

Nov1-4

	Monday	Tuesday	Wednesday	Thursday	Friday
Rocket Rob's Salad		Lettuce, Cherry, Tomato, Cucumber, Sweat corn, Carrot	Lettuce, Cherry, Tomato, Cucumber, Sweat corn, Carrot	Lettuce, Cherry, Tomato, Cucumber, Sweat corn, Carrot	Lettuce, Cherry, Tomato, Cucumber, Sweat corn, Carrot
Chris Cress's Menus(Asian)		Spinach and Egg Soup Beef in Oyster Sauce Bok Choy Spring Onion Pancakes	Pork & Winter Melon Soup Chicken Satay Fried Rice Bean sprouts	Mushroom & Tofu Soup Red Thai Lamb Curry Golden Mini Bun Broccoli	Vietnamese Style Pork and Noodle Soup Steamed Fish Fillet with Spring Onions Steamed Rice Dumpling Mixed Vegetables
Chris Cress's Menus(Western)		Pumpkin Soup Chicken Casserole Mashed Potatoes Sweet Beans	Cream of Mushroom Soup Grilled Duck Breast with Gravy Corn on the Cobb Carrots	Vegetable and Pasta Soup Pork and Radish Stew Steamed Potatoes with Herbed Butter Corn	French Onion Soup Meat Balls in Chunky Tomato Sauce French Fries Broccoli

Captain Iceberg's Jobs		Tuna Sandwich	Chicken Sandwich	Egg Sandwich	Cheese Sandwich
Franky's Favorites		Home made Cake	yoghurt	Home made Cake	Home made Cake

Nov 7-11

	Monday	Tuesday	Wednesday	Thursday	Friday
Rocket Rob's Salad	Lettuce, Cherry, Tomato, Cucumber, Sweet corn, Carrot	Lettuce, Cherry, Tomato, Cucumber, Sweet corn, Carrot	Lettuce, Cherry, Tomato, Cucumber, Sweet corn, Carrot	Lettuce, Cherry, Tomato, Cucumber, Sweet corn, Carrot	Lettuce, Cherry Tomato, Cucumber, Sweet corn Carrot
Chris Cress's Menus(Asian)	Chinese Mushroom Soup Beef in Oyster Sauce Steamed Asian Greens Fried Rice	Cabbage Soup Korean Braised Chicken & Potatoes Light Fried Egg Noodles Chinese Broccoli	Minced Beef Soup Malay Lamb Curry Vegetable Fried Rice Braised Eggplant	Thai noodle soup Duck with Peppers & Broccoli Vermicelli with Bean Sprouts Asian Greens	Winter melon Soup Duck and Ginge Stir Fry Glass Noodle with Vegetable Cabbage

Chris Cress's Menus(Western)	Minestone Soup Chicken Cacciatore Roast Potato Broccoli	Carrot Soup BBQ Pork Baked Potato Mash Sweet Bean	Cauliflower Soup Cottage Pie Carrots Zucchini	Beef Consommé Pan-fried Fish with Lemon Sauce Sweet Corn with Celery Mashed Sweet Potatoes	Chicken & Vegetable Consommé Beef Burger French Fries Zucchini and Corn
Captain Iceberg's Subs	Ham Sandwich	Tuna Sandwich	Chicken Sandwich	Egg Sandwich	Cheese Sandwich
Inky's Favorites	Home made Cake	Home made Cake	yoghurt	Home made Cake	Home made Cake

Nov14-18

	Monday	Tuesday	Wednesday	Thursday	Friday
ocket Rob's Salad	Lettuce, Cherry, Tomato, Cucumber, Sweet corn, Carrot	Lettuce, Cherry, Tomato, Cucumber, Sweet corn, Carrot	Lettuce, Cherry, Tomato, Cucumber, Sweet corn, Carrot	Lettuce, Cherry, Tomato, Cucumber, Sweet corn, Carrot	Lettuce, Cher Tomato, Cucumber, Sweet co Carrot
Chris Cress's Menus(Asian)	Asian Greens & Egg Soup Stir Fried Pork with Green Peppers Fried Rice Noodles Yellow Bean	Braised Beef and Noodle Soup Thai Duck Curry Winter melon Braised Cauliflower	Chicken Soup Teriyaki Chicken Stir Fry Udong Noodles Radish	Tom Yum Soup Lemongrass Chicken Fried Rice Cabbage and Black Mushroom	Bean Curd a Glass Noo Soup Sweet and S Fish Steamed As Greens

Chris Cress's Menu(Asian)	Asian Greens & Egg Soup Stir Fried Pork with Green Peppers Fried Rice Noodles Yellow Bean Sprouts	Braised Beef and Noodle Soup Thai Duck Curry Winter melon Braised Cauliflower	Chicken Soup Teriyaki Chicken Stir Fry Udong Noodles Radish	Tom Yum Soup Lemongrass Chicken Fried Rice Cabbage and Black Mushroom	Bean Curd & Glass Noodle Soup Sweet and Sour Fish Steamed Asparagus Steamed Eggplant Fish Sauce
Chris Cress's Menu(Western)	Tomato Soup Grilled Chicken with Mushroom Sauce Baked Potato Green Beans	Corn Chowder Pork Goulash Mashed Potatoes Broccoli	Potato & Leek Soup Lamb Stew Macaroni Broccoli & Cherry Tomatoes	Pumpkin & Sweet Potato Soup Roasted Pork Loin with Gravy Gratin Potatoes Carrots	Russian Soup Beef Casserole Baked Sweet Potato Zucchini
Captain Sberg's Subs	Ham sandwich	Tuna Sandwich	Chicken Sandwich	Egg Sandwich	Cheese Sandwich

Nov21-25

	Monday	Tuesday	Wednesday	Thursday	Friday
Rocket Rob's Salad	Lettuce, Cherry, Tomato, Cucumber, Sweet corn, Carrot	Lettuce, Cherry, Tomato, Cucumber, Sweet corn, Carrot	Lettuce, Cherry, Tomato, Cucumber, Sweet corn, Carrot	Lettuce, Cherry, Tomato, Cucumber, Sweet corn, Carrot	Lettuce, Cherry, Tomato, Cucumber, Sweet corn, Carrot

Rocket Red's Salad	Lettuce, Cherry, Tomato, Cucumber, Sweat corn, Carrot	Lettuce, Cherry, Tomato, Cucumber, Sweat corn, Carrot	Lettuce, Cherry, Tomato, Cucumber, Sweat corn, Carrot	Lettuce, Cherry, Tomato, Cucumber, Sweat corn, Carrot	Lettuce, Cherry, Tomato, Cucumber, Sweat corn, Carrot
Chris Cress's Menus(Asian)	Hot and Sour Chicken Soup Beef Rendang Broccoli Carrots	Corn and Egg Soup Stir-Fried Duck with Noodles and Sesame Seeds Tofu and Mushrooms Broccoli	Miso Soup Teriyaki Chicken with Leek and Pepper stir fry Spring Onion Pancake Cabbage	Sweet Potato and Corn Soup Pork Curry Chinese Broccoli Braised Eggplant	Duck Soup Home Made Fish Finger with Thai Sweet Sauce Fried Rice Chinese Greens
Chris Cress's Menus(Western)	Cream of Broccoli Soup Tandoori Chicken Baked Pumpkin Zucchini	Green Pea Soup Beef Stew Baked Mash Peas & Tomatoes	Clear Chicken Soup Pork Goulash Macaroni Celery and Tomatoes	French Onion Soup Moroccan Lamb Cous cous Broccoli	Cream of Tomato Soup Beef Burger Potato Wedges Mixed Vegetables
Captain Iceberg's Subs	Ham sandwich	Tuna Sandwich	Chicken Sandwich	Egg Sandwich	Cheese Sandwich
Inky's Favorites	Home made	Home made	yooghurt	Home made	Home made

Nov28-30

	Monday	Tuesday	Wednesday	Thursday	Friday
Rocket Rob's Salad	Lettuce, Cherry, Tomato, Cucumber, Sweat corn, Carrot	Lettuce, Cherry, Tomato, Cucumber, Sweat corn, Carrot	Lettuce, Cherry, Tomato, Cucumber, Sweat corn, Carrot		
Chris Cress's Menus(Asian)	Chicken Broth Mild Beef Curry Roti Steamed Asian Greens	Miso Soup Braised Pork with Soya Sauce Rice Cake Chinese Cabbage	Beef soup with coriander Japanese Chicken Stir Fry Broccoli Vegetable Rice		
Chris Cress's Menus(Western)	Potato & Leek Soup Pork Chilli Con Carne Mashed Potatoes Broccoli	Vegetable Consommé Chicken Skewers Cauliflower and Cherry Tomato Steamed Potatoes with Herbs	Pumpkin Soup Italian Meat Balls Buttered Pasta Zucchini		
Captain Iceberg's Subs	Ham sandwich	Tuna Sandwich	Chicken Sandwich		

Inky's Favorites

Home made
Cake

Home made
Cake

yoghurt