



Dinner Menu: Week 1 Feb (03-07)

	Monday	Tuesday	Wednesday	Thursday	Friday
	03/02	04/02	05/02	06/02	07/02
Hot Dish A	Beef Lasagna	Smoked Duck Breast With Orange Sauce	Beef Enchiladas With Salsa Sauce	Prosciutto & Funghi Pizza	
B	Mediterranean Stuffed Vegetable	Vegetarian Fried Rice (Less Oil)	Vegetarian Cottage Pie	Avocado and Rice Burrito With Salsa Sauce	
Carbohydrate	Rice	Roasted Potato	Chips	Rice	
Vegetables	Steamed Broccoli	Blanched Snow Pea	Steamed Turnip	Sauteed Green Beans	
	Pumpkin	Mix Mushroom	Buttered Spinach	Roasted Bell Pepper	
Dessert	Banana Split	Carrot Cake	Ice Cream	Chocolate Tart	

Dinner Menu: Week 2 Feb (10-14)

	Monday	Tuesday	Wednesday	Thursday	Friday
	10/02	11/02	12/02	13/02	14/02
Hot Dish A	Baby Pork Ribs	Italian Meat Balls With Arrabiata Sauce	Pan Seared Steak With Gravy Shallots	Chicken Soy Sauce	
B	Lentil Balls & Creamy Mushroom Sauce	Sweet and Potato Dhal	Leeks and Pumpkin Quiche	Vegetarian Udon (Less Oil)	
Carbohydrate	Rice	Pasta	Roasted Potato	Rice	
Vegetables	Eggplant & Enoki	Roasted Bell Pepper	Steamed Broccoli	Steamed Lotus	
	Carrot	Sauteed Zucchini With Thyme	Caramelised Pumpkin	Pak Choi	
Dessert	Tiramisu	Crème Brulee Tart	Ice Cream	Chocolate Cheese Cake	





Dinner Menu: Week 3 Feb (17-21)

	Monday	Tuesday	Wednesday	Thursday	Friday
	17/02	18/02	19/02	20/02	21/02
Hot Dish A	Flammekueche	Bacon Beef Burger	Roasted Chicken Breast With Gravy	Pork Chop A La Plancha With Apple Sauce	
B	Eggs in Portuguese Style	Fried Noodles with Tofu & Mushroom (Less Oil)	Vegetarian Fried Rice (Less Oil)	Pumpkin Risotto	
Carbohydrate	Rice	Chips	Pasta	Roasted Potato	
Vegetables	Steamed Cauliflower	Carrot Cake	Baked Beans	Steamed Broccoli	
	Provençal Tomato	Zucchini	Mix Mushroom	Roasted Beetroot	
Dessert	Black Forest	Churros and Chocolate Sauce	Ice Cream	Black Current Jelly	

Dinner Menu: Week 4 Feb (24-28)

	Monday	Tuesday	Wednesday	Thursday	Friday
	24/02	25/02	26/02	27/02	28/02
Hot Dish A	Beef Goulash	Chinese BBQ Pork	Smoked Duck Tartiflette	Chicken Cilantro (Skinless)	
B	Beans and Chickpeas Moroccan Stew	Mediterranean Jacked Potato	Vegetarian Bun Bo Xao	Bean, Corn, Chickpeas Enchiladas	
Carbohydrate	Rice	Rice	Roasted Potato	Pasta	
Vegetables	Choy Sum	Buttered Spinach	Broccoli and Garlic	Green Cabbage	
	Kimchi	Roasted Carrot	Corn on the Cob	Caramelised Pumpkin	
Dessert	Apple Crumble	Blueberry Cheese Cake	Ice Cream	Chocolate Cake	

