

## Set lunch Menu - MAY 2024

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY 2-May	FRIDAY 3-May
				Greek salad	Potato salad
Soup				Yam soup with minced pork	Broccoli soup
Asian				Braised pork with egg, steamed rice, morning glory	Thai grilled chicken wings Steamed rice
Western				Beef lasagna	Grill fish with lemon butter sauce Mash potatoes
Vegetarian				Very green curry, red rice	Singapore Fried Rice Noodles

\* Steamed rice served daily    \* Seasonal fresh fruit served daily



## Set lunch Menu - MAY 2024

Week 2	MONDAY 6-May	TUESDAY 7-May	WEDNESDAY 8-May	THURSDAY 9-May	FRIDAY 10-May
Salad	Sweetcorn salad	Cabbage salad	Mushroom & spinach salad	Papaya salad	Atlantic salad
Soup	Chicken chowder soup	Tom yum soup	Potato soup	Miso soup	Pumpkin soup
Asian	Braised duck with ginger green bean	Fish teriyaki Cabbage & carrot	Braised Vegetables ,mushroom,Tofu	Grill pork BBQ with japanese soysauce	Satay chicken drumsticks
Western	Grill Pork with pepper corn sauce Potato wedge	Cottage pie	Enchiladas	Fish finger with tarta sauce mixed salad	German sausage Warm potato
Vegetarian	Mexican white bean styles	Ratatouille	Quang Dong Vegetarian	Fine Rice Vermecili with spring roll	Vietnamese Tofu & Veg Curry

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## Set lunch Menu - MAY 2024

Week 3	MONDAY 13-May	TUESDAY 14-May	WEDNESDAY 15-May	THURSDAY 16-May	FRIDAY 17-May
<b>Salad</b>	Russian salad	Cesar salad	Apple salad	Cucumber,tomato & beef salad	Mushroom & spinach salad
<b>Soup</b>	White Bean soup	Chicken meat & sweetcorn soup	Vegeterian Cabbage soup	Watercress with meat soup	Yam soup with minced pork
<b>Asian</b>	Stewed pork with pate	Fried chicken with garlic butter Fried rice,choysum	Sambal chili Tofu	Grill pork (Moo ping)	Malaysia Chicken wings style
<b>Western</b>	Southern chicken with honey butter coleslaw	Grilled fish with passion sauce	Spinach lasagna	Stewed sausage with bean	Deep fried seafood & cocktail sauce
<b>Vegetarian</b>	Steamed tofu with soyabean paste	Vegetarian chilli with red rice	Young Tofu Curry	Baked potato,broccoli,bean and cheese	Potato,pea,cauliflower curry

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\* Seasonal fresh fruit served daily



## Set lunch Menu - MAY 2024

Week 4	MONDAY 20-May	TUESDAY 21-May	WEDNESDAY 22-May	THURSDAY 23-May	FRIDAY 24-May
<b>Salad</b>	Mango salad	Nicoise salad	Avocado salad	Assorted bean salad	Lettuce & dressing salad
<b>Soup</b>	Mustard leaf with fish cake soup	Tom yum soup	Cauliflower soup	Sponge gourd Basella, pork minced soup	Choysum soup
<b>Asian</b>	Korean Grill Pork Belly	Jamaica Chicken Wings	Steamed tofu with soyabean paste	Nasi Lemak cucumber and egg	Braised pork with Prawn long bean
<b>Western</b>	Cannelloni	Maccaroni with ham,mushroom and peas	Baked potato with bean & cheese	Beef goulash	Fish and Chip French Fries
<b>Vegetarian</b>	Sauteed mushroom with vegetable	Chicpea taco	Mushroom omelette	Deep fried Spring roll	Sweet potato & mushroom curry

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\* Seasonal fresh fruit served daily



## Set lunch Menu - MAY 2024

Week 5	MONDAY 27-May	TUESDAY 28-May	WEDNESDAY 29-May	THURSDAY 30-May	FRIDAY 31-May
<b>Salad</b>	Tomato & egg salad	Papaya salad	Italian pasta salad	Greek salad	Lotus stem salad
<b>Soup</b>	Broccoli soup	Sweet & sour fish soup	Cauliflower soup	Chicken consomme	Vegetables & minced pork
<b>Asian</b>	Stuffed tofu with pork & tomatoes sauce	Malaysia Spicy Roast Chicken Green bean and carrot	Green vegetable curry	Kung Pao chicken Lady finger	Fried pork & sour plum sauce
<b>Western</b>	Grilled pork, apple sauce Steamed potato	Grilled fish with lemon butter sauce	Blackbean enchiladas	Beef Bourguignon	Roasted chicken with mustard sauce. long bean
<b>Vegetarian</b>	Vietnamese Tofu & Veg Curry	Mushroom Stroganoff	Spaghetti, Pesto sauce	Vegeterian wonton	Tofu with soya mushroom sauce

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## Set lunch Menu - JUNE 2024

Week 6	MONDAY 3-Jun	TUESDAY 4-Jun	WEDNESDAY 5-Jun	THURSDAY 6-Jun	FRIDAY 7-Jun
<b>Salad</b>	Sweetcorn salad	Mimosa salad	Gado Gado salad	Beef thai salad	Mushroom salad
<b>Soup</b>	Minestrone soup	Cabbage, minced pork soup	Creamy Mushroom soup	Watercress with meat soup	Carrot Soup
<b>Asian</b>	Meatball stuffed with quail egg Cabbage	Fried fish with tamarind sauce Fried rice with garlic	Young tofu Schezuan style	Spicy seafood Eggplant	Chicken orange sauce
<b>Western</b>	Chicken parma Mixed salad	Grilled pork, BBQ sauce	Chickpeas Curry	Breaded pork with cheese Bake potatoes	Grilled fish with passion sauce
<b>Vegetarian</b>	Mushroom and potato curry	Vegeterian lasagna	Deep fried mushroom	Braised mushroom, Tofu coconut juice	Baked broccoli & potato and cheese

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## Set lunch Menu - JUNE 2024

Week 7	MONDAY 10-Jun	TUESDAY 11-Jun	WEDNESDAY 12-Jun	THURSDAY 13-Jun	FRIDAY 14-Jun
<b>Salad</b>	Assorted bean salad	Potato & green bean salad	Potato salad	Mango salad	Lotus stem salad
<b>Soup</b>	Kim chi soup	Seaweed and tofu soup	Pumpkin soup	Green bean soup	Sweet & sour soup
<b>Asian</b>	Fried fish with fish sauce long bean	Grill pork (Moo ping)	Fried rice with pineapples Fried tofu with lemongrass	Deep fried pork Vegetable	Fried chicken wings Glory morning
<b>Western</b>	Beef Rouladen Mash potato	Grill Fish with Dill sauce	Bean stew & Harissa sauce	Beef lasagna	Pork patty with gravy sauce Bread
<b>Vegetarian</b>	Stew vegetable with bean	Braised young tofu with vegetable	3 bean chilli with brown rice	Sweet and sour tofu	Baked potato, broccoli, bean and cheese

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## Set lunch Menu - JUNE 2024

Week 8	MONDAY 17-Jun	TUESDAY 18-Jun	WEDNESDAY 19-Jun	THURSDAY 20-Jun	FRIDAY 21-Jun
<b>Salad</b>	Chicken & cabbage salad	Spinach salad	Palm heart salad	Nicoise salad	Papaya salad
<b>Soup</b>	Pumpkin & pork soup	Minestrone soup	Cauliflower soup	Gourd soup	Bok choy soup
<b>Asian</b>	Stewed beef with carrot baquette	Deep fried fish with sweet & sour sauce	Sweet & sour tofu	Sauteed beef with satay vegetables	Fried pork with lemongrass Bokchoy
<b>Western</b>	Chicken condon bleu Mashed potato	BBQ pork mixed salad	Mushroom stroganoff	Chicken steak Sweetcorn and Carrots	Pan Fied Fish w lemon buttrer sauce
<b>Vegetarian</b>	Stir Fried Flat Rice Noodles	Very green curry	Spinach lasagna	Baked broccoli & potato and cheese	Steamed vegetable, tofu and mushroom with soya sauce

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## Set lunch Menu - JUNE 2024

Week 9	MONDAY 24-Jun	TUESDAY 25-Jun	WEDNESDAY 26-Jun	THURSDAY 27-Jun	FRIDAY 28-Jun
<b>Salad</b>	Tomato, egg salad	Lotus stem & meat salad	Mixed Salad		
<b>Soup</b>	Chive & tofu soup	Sweet & sour fish soup	Lentil soup		
<b>Asian</b>	Spicy pork bulgogi Long bean	Stew chicken with lotus seed, mushroom	Sweet potato & mushroom curry		
<b>Western</b>	Japanese Korokke Vegetables	Beef steak with vegetable Potato wedge	Kidney bean and butter bean stew zucchini, eggplant, mushroom, tomato sauce with pasta		
<b>Vegetarian</b>	Vietnamese vegetable curry	Singapore Fried Rice Noodles	Vegetarian spring roll		

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