



		WESTERN	ASIAN	VEGETARIAN	DESSERT	SNACK
MONDAY	2	Beef Bolognese Pasta	Cantonese Salmon with Bok Choy	Braised Beancurd and Veggie	Orange fruit salad	Zesty Orange Cake
TUESDAY	3	Fish Blanquette with Pilaf Rice	Braised Soya Chicken with Potato and Long Bean	One Pot Pasta	Cantaloupe Salad	Cinnamon Raisin Cookies
WEDNESDAY	4	Creamy Chicken with Spinach and Pasta	Japanese Gyudon	Sunny Antipasti	Yoghurt with Pineapple	Chocolate Muffin
THURSDAY	5	Rosemary Chicken	Char Siew HK Noodle	Ratatouille with Lyonnaise Potato	Blueberry and watermelon cup	Chia Seed Chocolate Cake
FRIDAY	6	Beef Burger	Grilled Teriyaki Salmon	Soba Noodle	Crunchy Grapes	Muesli Bars
MONDAY	9	Baked seabass with lemon potato	Cantonese Chicken	Stew Ee-Fu Noodle	Fruit Jelly	White Chocolate Cookies
TUESDAY	10	Smoked BBQ Chicken with Butter Rice	Beef Oyster Sauce Ramen	Tomato Eggplant Stew with Corn rice	Yoghurt with Banana and Blueberry	Blueberry Muffin
WEDNESDAY	11	Homemade Lasagna	Marinated Grilled Salmon	Cold Ramen with Egg	Honeydew with Cranberries	Yoghurt Cake
THURSDAY	12	Beef wrap	Yakitori Chicken with Garlic Rice	Yaki Udon	Honey Yoghurt with Berry Compote	Flapjack Bars
FRIDAY	13	Chicken Alfredo Pasta	Japanese Beef Curry with Rice	Pumpkin Frittata	Seasonal Fruits cup	Apple Cake
MONDAY	16	Beef Bolognese Pasta	Cantonese Salmon with Bok Choy	Braised Beancurd and Veggie	Panna Cotta with Berry Coulis	Vanilla Muffin
TUESDAY	17	Fish Blanquette with Pilaf Rice	Braised Soya Chicken with Potato and Long Bean	One Pot Pasta	Fresh Watermelon	Fruit Cake
WEDNESDAY	18	Creamy Chicken with Spinach and Pasta	Japanese Gyudon	Sunny Antipasti	Pineapple with mint	Dark Chocolate Cookies
THURSDAY	19	Rosemary Chicken	Char Siew HK Noodle	Ratatouille with Lyonnaise Potato	Green Fruit Salad	Banana Chocolate Muffin
FRIDAY	20	Beef Burger	Grilled Teriyaki Salmon	Soba Noodle	Chia Seeds Pudding	Peach Yoghurt Cake
MONDAY	23	Baked seabass with lemon potato	Cantonese Chicken	Stew Ee-Fu Noodle	Summer Melon	Banana Cake
TUESDAY	24	Smoked BBQ Chicken with Butter Rice	Beef Oyster Sauce Ramen	Tomato Eggplant Stew with Corn rice	Yoghurt with Fresh Mango	Cranberry Cookies
WEDNESDAY	25	Homemade Lasagna	Marinated Grilled Salmon	Cold Ramen with Egg	Apple and Watermelon cup	Honey Banana Muffin
THURSDAY	26	Beef wrap	Yakitori Chicken with Garlic Rice	Yaki Udon	Tropical Fruit Salad	Grandma's Chocolate Cake
FRIDAY	27	Chicken Alfredo Pasta	Japanese Beef Curry with Rice	Pumpkin Frittata	Granola with Yoghurt	Milk Chocolate Cookies
MONDAY	30	Penne Pesto Pasta with Tuna	Steam Chicken with Black Fungus	Beetroot Pulao	Red Fruits Salad	Lemon Blueberry Yoghurt Loaf