



Lunch Menu



Week day Date	Monday 09/03/2020	Tuesday 10/03/2020	Wednesday 11/03/2020	Thursday 12/03/2020	Friday 13/03/2020
Morning	Fried Egg	Red Curry with Bamboo Shoots	Fried Egg	Fried Egg	Fried Egg
Morning	Stir-fried Pork with Basil	Fried Egg	Chinese Vegetable Soup	Pumpkin Soup with Pork	Stir-fried Spicy Bamboo Shoots
Morning	Stir-fried Chicken with Red Curry Paste	Stir-fried Eggplant	Stir-fried Chicken with Basil	Stir-fried Mixed Vegetable with Shrimps	Stir-fried Mixed Mushroom
Morning	Stir-fried Pumpkin	Chicken in Coconut Soup	Stir-fried Kale	Stir-fried Cucumber with Eggs	Clear Soup with Seaweed
Western	Baked Pork with Black Pepper Sauce	Baked Fish with Tomato Sauce	Beef Stroganoff	Spaghetti with Chicken Sauce	Fried Fish
Western	Breaded Fish	Baked Macaroni with Ham & Cheese	Chicken Nugget	Fish Pie	Chicken Steak with Gravy
Vegetable	Broccoli	String Beans	Cauliflower	Carrots	Mixed Vegetable
Potato	Sautéed Potato	Potato Maxim	Baked Potato	Baked Potato	French Fries
Vegetarian	Stir-fried Mixed Vegetable	Stir-fried Vermicelli	Stir-fried Morning Glory	Stir-fried Cabbage with Fish Sauce	Thai-Style Stir-fried Noodles
Vegetarian	Stir-fried Curried Tofu	Mushroom in Coconut Soup	Stir-fried Tofu with Basil	Spaghetti with Tomato Sauce	Spicy Tofu Salad
Vegetarian	Green Curry with Tofu	Baked Macaroni with Cheese	Phad Thai	Red Curry with Tofu	Mushroom Tom Yum
Vegetarian	Stir-fried Kale	Stir-fried Bok Choy	Sweet Stewed Egg (Kai Palo)	Stir-fried Mixed Vegetable	Stir-fried Beansprouts
Oriental	Korean-Style Pork	Fried Pork with Garlic	Stir-fried Chicken with Basil	Red Curry with Grilled Chicken	Papaya Salad with Sticky Rice
Oriental	Stir-fried Curried Fish	Chicken in Coconut Soup	Sweet Stewed Egg (Kai Palo)	Garlic Pork	Grilled Chicken
Oriental	Green Curry with Chicken	Hainanese Chicken Rice	Phad Thai with Fresh Shrimp	Fried Rice with Sausage	Spicy Minced Pork Salad
Egg	Fried Egg	Omelette	Fried Egg	Steamed Egg	Spicy Soup
Noodles	Pork Ramen	Egg Noodle Soup with Red Pork	Northern-Style Noodle Soup	Chicken Sukiyaki	Noodle in Thick Gravy with Pork