



# Lunch Menu



Week day	Monday	Tuesday	Wednesday	Thursday	Friday
Date	23/09/2019	24/09/2019	25/09/2019	26/09/2019	27/09/2019
Western	Chicken masala	Grilled fish with garlic sauce	Beef goulash	Spaghetti ham carbonara	Fried fish
Western	Baked pork with honey sauce	Fried chicken	Baked chicken with pesto sauce	Chicken nugget	Chicken Fajitas
Vegetable	Baby corn	Broccoli	Spinach	Carrots	Mixed vegetable
Potato	Mashed potato	Baked potato	Natural cut potato	Maxim potato	French fries
Vegetarian	Mixed vegetable	Chinese styled stir fried noodle	Stir fried vegetables in brown sauce	Stir fried bok choy	Stir fried soy sauce noodle with eggs
Oriental	Braised chicken with winter melon and pickled lime	Sweet pork	Stir fried chicken with basil	Sausage with red sauce	Kimchi fried pork
Oriental	Hong kong styled pork	Spicy pumpkin soup with beef	Fried pork	Turmeric fried fish	Chicken teriyaki
Oriental	Stir fried spicy fish	Baked chicken with vegetable	Red curry chicken with coconut	Sour soup with mixed vegetable	Red curry fish soup
Eggs	Steamed egg	Omelette	Boiled egg	Fried egg	Omelette
Noodles	Pork sukiyaki	Chinese roll noodle soup with chicken	Macaroni soup	Beef noodle soup	Crispy noodle in thick gravy