



Lunch Menu: Week 1 Feb (03-07)

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Dish <b>A</b>	03/02 Pan Seared Pork Chop & Creamy Mushroom Sauce	04/02 Roasted Chicken With Gravy Onion	05/02 Devil Pork Palette	06/02 Tomato Fish Rolls	07/02 Cheese Burger (Beef Or Vegetarian)
<b>B</b>	Sweet Potato Dhal	Caprese Pizza	Fried Noodles With Egg And Tofu	Spinach Lasagna	Risotto With Pumpkin And Leeks
Carbohydrate	Rice	Mashed Sweet Potato	Pilau Rice	Steam Potato	Chips
Vegetables	Carrot	Broccoli	Choy Sum	Baked Beans	Sweet Corn
	Roasted Zucchini	Shamghai Eggplant	Cauliflower	Pak Choy	Okra And Enoki

Self served salad bar, fresh whole and cut fruit available with meal

Lunch Menu: Week 2 Feb (10-14)

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Dish <b>A</b>	10/02 Beef Lasagna	11/02 Pork Marengo	12/02 Chicken Chinese Pot With Black Mushroom And Spring Onion	13/02 Burgundy Beef	14/02 Fish And Chips
<b>B</b>	Mediterranean Jacked Potato	Foccacia Rocket, Pesto, Tomato	Mediterranean Stuffed Tomato	Mushroom Quiche	Bean, Corn, Chickpeas Enchiladas
Carbohydrate		Steamed Potato	Rice	Roasted Potato	Chips
Vegetables	Steamed Broccoli	Roasted Pumpkin	Pak Choy	Green Beans	Cauliflower
	Kimchi	Pok Choy	Sweet Corn	Roasted Eggplant	Buttered Spinach

Self served salad bar, fresh whole and cut fruit available with meal



Lunch Menu: Week 3 Feb (17-21)

	Monday	Tuesday	Wednesday	Thursday	Friday
	17/02	18/02	19/02	20/02	21/02
Hot Dish <b>A</b>	Beef Goulash	Sweet & Sour Pork	Catalan Style Fish	Roasted Pork And Gravy Sauce	Chicken Schnitzel
<b>B</b>	Beans And Chickpeas Marrocan Stew	Pizza Piperade	Madrid Tortilla Romesco Sauce	Vegetarian Tikka Masala	Vegetarian Moussaka
Carbohydrate	Rice	Roasted Potato	Butterfly Pasta	Mashed Potato	Chips and Rice
Vegetables	Roasted Carrot	Steamed Broccoli	Patatas Bravas	Cauliflower	Roasted Carrot
	Sauteed Green Beans	Pumpkin	Spinach With Chickpeas	Eggplant + Enoki	Red Cabbage Compotee

Self served salad bar, fresh whole and cut fruit available with meal

Lunch Menu: Week 4 Feb (24-28)

	Monday	Tuesday	Wednesday	Thursday	Friday
	24/02	25/02	Eat Mexico- 26/02	27/02	28/02
Hot Dish <b>A</b>	Chicken Fricassee	Pizza Diavolo	Chicken Chilaquiles	Pan Seared Pork With Apple Gravy Sauce	Fish And Chips
<b>B</b>	Leeks And Cherry Tomato Quiche	Mac And Cheese With Cherry Tomato	Bean, Corn, Chickpeas Enchiladas	Vegetarian Udon	Vegetarian Lasagna
Carbohydrate	Rice	Rice	Mexican Rice	Roasted Potato	Chips
Vegetables	Broccoli	Pumpkin	Vegetable Mole	Fennel & Bell Pepper	Pan Seared Green Beans & Carrot
	Lotus & Enoki	Green Peas	Elote	Choy Sum	Coleslaw

Self served salad bar, fresh whole and cut fruit available with meal



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.

