




Set Lunch - Week starting 9th January 2012



	MONDAY 9th January	TUESDAY 10th January	WEDNESDAY 11th January	THURSDAY 12th January	FRIDAY 13th January
Bread	Baguette	Ciabbata	Pita Bread	Soft roll	Baguette
Salad	Thai beef salad	Carrot & raisin salad 	Chicken & vermicelli salad	Ham & mixed salad	Tomato & egg salad
Soup	Crab and sweetcorn soup	Cream of pumpkin soup	Tofu, chives & dried shrimp soup	Cream of potato soup	Watercress with minced pork soup 
Asian Main	Roasted chicken with black bean sauce, steamed rice & sauteed choy sum	Simmered pork with lemon grass, rice & sauteed cabbage	Beef curry with potato, carrot & Rice	Omelette with minced pork, rice & steamed bok choy	Pan fried Fish fillet with Plum sauce, rice & boiled gourd
Western Main	Fish fillet Meuniere & sauteed potato	Spaghetti Bolognese	Fish nuggets with sauteed french bean & carrots	Stewed pork spare ribs with carrots, potatoes & beans	Texmex Chicken with mashed potato
Daily Fruit Selection	Rambutan	Siam banana 	Guava	Papaya	Water melon




Set Lunch - Week starting 16th January 2012



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	16th January	17th January	18th January	19th January	20th January
Bread	Soft roll	Baguette	Rye bread	Pita Bread	Baguette
Salad	Russian salad	Prawn, rhizome lotus salad	Mimosa salad	Chicken & turnip cabbage salad	Bacon & crouton salad
Soup	Carmen cream soup	Sweet & sour Shrimp broth	Celery cream soup	Tomato & egg soup	Minestrone
Asian Main	Tonpo Pork with Rice & steamed bok choy	Pan fried Fish fillet with plum sauce, Rice & sauteed cabbage	Roasted chicken with Rice & stir fried choy sum	Szechuan Beef with Rice & boiled gourd	Simmered Pork with pineapple & Rice
Western Main	Baked Seafood with cheese sauce, sauteed french bean	Beef patty with pepper sauce, mashed potato	Pork Schnitzel with dill sauce & fried potatoes	Grilled Fish with lemon cream sauce & sauteed French bean	Chicken casserole & sauteed cabbage, carrots
Daily Fruit Selection	Banana	Papaya	Water melon	Plum	Guava

Set Lunch - Week starting 30th January 2012



	MONDAY 30th January	TUESDAY 31st January	WEDNESDAY	THURSDAY	FRIDAY
Bread	Baquette	Pita			
Salad	Pomelo & shrimp salad	Garden green & egg salad			
Soup	Yam with shrimp soup	Cream of leek & potato soup			
Asian Main	Steamed Fish with black bean sauce, rice & sauteed cabbage	Pork balls with sweet & sour sauce, Rice, sauteed bean sprouts			
Western Main	Grilled chicken breast with gravy sauce, french beans	Baked omelete with bacon, mushroom, tomato & cheese			
Daily Fruit Selection	Water melon 	Guava			