



	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Dish				01/11	02/11
A				Italian Chicken Cacciatore (Skinless)	Chinese Style BBQ Pork with Brown Rice
B				Lemon & Basil Roasted Pork Loin & Rice	Pan Fried Fish Fillet with Sweet Paprika and Tomato Salsa with Steamed Parsley Potatoes
C				Korean Zucchini Fritters (Hobak Buchimgae)	Broccoli & Cheese Omelet
Hot Dish	Green Monday Margherita Pizza	06/11	07/11	08/11	09/11
A	Margherita Pizza	Baked Sole Fish with Salsa Verde & Rice	La Reine Pizza (Ham Mushroom Black Olive)	Pork Loin with Mash & Onion Gravy	Lemon Grilled Chicken with Roasted Potatoes
B	Sicilian Pasta Tomato Sauce with Roasted Eggplant	Sweet & Sour Pork with Rice	Stir-Fried Chicken with Celery Carrot & Sweet Corn Rice	Braised Chicken & Potato Korean Style with Rice	Mongolian Beef with Rice
C	Chick Peas Curry with Rice	Braised Tofu Taiwanese Style with Rice	Lentil & Vegetable Stew with Rice	Eggplant Stuffed with Vegetables, Beans and Melted Cheese	Cheesy Broccoli Baked Pasta
Hot Dish	12/11	13/11	14/11	15/11	16/11
A	Roasted Pork Chop with Spanish Sauce and Mash Potatoes	Chicken Parmigiana with Couscous	BBQ Chicken Pizza	Pan Fried Fish with Herbed Crust and Steamed Parsley Potatoes	Italian Style Meatballs in Tomato Sauce with Pasta
B	Steamed Fish with Ginger & Spring Onion and Rice	Pork Chop with Black Vinegar Sauce & Rice	Nasi Goreng	Braised Pork & Pumpkin with Rice	Steamed Chicken with Mushroom & Red Rice
C	Cauliflower and Beans Curry with Rice	Vegetarian Lasagna	Baked Marinated Tofu with Rice	Eggplant Stuffed with Vegetables Beans and Melted Cheese	Braised Veg on Glass Noodle with Red Rice

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

EAT MODERATELY Best eaten in moderation. These foods are still important for a balanced diet.

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



	Monday <u>19/11</u>	Tuesday <u>20/11</u>	Wednesday <u>21/11</u>	Thursday <u>22/11</u>	Friday <u>23/11</u>
Hot Dish A	French Beef Provençal & Rice	Creamy Paprika Chicken & Mushroom With Herb Potatoes	Pineapple & Ham Pizza	Grilled Tuscan Rosemary Lemon Chicken with Mashed Potato	
B	Teriyaki Chicken with Rice	Chinese BBQ Pork & Rice	Diced Chicken in Fragrant Soy Sauce with Rice	Yeung Chow Fried Rice	CPD DAY
C	Spinach & Vegetable Dahl (Coconut Milk Free) with Brown Rice	Sauteed Vegetables, Chick Peas and Melted Cheese Stuffed Bell Peppers with Rice	Pasta with Zucchini and Cherry Tomatoes	Spinach and Cheese Omelet	
	<u>26/11</u>	<u>27/11</u>	<u>28/11</u>	<u>29/11</u>	<u>30/11</u>
Hot Dish A	Spaghetti Bolognese	Braised Pork Loin with Gravy Sauce & Rice	Pepperoni Pizza with Sweet Corn	Roast Chicken (Skinless) with Tomato & Basil Sauce & Rice	Italian Style Fish Fillet with Tomato Sauce & Olives with Rice
B	Portuguese Chicken (Macau Style) With Rice	Stir-Fried Chicken (Skinless) with Zucchini & Black Fungus & Red Rice	Teriyaki Chicken with Rice	Chinese Style BBQ Pork with Rice	Sweet & Sour Pork with Pineapple Peppers & Rice
C	Braised Tofu Taiwanese Style with Mixed Grain Rice	Stir Fried Udon with Vegetables (Less Oil)	North Indian Bean Masala Stew & Rice	Mushroom Stroganoff Pasta	Japanese Vegetable Curry & Rice
	<u>Green Monday</u>	<u>04/12</u>	<u>05/12</u>	<u>06/12</u>	<u>07/12</u>
Hot Dish A	Baked Macaroni & Cheese	Roasted Thyme & Rosemary Chicken with Mixed Rice	Chicken Mozzarella Pizza	Italian Beef Stew with Rice	Pan Fried Fish Fillet with Orange Sauce with Mixed Rice
B	Teriyaki Tofu with Rice	Shanghai (Pork) Meatball with Red Rice	Malaysian Fish Curry with Rice	Honey Soy Chicken with Rice	Braised Pork with Pumpkin with Sweet Corn Rice
C	Japanese Style Grilled Eggplant with Rice	French Broccoli and Cheese Quiche	Braised Vegetables Lo Hon Style with Red Rice	Braised Glass Noodle with Assorted Veg	Cauliflower & Sweet Peas Fritters



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Christmas Theme



Dec 14

Share your thoughts



	Monday <u>10/12</u>	Tuesday <u>11/12</u>	Wednesday <u>12/12</u>	Thursday <u>13/12</u>	Friday <u>Christmas 14/12</u>
Hot Dish A	Pork Goulash with Rice	Chicken with Salsa Verde with Mashed Potato	Americano Pizza (Pepperoni, Sweet corn, Mushrooms)	Herb Roasted Pork Loin with Gravy & Mash	Slowly Roasted Turkey with Gravy
B	Thai Steamed Fish with Rice	Honey Glazed BBQ Pork with Rice	Korean BBQ Pork with Rice	Yakitori Chicken with Rice	Traditional Roasted Ham with Gravy
C	Vegetable Enchiladas	Vegetable Roll (Strudel) with Fresh Tomato Sauce & Roasted Potato	Vegetarian Ma-Po Tofu with Brown Rice	Stir Fried Rice Noodle with Vegetables (Less Oil)	Sweet Potatoes and Chick Peas Patties with Rice
	Green Monday <u>08/01</u>	<u>09/01</u>	<u>10/01</u>	<u>11/01</u>	
Hot Dish A	Eggplant Croquettes with Mediterranean Couscous	Chicken with Pepperoni Tomato Sauce with Mash Potatoes	BBQ Chicken Pizza	Boston Style Roast Pork with Roasted Potatoes	Penne Bolognese
B	Spinach & Cheese Omelet	Orange Teriyaki Pork with Rice	Braised Beef Brisket in Chu Hou Sauce & Rice	Soy & Spring Onion Steamed Fish & Rice	Gaeng Panang Gai (Thai Chicken Curry) with Rice
C	Taiwanese Style Braised Tofu with Rice	Baked Pumpkin with Parmesan Breadcrumbs & Mash Potato	Chinese Style Steam Egg with Rice	Creamy Mushroom Sauce with Pasta	Sweet Potato & Bean Tomato Stew with Red Rice
	<u>14/01</u>	<u>15/01</u>	<u>16/01</u>	<u>17/01</u>	<u>18/01</u>
Hot Dish A	BBQ Chicken with Rice	Pork Chop with Mixed Bean Salsa & Mash	La Reine Pizza (Ham, Mozzarella, Mushroom)	Chili Con Carne with Rice	Pork Loin Onion Sauce with Sautéed Potato
B	Mongolian Beef with Asian Slaw & Rice	Fried Rice with Chicken	Steamed Fish with Ginger & Spring Onion and Rice	Pork Chop with Black Vinegar Sauce & Rice	Stir Fried Chicken & Celery with Sweet Corn Rice
C	Vegetable Balti with Rice	North Indian Bean Masala Stew & Rice	Braised Vegetable Lo Hon Style with Rice	Vegetable Chili with Rice	Vegetarian Lasagna

School Holiday
Dec 17- Jan 4



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	Monday	Tuesday	Wednesday	Thursday	Friday
	<u>21/01</u>	<u>22/01</u>	<u>23/01</u>	<u>24/01</u>	<u>25/01</u>
Hot Dish	Fish Fillet with Orange Sauce and Mixed Rice	Roasted Lemon Thyme Chicken with Mash	Pepperoni Pizza	Italian Style Meatballs with Tomato Sauce & Pasta	Beef Stew with Mashed Potato
A					
B	Mild Thai Beef Curry with Rice	Shanghai Fried Noodle with Shredded Pork	Steamed Chicken with Mushroom & Fungus & Rice	Steamed Sole Fish in Pumpkin Sauce with Rice	Tandoori Chicken with Rice
C	HK Style Tomato Scrambled Egg with Sweet Corn Rice	Baked Marinated Tofu with Rice	Sweet Potatoes and Chick Peas Patties with Rice	Vegetable Ratatouille with Pasta	Braised Marrow with Glass Noodle with Rice
	<u>28/01</u>	<u>29/01</u>	<u>30/01</u>	<u>31/01</u>	
Hot Dish	Pork Goulash with Rice	Tomato Chicken & Mozzarella Pasta Bake	Hawaiian Pizza (Pineapple & Ham)	Grilled Pork with Brown Sauce and Sweet Mash Potatoes	
A					
B	Yakitori Chicken with Rice	Teriyaki Pork with Rice	Steamed Fish with Ginger & Spring Onion with Red Rice	Tandoori Fish with Rice	
C	Stir-Fried Udon with Assorted Veg (Less Oil)	Zucchini Quiche	Chickpea & Tomato Tagine with Red Rice	Roast Vegetable & Chickpea Tagine	
Hot Dish					
A					
B					
C					



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