






Set Lunch - Week starting 30th January 2012

	MONDAY	TUESDAY	WEDNESDAY 1st February	THURSDAY 2nd February	FRIDAY 3rd February
Bread			Ciabbata	Baquette	Pita Bread
Salad			chicken & palm heart salad	Zucchini salad	Crad meat & vermicelli salad
Soup			Cream of spinach soup	Miso seafood soup	Clear vegetables soup
Asian Main			steamed chicken with chinese mushroom, steamed rice	Sauteed beef with noodle & vegetables 	Szchehuan pork with cucumber, steamed rice & sauteed chayote
Western Main			pork cutlet with apple sauce mashed potato	Grilled chicken Breast with baked bean & boiled French bean	Spaghetti with chicken & tomato sauce
Daily Fruit Selection			Watermelon	Papaya	Rambutan



Set Lunch - Week starting 6th February 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	6th February	7th February	8th February	9th February	10th February
Bread	Soft roll	Baguette	Rye bread	Pita Bread	Ciabbata
Salad	Cucumber & tuna salad	Beetroot salad	Chicken & cabbage salad	Apple coleslaw salad	Pomelo & shrimp salad
Soup	cabbage & minced pork soup	Cream of watercress soup	Choysum with minced pork	Kraut soup	Chicken , white fungus soup
Asian Main	Beef curry with potato & steamed rice	Braised pork with bean curd , steamed rice & stir fried glory morning	Simmered mousse with pineapple, steamed rice	Chicken Tandoori, fried rice & sauteed pokchoy	Simmered pork with shrimp, steamed rice & sauteed bean sprout
Western Main	Crab farci with sauteed carrot & french bean	Chicken casserole & sauteed cabbage, carrot	Pork patty with tomato sauce, boiled potato	Grilled fish with lemon cream sauce & boiled carrot, french bean	Chicken chipolata, gravy & mashed potato
Daily Fruit Selection	Banana	Rambutan	Watermelon	Thai mandarine	Guava






Set Lunch - Week starting 13th February 2012

	MONDAY 13th February	TUESDAY 14th February	WEDNESDAY 15th February	THURSDAY 16th February	FRIDAY 17th February
Bread	Baquette	Pita	Ciabbata	Soft roll	Baguette
Salad	Carrot & raisin salad	Garden & egg salad	Thai beef salad	Russian salad	Mayumi roll fish salad
Soup	Beef chowder soup	Yam with shrimp soup	Cream of chicken soup	Crabs & corn kernel soup	Minestrone soup
Asian Main	Simmered chicken with ginger, steamed rice & boiled gourd	Fish mousse with plum sauce, steamed rice & sauteed cabbage	Beef ragout with carrot, potato & steamed rice	Braised pork with eggs, steamed rice & sauteed bean sprout	Roasted chicken with black bean sauce, steamed rice
Western Main	Pork escalope Milanese with tomato sauce & sauteed potato	Spaghetti with meat balls	Fish Meuniere with cream lemon sauce & boiled carrot, french bean	Honey BBQ chicken served with mashed potato	Stewed spare ribs with carrot & potato
Daily Fruit Selection	Water melon	Guava	Papaya	Thai plum	Banana







Set Lunch - Week starting 20th February 2012

	MONDAY 20th February	TUESDAY 21st February	WEDNESDAY 22nd February	THURSDAY 23rd February	FRIDAY 24th February
Bread	Rye bread	Baguette	Whole wheat bread	Pita	Ciabbata
Salad	Pasta & Ham	Spring rolls & lettuce 	Spinach & mushroom	Tomato & eggs salad	Chicken & rhizome lotus salad
Soup	Mustard leaf & fish mousse soup	Cream of tomato soup	Wonton soup	Cream of potato soup	Tom yam kum 
Asian Main	Pork sieu mei with steamed rice & sauteed choyete	Sauteed seafood with noodle & vegetable	Roasted chicken with Hoisin sauce, rice & boiled gourd	Omelete with minced pork, sauteed choysum & steamed rice	Stewed beef with peper corn, carrot & steamed rice
Western Main	Stewed Spanish chicken with carrot, sausage, capsicum	Pork Fricasse served roasted potato	Grilled fish with cream mushroom sauce & mashed potato	Beef moussaka & boiled carrot, french bean	Grilled chicken breast with peper sauce & fried potato
Daily Fruit Selection	Blue dragon fruit	Pear 	Rambutan	Water melon	Papaya



Set Lunch - Week starting 27th February 2012

	MONDAY 27th February	TUESDAY 28th February	WEDNESDAY 29th February	THURSDAY 30th February	FRIDAY 31st February
Bread	Baquette	Soft roll	Ciabatta		
Salad	Tuna & cucumber salad 	Thai chicken salad	Green garden with egg salad 		
Soup	Clear vegetables soup	Chicken & asparagus soup	Minestrone soup 		
Asian Main	Sreamed fish with black bean sauce, rice & sauteed pok choy	Simmered pork with radish, steamed vegetables	Beef dumplings with tomato sauce & steamed rice		
Western Main	Pork cutlet apple sau & boiled potato	Spaghetti Bolognese	Chicken Cacciatora with rosemary & fried potato		
Daily Fruit Selection	Water melon 	Guava	Banana		