

Nov1-4

	Monday	Tuesday	Wednesday	Thursday	Friday
Salad Bar		Cabbage Salad, Pasta—Tomato Salad, Sausage salad	Thai Bean Curd Salad, Curry Rice Noodle Salad, Celery & Apple Salad	Beet Root Salad, German Potato Salad, Roasted Beef Salad	Carrot Salad, Couscous Salad, Thai Chicken Salad
Asian Lunch Menu		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
Western Lunch Menu		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 a Chunky Tomato Sauce French Fries Broccoli
Chinese Cook		溜鱼片 Steamed fish 榨菜香干肉丝 shredded pork with dried bean curd & pickles 油麦菜 vegetables 白菜贡丸汤 Chinese cabbage with meat ball soup	蚝油牛肉 Fried beef with oyster oil 青椒肉丝 sliced pork with green pepper 豆苗 green vegetable 番茄土豆汤 potato with tomato soup	烩海参 Braised sea cucumber 虾仁炒蛋 scrambled egg with shrimp 绿豆芽 mung bean sprout 咸肉冬瓜汤 wintermelon & salted pork soup	宫爆鸡丁 Gongbao Chicken 洋葱炒肉丝 fried pork slice with onion 青菜 bok choy 香菇鸡汤 chicken & black mushroom soup
Daily Special		<u>Jacket potato</u> With Bolognaise Sauce Sour Cream Cheese Spring Onions Curry Vegetables Available Vegetable of the day	<u>Japanese Ramen</u> Yaki Chicken Leg Soya Eggs Spinach Sprouts Seaweed	<u>Mexican Tortilla</u> Black Pepper Corned Beef Mixed Vegetable slices Salsa Cheese Lettuce	<u>Pork Chop with Light curry sauce</u> Steamed Rice with Green Peas Steamed Egg Cups
Custom Sandwich		Lettuce, Tomato, Onions, Cheese, Cucumber, Green Pepper, Egg, Bacon, Smoked beef Bread: Bread of the day	Lettuce, Tomato, Onions, Cheese, Cucumber, Green Pepper, Egg, Ham, Grilled Chicken Breast Bread: Bread of the day	Lettuce, Tomato, Onions, Cheese, Cucumber, Green Pepper, Egg, Grilled Chicken, Smoked Beef Bread: Bread of the day	Lettuce, Tomato, Onions, Cheese Cucumber, Green Pepper, Egg, Ham Turkey Breast Bread: Bread of the day
Little Italy		Margarita Pizza Or Mushroom Pizza Vegetable of the day	Cheese Pizza Or Chicken & Bacon Pizza Vegetable of the day	Margarita Pizza Or Ham and Cheese Pizza Vegetable of the day	Cheese Pizza Or Sausage Pizza Vegetable of the day
		Spaghetti or Penne Tomato and Basil (V) Or Cheese and Ham Sauce Vegetable of the d Day	Spaghetti or Shell Bolognese sauce Or Carbonara Sauce (V) Vegetable of the Day	Spaghetti or Macaroni Tomato sauce with bacon & onion Or Cheese & Mushroom Sauce (V) Vegetable of the Day	Vegetable Lasagna (V) Or Beef Lasagna Vegetable of the Day
Dessert		Home made cake	yoghurt	Home made cake	Home made cake

Nov7-11

	Monday	Tuesday	Wednesday	Thursday	Friday
Salad Bar	Lotus Root Salad, Pumpkin & Melon Salad, Ham & Vegetable Salad	Bean Curd Salad, Egg Plant Salad, Roasted Pork Salad	Lettuce Root Salad, Tuna Pasta Salad, Red Cabbage Salad	Green Bean Salad, Mustard Potato Salad, Duck Orange Salad	Carrot Salad, Couscous Salad, Thai Chicken Salad
Asian Lunch Menu	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 Ginger Stir Fry Glass Noodle with Vegetable Cabbage
Western Lunch Menu	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
Chinese Cook	红烧大排braised pork with soy sauce 花菜肉片 Fried meat slices with Cauliflower 青菜Bok Choy 酸辣汤 Hot and Sour soup	酱爆鱿鱼 Braised squid with soy sauce 莴苣肉片 Fried meat slices with lettuce 豆苗vegetables 番茄蛋汤 Tomato and Egg Soup	糖醋肋排 Sweat and Sour Pork 芹菜牛肉丝 Beef slices with celery 生菜 Lettuce 扁尖冬瓜汤 Winter Melon Soup with bamboo shoots	水果古老肉 Sweat and Sour Pork 地三鲜 (茄子、土豆、青椒) Mixed vegetables 包菜Cabbage 黄豆猪爪汤Pork feet with Beans soup	炒蹄筋 Fried tendon 炖蛋Steamed egg 杭白菜Chinese Green 扁尖老鸭汤Duck Soup with bamboo shoots
Daily Special	<u>Meat Ball with Tomato Sauce</u> Spinach paella	<u>Sushi Plate</u>	<u>Chinese Noodle Soup</u> Braised Pork Chop Soya Egg Bok Choy Vegetarian Option Available	<u>Roasted Pork Loim</u> with Gravy Mixed Vegetables Baked New Potatoes	<u>Jacket potato</u> With Bolognese Sauce Sour Cream Cheese Spring Onions
Custom Sandwich	Lettuce, Tomato, Onions, Cheese, Cucumber, Green Pepper, Egg, Ham, Tuna Bread: Bread of the day	Lettuce, Tomato, Onions, Cheese, Cucumber, Green Pepper, Egg, Bacon, Smoked beef Bread: Bread of the day	Lettuce, Tomato, Onions, Cheese, Cucumber, Green Pepper, Egg, Ham, Grilled Chicken Breast Bread: Bread of the day	Lettuce, Tomato, Onions, Cheese, Cucumber, Green Pepper, Egg, Grilled Chicken, Smoked Beef Bread: Bread of the day	Lettuce, Tomato, Onions, Cheese, Cucumber, Green Pepper, Egg, Ham, Turkey Breast Bread: Bread of the day
Little Italy	Cheese Pizza Or Bacon and Cheese Pizza Vegetable of the day	Margarita Pizza Or Pepperoni Pizza Vegetable of the day	Cheese Pizza Or BBQ Chicken & Bacon Pizza Vegetable of the day	Margarita Pizza Or Tuna Pizza Vegetable of the day	Cheese Pizza Or Hawaiian Pizza Vegetable of the day
	Spaghetti or Penne Cheese Sauce (V) Or Bolognese Sauce Vegetable of the Day	Spaghetti or Shell Carbonara Sauce Or Cheese Tomato & Mushroom Pasta Bake (V) Vegetable of the Day	Spaghetti or Penne Tomato sauce with bacon & onion Or Cheese Sauce (V) Vegetable of the Day	Spaghetti or Shell Bolognese Sauce Or Cheese and Mushroom (V) Vegetable of the Day	Vegetable Lasagna (V) Or Beef Lasagna Vegetable of the Day

	Home made cake	Home made cake	yoghurt	Home made cake	Home made cake
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Nov14-18

	Monday	Tuesday	Wednesday		
Salad Bar	Lotus Root Salad, Pumpkin & Melon Salad, Ham & Vegetable Salad	Bean Curd Salad, Egg Plant Salad, Roasted Pork Salad	Lettuce Root Salad, Tuna Pasta Salad, Red Cabbage Salad	Green Bean Salad, Mustard Potato Salad, Duck Orange Salad	Cauliflower & Bacon Salad, Thai Rice Noodle Salad, Crab Salad
Asian Lunch Menu	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 and Glass Noodle Soup Sweet and Sour Fish Steamed Asian Greens Steamed Eggplant in Fish Sauce
Western Lunch Menu	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
Chinese Cook	溜鱼片 Steamed fish 白菜肉丝 meet shreds with Chinese cabbage 菠菜spinach 酸辣汤 Hot and Sour soup	洋葱炒鳝丝 Fried eels with onion 肉末茄子 fried eggplant with mince pork 杭白菜 Chinese Green 黄豆猪手汤 Pork feet with Beans soup	白灼基围虾 Steamed shrimp 麻婆豆腐 Mapo tofu 青菜 Bok Choy 紫菜蛋汤 egg with sea moss soup	香菇蒸鸡 Braised chicken With dried mushroom 蒜苗 肉丝 Meat slices with garlic 黄豆芽油豆腐 tofuf with bean sprouts 榨菜肉丝汤 shredded pork with Chinese pickles	水果古老肉 Sweet and Sour Pork 鱼香肉丝 shredded pork with garlic sauce 金花菜 Chinese Green 扁尖冬瓜汤 Chinese winter with bamboo shoot soup
Daily Special	<u>Jacket potato</u> With Beef Chili con carne Sour Cream Cheese Spring Onions Vegetable of the day	Stone Pot bi bimbab Chicken and Vegetables	<u>Japanese Ramen</u> Braised Pork slices Soya Eggs Spinach Sprouts Seaweed Noodles Vegetarian Option	<u>Mexican Tortilla</u> Roasted Chicken Breast Mixed Vegetable slices Salsa Cheese Lettuce	<u>Fish Fillet with Green Curry Sauce</u> Yellow Rice Roti
Custom Sandwich	Lettuce, Tomato, Onions, Cheese, Cucumber, Green Pepper, Egg, Ham, Tuna Bread: Bread of the day	Lettuce, Tomato, Onions, Cheese, Cucumber, Green Pepper, Egg, Bacon, Smoked beef Bread: Bread of the day	Lettuce, Tomato, Onions, Cheese, Cucumber, Green Pepper, Egg, Ham, Grilled Chicken Breast Bread: Bread of the day	Lettuce, Tomato, Onions, Cheese, Cucumber, Green Pepper, Egg, Grilled Chicken, Smoked Beef Bread: Bread of the day	Lettuce, Tomato, Onions, Cheese Cucumber, Green Pepper, Egg, Ham Turkey Breast Bread: Bread of the day
Little Italy	Cheese Pizza Or Hawaiian Pizza Vegetable of the day	Margarita Pizza Or Capricciosa Pizza Vegetable of the day	Cheese Pizza Or BBQ Chicken Pizza Vegetable of the day	Margarita Pizza Or Pepperoni Pizza Vegetable of the day	Cheese Pizza Or Pizza Scilla Vegetable of the day
	Spaghetti or Shell Bolognese sauce Or Macaroni Cheese Pasta Bake (V)	Spaghetti or Penne Caponata sauce (V) Or	Spaghetti or Spiral Bolognese sauce Or Cheese Sauce Sauce (V)	Spaghetti or Shell with Tomato, bacon & onion Sauce	Vegetable Lasagna (V) Or Beef Lasagna

	Spaghetti or Shell Bolognese sauce Or Macaroni Cheese Pasta Bake (V) Vegetable of the Day	Spaghetti or Penne Caponata sauce (V) Or Tuna and Olive Sauce Vegetable of the Day	Spaghetti or Spiral Bolognese sauce Or Cheese Sauce Sauce (V) Vegetable of the Day	Spaghetti or Shell with Tomato, bacon & onion Sauce Arrabiata sauce (V) Vegetable of the day	Vegetable Lasagna (V) Or Beef Lasagna Vegetable of the day
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Nov21-25

	Monday				
Salad Bar	Coleslaw, Potato Salad, Smoked Chicken Salad	Cabbage Salad, Pasta—Tomato Salad, Sausage Salad	Thai Bean curd Salad, Curry Rice Noodle Salad, Celery & Apple Salad	Beet Root Salad, German Potato Salad, Roasted Beef Salad	Carrot Salad, Couscous Salad, Thai Chicken Salad
Asian Lunch Menu	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
Western Lunch Menu	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
Chinese Cook	溜鱼片 Steamed fish 白菜肉丝 meet shreds with Chinese cabbage 菠菜spinach 酸辣汤 Hot and Sour soup	洋葱炒鳝丝 Fried eels with onion 肉末茄子fried eggplant with mince pork 杭白菜Chinese Green 黄豆猪手汤Pork feet with Beans soup	白灼基围虾 Steamed shrimp 麻婆豆腐 Mapo tofu 青菜 Bok Choy 紫菜蛋汤egg with sea moss soup	香菇蒸鸡 Braised chicken With dried mushroom蒜苗肉丝Meat slices with garlic 黄豆芽油豆腐tofu with bean sprouts 榨菜肉丝汤shredded pork with Chinese pickles	水果古老肉 Sweat and Sour Pork 鱼香肉丝shredded pork with garlic sauce 金花菜Chinese Green 扁尖冬瓜汤Chinese winter with bamboo shoot soup
Daily Special	<u>Jacket potato</u> With Beef Chili con carne Sour Cream Cheese Spring Onions Vegetable of the day	Stone Pot bi bimbab Chicken and Vegetables	<u>Japanese Ramen</u> Braised Pork slices Soya Eggs Spinach Sprouts Seaweed Noodles Vegetarian Option	<u>Mexican Tortilla</u> Roasted Chicken Breast Mixed Vegetable slices Salsa Cheese Lettuce	<u>Fish Fillet with Green Curry Sauce</u> Yellow Rice Roti
Custom Sandwich	Lettuce, Tomato, Onions, Cheese, Cucumber, Green Pepper, Egg, smoked Chicken, Bacon Bread: Bread of the day	Lettuce, Tomato, Onions, Cheese, Cucumber, Green Pepper, Egg, Ham, Tuna Mix Bread: Bread of the day	Lettuce, Tomato, Onions, Cheese, Cucumber, Green Pepper, Egg, Ham, Grilled Chicken Breast Bread: Bread of the day	Lettuce, Tomato, Onions, Cheese, Cucumber, Green Pepper, Egg, Grilled Chicken, Smoked Beef Bread: Bread of the day	Lettuce, Tomato, Onions, Cheese Cucumber, Green Pepper, Egg, Ham Turkey Breast Bread: Bread of the day
Little Italy	Cheese Pizza Or Hawaiian Pizza Vegetable of the day	Margarita Pizza Or Capricciosa Pizza Vegetable of the day	Cheese Pizza Or BBQ Chicken Pizza Vegetable of the day	Margarita Pizza Or Pepperoni Pizza Vegetable of the day	Cheese Pizza Or Pizza Scilla Vegetable of the day

	Spaghetti or Shell Bolognese sauce Or Macaroni Cheese Pasta Bake (V) Vegetable of the Day	Spaghetti or Penne Caponata sauce (V) Or Tuna and Olive Sauce Vegetable of the Day	Spaghetti or Spiral Bolognese sauce Or Cheese Sauce Sauce (V) Vegetable of the Day	Spaghetti or Shell with Tomato, bacon & onion Sauce Arrabiata sauce (V) Vegetable of the day	Vegetable Lasagna (V) Or Beef Lasagna Vegetable of the day
Dessert	Home made cake	Home made cake	yoghurt	Home made cake	Home made cake

Nov28-30

	Monday				
Salad Bar	Lotus Root Salad, Pumpkin & Melon Salad, Ham & Vegetable Salad	Bean Curd Salad, Egg Plant Salad, Roasted Pork Salad	Lettuce Root Salad, Tuna Pasta Salad, Red Cabbage Salad		
Asian Lunch Menu	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		
Western Lunch Menu	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		
Chinese Dish	红烧狮子头braised meat ball with soy sauce 肉末粉丝sauteed meat & vermicelli 红烧冬瓜 braised Chinese wintermelon 扁尖老鸭汤duck with bamboo shoot soup	溜鱼片Steamed fish 榨菜香干肉丝shredded pork with dried bean curd & pickles 油麦菜vegetables 白菜贡丸汤Chinese cabbage with meat ball soup	蚝油牛肉Fried beef with oyster oil 青椒肉丝 sliced pork with green pepper 豆苗green vegetable 番茄土豆汤potato with tomato soup		
Daily Special	Traditional Duck Leg Sesame Rice Lettuce Root	Jacket potato With Bolognese Sauce Sour Cream Cheese Spring Onions Curry Vegetables Available Vegetable of the day	Japanese Ramen Yaki Chicken Leg Soya Eggs Spinach Sprouts Seaweed		
Custom Sandwich	Lettuce, Tomato, Onions, Cheese, Cucumber, Green Pepper, Egg, smoked Chicken, Bacon Bread: Bread of the day	Lettuce, Tomato, Onions, Cheese, Cucumber, Green Pepper, Egg, Ham, Tuna Mix Bread: Bread of the day	Lettuce, Tomato, Onions, Cheese, Cucumber, Green Pepper, Egg, Ham, Grilled Chicken Breast Bread: Bread of the day		

Little Italy	Cheese Pizza Or Nizzarda Pizza Vegetable of the day	Margarita Pizza Or Mushroom Pizza Vegetable of the day	Cheese Pizza Or Chicken & Bacon Pizza Vegetable of the day		
	Spaghetti Bolognese sauce Or Macaroni Cheese and Pasta Bake(V) Vegetable of the Day	Spaghetti or Penne Tomato and Basil (V) Or Cheese and Ham Sauce Vegetable of the d Day	Spaghetti or Shell Bolognese sauce Or Carbonara Sauce (V) Vegetable of the Day		
Dessert	Home made cake	Home made cake	yoghurt		