



Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
		23/8	24/8	25/8	26/8
Meal A		Tandoori Chicken with Brown Rice	Hawaiian Pizza	Roasted Pork Loin with Onion Gravy & Mashed Potato	Stir Fried Long Beans & Minced Pork with Brown Rice
Meal B			Pan Fried Fish in Sweet corn & Egg Sauce with Rice	French Beef Provençal with Rice	Sweet & Sour Chicken with Brown Rice
Meal C		Moroccan Chickpea Stew with Couscous	Marinated Tofu with Brown Rice	Stir Fried Tomato & Scrambled Egg with Rice	Lentil & Vegetable Stew with Rice
	29/8	30/8	31/8	1/9	2/9
Meal A	Japanese Curry with Vegetables & Pork over Rice	Beef Stroganoff Pasta	Double Meat Pizza (Ham & Chicken)	BBQ Chicken with Mashed Potato	Steamed Fish Fillet in Pumpkin Sauce with Roasted Potato
Meal B	Steamed Chicken with Wolfberry & Black Fungus with Rice	Chicken Cacciatore with Rice	Lemongrass Pork Chop with Rice	Roasted Pork Loin with Onion Gravy & Red Rice	Shanghai Fried Noodle with Shredded Pork
Meal C	Teriyaki Tofu with Brown Rice	Vegetable Enchiladas	Thai Style Pineapple & Egg Fried Rice (Less Oil)	Chinese Style Steamed Egg & Mushroom with Rice	Spinach & Vegetable Dahl (Coconut Milk Free) with Rice
	5/9	6/9	7/9	8/9	9/9
Meal A	Apple Sage Pork with Potato Cubes	Italian Style Fish Fillet in Tomato Sauce with Rice	La Reine Pizza (Ham, Mozzarella & Mushroom)	Chicken Schnitzel with Mashed Potato	Pork Chop in Black Vinegar Sauce with Rice
Meal B	Stir Fried Chicken with Celery & Carrot with Rice	Braised Pork with Pumpkin & Rice	Japanese Chicken Curry with Rice	Japanese Teriyaki Pork with Rice	Steamed Fish in Black Bean Soy Sauce with Rice
Meal C	Broccoli & Cheese Pasta	Stir Fried Rice Noodle with Veg (Less Oil)	Vegetable Frittata with Sweetcorn	Braised Vegetable Lo Hon Style with Rice	Cauliflower & Chickpeas Fritters 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

Highlighted in respective color on the menu





Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	12/9	13/9	14/9	15/9	16/9
Meal A	Day After Mid-Autumn Festival	Pan Fried Fish with Herbed Crust & Steamed Parsley Potatoes	Classic Margherita Pizza (Tomato, Basil, Mozzarella)	Garlic Chicken with Mashed Potato	Pork Chop in Black Pepper Onion Sauce with Rice
Meal B		Beef Lasagna	Steamed Fish with Ginger & Spring Onion with Rice	Ginger Pork Sauté with Rice	Braised Chicken & Potato in Oyster Sauce with Rice
Meal C		Japanese Curry with Mixed Vegetable & Tofu over Rice	Vegetable Moussaka	Mushroom & Onion Frittata with Potato	Cauliflowers & Beans Curry with Rice
	19/9	20/9	21/9	22/9	23/9
Meal A	Baked Pork Chop with Tomato Sauce & Rice	Roasted Thyme & Rosemary Chicken with Potato Cubes	BBQ Chicken Pizza	Bolognese Pasta	Malaysian Fish Curry with Mixed Rice
Meal B	Panang Chicken Curry with Rice	Nasi Goreng	Hungarian Beef Stew with Rice	Fish Fillet in Sweetcorn & Egg Sauce with Rice	Stir Fried Pork Loin with Zucchini & Fungus with Rice
Meal C	Vegetable & Beans Stew with Rice	Braised Vegetables Lo Hon Style with Rice	Moroccan Chickpea Stew with Couscous	Mac & Cheese	Aubergine Parmigiana
	26/9	27/9	28/9	29/9	30/9
Meal A	Roasted Cajun Chicken with Brown Rice	California Grilled Fish with Steamed Potato	Pepperoni Pizza	Vietnamese Lemongrass Pork Chop with Roasted Potatoes	Tomato Basil Chicken with Pasta
Meal B	Scrambled Egg with Tomato & Beef with Rice	Teriyaki Pork Loin with Brown Rice	Baked Fish with Parsley Crust & Rice	Chicken A La King with Rice	Braised Pork with Pumpkin & Rice
Meal C	Vegetables Lasagna	Braised Glass Noodles with Assorted Vegetables	Japanese Style Grilled Eggplant & Tofu with Rice	Pesto Roasted Veggie with Tomato Couscous & Feta Cheese	Cauliflower & Chickpeas Fritters with Roasted Potato



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	Monday	Tuesday	Wednesday	Thursday	Friday
	3/10	4/10	5/10	6/10	7/10
Meal A	Cottage Pie & Mash	Chung Yeung Festival	Americano Pizza (Pepperoni, Sweetcorn, Mushroom)	Pork Stroganoff with Mashed Potato	Orange & Fennel Roasted Fish Fillet with Rice
Meal B	Steamed Chicken with Mushroom & Black Fungus with Rice		Stir-fried Onion & Beef with Rice	Honey Soy Chicken with Rice	Gaeng Panang Gai (Thai Chicken Curry with Rice)
Meal C	Stir Fried Udon with Mixed Vegetables & Tofu		Vegetables Roll with Fresh Tomato Sauce	Taiwanese Style Braised Tofu with Rice	Chinese Style Steamed Mushroom & Egg with Rice
	10/10	11/10	12/10	13/10	14/10
Meal A	Pesto Chicken Pasta	Mediterranean Beef Fusilli	BBQ Chicken & Mushroom Pizza	Italian Style Fish Fillet with Tomato Sauce & Olives with Pasta	Pork Goulash with Rice
Meal B	Yeung Chow Fried Rice (Less Oil)	Teriyaki Chicken with Brown Rice	Pork in Black Vinegar with Rice	BBQ Pork with Rice	Honey Soy Chicken with Rice
Meal C	Roasted Vegetables & Chickpea Tagine with Rice	Creamy Mushroom Brown Rice Risotto	Italian Eggplant Parmigiana	Lentil & Vegetable Stew with Rice	Vegetable Frittata with Sweetcorn
	17/10	18/10	19/10	20/10	21/10
Meal A	15 th to 23 rd October Break				
Meal B					
Meal C					



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	24/10	25/10	26/10	27/10	28/10
Meal A	Chicken Arrabiata with Pasta	Grilled Chicken and Penne in Tomato Sauce	Classic Margherita Pizza (Tomato, Basil, Mozzarella)	Lemon Rosemary Chicken with Mashed Potato	Herbed Roasted Pork Loin with Gravy & Potato Cubes
Meal B	King Dou Pork with Rice	Thai Steamed Fish with Rice	Stir Fried Chicken Udon in Teriyaki Sauce (Less Oil)	Stir Fried Tomato & Shredded Beef with Rice	Yakitori Chicken with Rice
Meal C	Stir-fried Japanese Udon & Bean Sprouts (Less Oil)	Country Style Braised Tofu with Rice	Chinese Style Steamed Egg & Mushroom with Rice	Vegetable Paella	Aubergine Parmigiana
	31/10				
Meal A	Pork Goulash with Pasta				
Meal B	Steamed Chicken with Wolfberry & Black Fungus with Rice				
Meal C	Braised Glass Noodle with Assorted Vegetables				
Meal A					
Meal B					
Meal C					

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