Mapo Tofu with Brown Rice |
| Sandwich | <b>D</b> |  |  | Tuna & Cheese Sandwich                  | Grilled Fish Burger                 |
| Dessert  |          |  |  | Citrus Fruit                            | Fresh Fruit                         |

*Green Monday*  
17/08

|          |          |  |   |   |  |  |
|----------|----------|--|---|---|--|--|
|          |          | 18/08                                      | 19/08   | 20/08                                     | 21/08  |  |
| Starter  |          | Salad                                      | Salad   | Salad                                     | Salad  |  |
| Hot Dish | <b>A</b> | Tomato & Zucchini Pasta                    | Apple Sage Pork Loin with Pasta                   | Chicken Pad Thai Noodles                  | Beef Lasagna                                     | Pork Chop Burger with Potato Chips             |
|          | <b>B</b> | Mixed Vegetable Frittata with Potato Cubes | Chicken Parmigiana with Mashed Potato             | Vietnamese Lemongrass Pork Chop with Rice | Pan Fried Fish with Herb Crust & Steamed Potato  | Steamed Fish with Soy & Spring Onion with Rice |
|          | <b>C</b> | Teriyaki Mushrooms & Egg Fried Rice        | Stir Fried Tomato & Scrambled Egg with Brown Rice | Mac & Cheese                              | Spinach & Veg Dhal (Coconut Milk Free) with Rice | Tomato & Chickpea Tagine with Pasta            |
| Sandwich | <b>D</b> | Basil & Tomato Grilled Cheese Sandwich     | Cheese Hot Dog                                    | Tuna & Sweetcorn Sandwich                 | Spinach & Egg Sandwich                           | Turmeric Chicken Sandwich                      |
| Dessert  |          | Fresh Fruit                                | Mixed Fruit Salad                                 | Fresh Fruit                               | Citrus Fruit                                     | Fresh Fruit                                    |

|          |          |   |   |                               |  |   |
|----------|----------|---|---|-------------------------------|--|---|
|          |          | 24/08                                       | 25/08   | 26/08                         | 27/08                                      | 28/08   |
| Starter  |          | Salad                                       | Salad   | Salad                         | Salad                                      | Salad   |
| Hot Dish | <b>A</b> | California Grilled Fish with Roasted Potato | Pork Schnitzel with Mashed Potato                   | Chicken Florentine with Pasta | Baked Salsa Verde Chicken Breast with Rice | Grilled Chicken Burger with Baked Potato Wedges |
|          | <b>B</b> | Pork Goulash with Pasta                     | Stir Fried Chicken (Skinless) & Mushrooms with Rice | Young Chow Fried Rice         | Beef Goulash with Pasta                    | Scrambled Egg & Minced Beef with Rice           |
|          | <b>C</b> | Vegetarian Egg Fried Rice (Less Oil)        | Mushroom & Tofu Stroganoff with Rice                | Vegetarian Lasagna            | Vegetable Enchiladas                       | Ratatouille Pasta                               |
| Sandwich | <b>D</b> | Chicken Caesar Sandwich                     | Tuna & Cucumber Sandwich                            | Egg Mayo Sandwich             | Mexican Pulled Pork Sandwich               | Turkey Ham Sandwich                             |
| Dessert  |          | Fresh Fruit                                 | Mixed Fruit Salad                                   | Fresh Fruit                   | Citrus Fruit                               | Fresh Fruit                                     |

All meals are served with seasonal vegetables



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







August – September 2020

Monday

Tuesday

Wednesday

Thursday

Friday

31/08

01/09

02/09

03/09

04/09

Starter

Salad

Salad

Salad

Salad

Tomato & Romaine

Hot Dish

**A**

Grilled Pork Chop in Mushroom Gravy with Steamed Potato

Pasta Bolognese

Tandoori Fish with Roasted Potato

Mild Japanese Chicken Curry with Rice

Cheesy Pork Casserole with Roasted Potato

**B**

Pan Fried Fish in Sweetcorn Sauce with Brown Rice

Braised Chicken & Pumpkin with Brown Rice

Teriyaki Pork with Rice

Stir Fried Long Beans & Minced Pork with Rice

Thai Style Pineapple Chicken Fried Rice (Less Oil)



**C**

Stir Fried Rice Noodles with Veg (Less Oil)

Mixed Vegetable in Japanese Curry Sauce with Rice

Pesto Vegetable (Nut Free) Pasta

Korean Stir Fried Glass Noodles with Mixed Vegetables

Tomato & Basil Pasta with Edamame Beans

Sandwich

**D**

Classic BLT Sandwich

Tomato, Hummus and Spinach Sandwich

BBQ Chicken Sandwich

Tomato, Cheese & Egg Sandwich

Fried Chicken Burger

Dessert

Fresh Fruit

Mixed Fruit Salad

Fresh Fruit

Citrus Fruit

Fresh Fruit

07/09

08/09

09/09

10/09

11/09

Starter

Salad

Salad

Salad

Salad

Salad

Hot Dish

**A**

Portuguese Chicken with Rice

Pan Fried Fish with a Spinach Sauce and Potato Cubes

Ham & Mushroom Pasta Bake

Chicken Tetrazzini with Pasta

Meat Lover's Pizza

**B**

Korean Style Grilled Beef with Pasta

Pork with Black Vinegar with Brown Rice

Chicken Parmigiana with Rice

Honey BBQ Pork with Rice

Cajun Fish Stew with Rice



**C**

Chinese Style Steamed Egg with Brown Rice

Stir Fried Udon with Mixed Veggies

Sweet Potato & Chickpeas Patties with Rice

Spinach and Potato Frittata

Mushroom Risotto

Sandwich

**D**

Ham & Cheese Sandwich

Coronation Chicken Sandwich

Egg Mayo Sandwich

Grilled Mushroom & Cheese Sandwich

Turkey Ham Sandwich

Dessert

Fresh Fruit

Mixed Fruit Salad

Fresh Fruit

Citrus Fruit

Fresh Fruit

14/09

15/09

16/09

17/09

18/09

Starter

Salad

Salad

Salad

Salad

Salad

Hot Dish

**A**

Baked Sole with Salsa Verde & Steamed Potato

Pasta Bolognese

Chicken Chasseur Pasta

Tomato Pork Loin with Mashed Potato

Chicken A La King with Rice

**B**

Thai Style Pineapple Chicken Fried Rice (Less Oil)

Thai Style Steamed Fish with Rice

Sweet & Sour Pork with Brown Rice

Fried Chicken Udon (Less Oil)

Japanese Pork Ginger Sauté with Rice



**C**

Broccoli & Cheese Pasta

Sweet Corn Fritter with Rice

Japanese Grilled Eggplant with Rice

Mushroom Stroganoff with Rice

Vegetarian Chilli Con Carne with Rice

Sandwich

**D**

Croque-Monsieur

Pork Sausage & Egg Burger

Tuna & Cheese Sandwich

Grilled Fish Burger

Teriyaki Chicken Sandwich

Dessert

Fresh Fruit

Mixed Fruit Salad

Fresh Fruit

Citrus Fruit

Fresh Fruit

All meals are served with seasonal vegetables



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Vegetarian Choice







**September - October 2020**

|                 | <b>Monday</b><br><i>Green Monday</i><br>21/09              | <b>Tuesday</b><br>22/09                       | <b>Wednesday</b><br>23/09                                     | <b>Thursday</b><br>24/09  | <b>Friday</b><br>25/09                            |
|-----------------|--|---|---|---|---|
| <b>Starter</b>  | Salad  | Salad   | Salad   | Salad   | Salad   |
| <b>Hot Dish</b> | <b>A</b> North Indian Bean Masala Stew with Roasted Potato | Basil & Tomato Chicken with Pasta             | Italian Style Fish Fillet in Tomato Sauce with Steamed Potato | Shepherd's Pie  | BBQ Chicken Pizza                                 |
|                 | <b>B</b> Sweet & Sour Vegetarian Meatballs with Rice       | HK Style Fresh Tomato and Beef with Rice      | Braised Pork with Potato in Oyster Sauce with Rice            | Miso Glazed Fish Fillet with Rice                               | Taiwanese Minced Pork and Mushroom with Rice      |
|                 | <b>C</b> Mac & Cheese                                      | Braised Tofu with Rice                        | Creamy Broccoli & Pea Pasta                                   | Broccoli & Cheese Quiche  | Vegetarian Lasagna                                |
| <b>Sandwich</b> | <b>D</b> Basil & Tomato Grilled Cheese Sandwich            | Tuna & Sweetcorn Sandwich                     | Ham & Cheese Sandwich   | Egg Mayo Sandwich   | Macau Style Pork Chop Burger                      |
| <b>Dessert</b>  | Fresh Fruit  | Mixed Fruit Salad                             | Fresh Fruit   | Citrus Fruit  | Fresh Fruit                                       |
|                 | 28/09  | 29/09   | 30/09   | 01/10   | 02/10   |
| <b>Starter</b>  | Salad  | Salad   | Salad   |   |   |
| <b>Hot Dish</b> | <b>A</b> Yakitori Chicken with Roasted Potato              | Pan Fried Fish with Herb Crust & Potato Cubes | Pasta Carbonara   | <b>National Day</b>   | The day following the Chinese Mid-Autumn Festival |
|                 | <b>B</b> Sweetcorn & Diced Pork with Mixed Grain Rice      | Beef Lasagna                                  | Pan Fried Fish in Pumpkin Sauce with Rice                     |   |   |
|                 | <b>C</b> Vegetable Enchiladas                              | Stir Fried Tomato & Scrambled Egg with Rice   | Braised Vegetable Lo Hon Style with Brown Rice                |   |   |
| <b>Sandwich</b> | <b>D</b> Egg Mayo Sandwich                                 | Classic BLT Sandwich                          | Tomato, Hummus and Spinach Sandwich                           |   |   |
| <b>Dessert</b>  | Fresh Fruit  | Mixed Fruit Salad                             | Fresh Fruit   |   |   |
|                 | 05/10  | 06/10   | 07/10   | 08/10   | 09/10   |
| <b>Starter</b>  | Salad  | Salad   | Salad   | Salad   | Salad   |
| <b>Hot Dish</b> | <b>A</b> California Grilled Fish with Roasted Potato       | Chicken Tikka Masala with Rice                | Ham & Mushroom Pasta Bake                                     | Roasted Chicken Breast in Orange & Tarragon Sauce with Red Rice | Pork Chop Burger with Chips                       |
|                 | <b>B</b> Teriyaki Pork with Rice                           | Tomato and Onion Pork Chop with Brown Rice    | Chicken Parmigiana with Rice                                  | Honey BBQ Pork with Rice  | Chicken, Celery and Carrot Stir-Fry with Rice     |
|                 | <b>C</b> Vegetarian Mapo Tofu with Brown Rice              | Stir Fried Udon with Mixed Veggies            | Sweet Potato & Chickpeas Patties with Rice                    | Spinach and Potato Frittata                                     | Mushroom Risotto                                  |
| <b>Sandwich</b> | <b>D</b> Tuna & Cucumber Sandwich                          | Coronation Chicken Sandwich                   | Egg Mayo Sandwich   | Grilled Mushroom & Cheese Sandwich                              | Turkey Ham Sandwich                               |
| <b>Dessert</b>  | Fresh Fruit  | Mixed Fruit Salad                             | Fresh Fruit   | Citrus Fruit  | Fresh Fruit                                       |

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Vegetarian Choice







October 2020

Monday

Tuesday

Wednesday

Thursday

Friday

12/10

13/10

14/10

15/10

16/10

Starter

Salad

Salad

Salad

Hot Dish

**A**

Garlic and Lemon  
Pork Chop with  
Mashed Potato

Pasta Bolognese

Hungarian Pork with  
Pasta

**B**

Tandoori Chicken  
with Rice

Braised Chicken &  
Potato with Rice

Teriyaki Fish with  
Rice



**C**

Stir Fried Rice  
Noodles with Veg  
(Less Oil)

Mixed Vegetable in  
Japanese Curry  
Sauce with Rice

Pesto Vegetable  
(Nut Free) Pasta

Sandwich

**D**

Classic BLT  
Sandwich

Tomato, Hummus  
and Spinach  
Sandwich

BBQ Chicken  
Sandwich

Dessert

Fresh Fruit

Mixed Fruit Salad

Fresh Fruit

19/10

20/10

21/10

22/10

23/10

Starter

Hot Dish

**A**

**B**



**C**

Sandwich

**D**

Dessert



26/10

27/10

28/10

29/10

Halloween Theme -  
30/10

Starter

Salad

Tomato & Romaine

Salad

Salad

Hot Dish

**A**

Chung Yeung  
Festival  
Holiday

Buffalo Chicken Wings  
with Mashed Potato

Cheesy Pork  
Casserole with  
Pasta

Roasted Honey  
Mustard Pork with  
Mashed Potato

Oozing Eyeballs on A  
Bed of Worms  
(Meatball Marinara with  
Spaghetti)

**B**

Stir-Fried Long Beans  
& Minced Pork with  
Rice

Thai Style Pineapple  
Chicken Fried Rice  
(Less Oil)

Mild Japanese Chicken  
Curry with Rice

Fish with Swamp Sauce  
with Rice



**C**

Korean Stir Fried  
Glass Noodles with  
Mixed Vegetables

Tomato & Basil  
Pasta with  
Edamame Beans

Baked Marinated  
Tofu in Miso Sauce  
with Brown Rice

Graveyard Cottage  
Pie (Spiced Vegetarian  
Cottage Pie with Sweet  
Potato Topping)

Sandwich

**D**

Tomato, Cheese &  
Egg Sandwich

Grilled Chicken  
Burger

Grilled Fish Burger

Chicken & Beet  
Hummus Sandwich

Dessert

Citrus Fruit

Fresh Fruit

Citrus Fruit

Fresh Fruit

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Vegetarian  
Choice

