

Cafeteria Menu – October 2024

CONTINENTAL MENU				
30 Sep (Monday)	1 Oct (Tuesday)	2 Oct (Wednesday)	3 Oct (Thursday)	4 Oct (Friday)
Yangnyeom Chicken, Bulgogi, Hakka Noodle, Tofu and Bok Choy, Algamja Jorim and Steamed Broccoli	Roasted Chicken or Vegetables, Veg Burritos, Mashed Potatoes and Mix Grilled Veg,	Holiday	Chicken Piccata, Roasted Parmesan Cauliflower, Pasta Arrabbiata, Veg Cutlet & Grilled Veg	Beef, Chicken or Vegetarian Burger, French Fries and Mixed Steamed Vegetables
7 Oct (Monday)	8 Oct (Tuesday)	9 Oct (Wednesday)	10 Oct (Thursday)	11 Oct (Friday)
Pasta with Bolognese, Alfredo, Marinara & Mushroom Cream Sauce, Garlic Bread & grilled Veg,	Chicken Fried Steak, Vegetarian Cannelloni, Roasted Potatoes, Quiche and Steamed Veg	Chicken or Mix veg Chilly, Egg Fried Rice, Tofu & Bok choy in chilly beans sauce, Sauté mixed Veg and Soup	Chicken or Vegetarian Hotdog, French Fries and Steamed Broccoli	Holiday
14 Oct (Monday)	15 Oct (Tuesday)	16 Oct (Wednesday)	17 Oct (Thursday)	18 Oct (Friday)
Holiday	Meat Balls, Vegetable Baked, Chicken Curry, Sicilian Caponata, Mashed Potato & Grilled Veg,	Crispy Fry Veg and Fish, Butter Chicken or Paneer, Paratha and Grilled Vegetables	BBQ Chicken, Veg Shashlik, Roast Potatoes, Vegetarian Crapes, Rollatini & Steamed veg	Assorted Pizza, Corn on the Cob, & Grilled Vegetables
21 Oct (Monday)	22 Oct (Tuesday)	23 Oct (Wednesday)	24 Oct (Thursday)	25 Oct (Friday)
Chicken Parmesan, Spaghetti alla Puttanesca, Veg Ratatouille, Veg Finger, Grilled Veg and Garlic Bread,	Shoyu Chicken or Vegetable, Hakka Noodle, Veg Manchurian, Grilled Vegetables & Soup	Steak, Chicken Wings in garlic Sauce, Enchiladas, Paneer tikka, Potato wedges & Steamed Beans,	Sijang –Tongdak Dubu Jorim, Egg Fried Rice, Beoseot Tansu, Steamed Veg, and Kimchi	Beef, Chicken or Vegetarian Burger, French Fries and Mixed Steamed Vegetables
<p><i>Please note, there is a salad bar, plain yoghurt, and fresh fruit available each day in addition to the above meals.</i></p>				

INDIAN MENU

30 Sep (Monday)	1 Oct (Tuesday)	2 Oct (Wednesday)	3 Oct (Thursday)	4 Oct (Friday)
Pav - Bhaji, (Bisibele Bhat, Beetroot dry, Dal fry and Rice	Chicken Curry, Mutter Paneer, Gobi Aloo, Dal and Rice	Holiday	Set Dosa with Chutney, Dry Potatoes, Mix Veg, Sambar & Rice,	Mutton or Veg Biryani with Raita, (Dal and Rice)
7 Oct (Monday)	8 Oct (Tuesday)	9 Oct (Wednesday)	10 Oct (Thursday)	11 Oct (Friday)
Egg Curry, Aloo Capsicum, Butter Paneer, Dal fry and Rice	Chana Masala, Puri, Veg Kadai, Mix Green, Rasam and Rice	Crispy fried Okra, Mix Veg, Dahi Kadhi, Rice and Rasam	Fish and Veg Chilly, Fried Rice, Rasam and Rice	Holiday
14 Oct (Monday)	15 Oct (Tuesday)	16 Oct (Wednesday)	17 Oct (Thursday)	18 Oct (Friday)
Holiday	Khara Pongal, Chutney, Bhindi Masala, Bonda, Dal Palak and Rice	Chicken Curry, Mutter Paneer, Paratha, Gobi Aloo, Dal and Rice,	Bitter Gourd Fry, Bisi bele Bath, Beans & Carrot Poriyal, Sambar and Rice	Mutton Curry, Avarekalu saaru, Ragi Mudde, Sambar and Rice
21 Oct (Monday)	22 Oct (Tuesday)	23 Oct (Wednesday)	24 Oct (Thursday)	25 Oct (Friday)
Kadai Mushroom, Dum aloo, Dry Black Chana, and Rice	Chicken and Vegetable Biryani with Raita (Dal & Rice)	Chana Masala, Puri, Bhindi Aloo, Mix Green, Rasam and Rice	Lemon Rice With Chutney, Mix Vegetables, Sambar and Rice	Chicken Curry, Mutter Paneer, Cabbage Mutter, Mix dal Fry and Rice

Please note, there is a salad bar, plain yoghurt, and fresh fruit available each day in addition to the above meals.