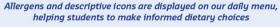


	Monday	Tuesday	Wednesday	Thursday	01/11 Friday India – Ethnic Gourmet
Meal A					Chole Curry with Pasta (Vegetarian)
Meal B					Tandoori Fish with Potatoes
Meal C					Chicken Makhani with Rice
Chef Special					Biryani
Daily Vegetable					Broccoli + Carrot



























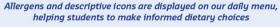






	04/11 Monday	05/11 Tuesday	06/11 Wednesday	07/11 Thursday	08/11 Friday
Meal A	Vegetable Roll in Tomato Sauce w/Rice (Vegan)	Country Style Braised Tofu with Rice (Vegetarian)	Onion & Spinach Frittata w/ Roasted Potatoes (Vegetarian)	Chunky Vegetable & Red Kidney Bean with Rice (Vegan)	Primary 3WC
Meal B	Broccoli & Cheese Courgettes with Pasta (Vegetarian)	Garlic Chicken with Mashed Potato	La Reine Pizza (Ham, Mozzarella & Mushroom)	Chicken Arrabiata with Pasta	& Secondary EOTC
Meal C	Lemon Rosemary Chicken with Roasted Potato	Thai Steamed Fish with Rice	Grilled Chicken in Tomato Sauce with Brown Rice	Roasted Pork Loin with Onion Gravy & Sweet Potato	<u>Lunch for</u> <u>Staff only</u>
Chef Special	Scramble Egg with Tomato & Beef with Brown Rice	Grilled Pork Chop with Black Pepper Sauce with Rice	Pork Chop with Black Vinegar Sauce With Rice	Tandoori Chicken with Brown Rice	A: Braised Tofu with Rice (V) B: Thai Style
Daily Vegetable	Cabbage + Corn	Cauliflower + Corn	Peking Cabbage + Green Beans	Zucchini + Shiitake Mushroom	curry Chicken with Rice

































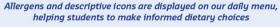






	11/11 Monday	12/11 Tuesday	13/11 Wednesday	14/11 Thursday	15/11 Friday
Meal A	Moroccan Chickpea Stew with Couscous (Vegan)	Veggie Moussaka (Vegetarian)	Steamed Egg & Mushroom with Rice (Vegetarian)	Taiwanese Vegetarian Mince & Eggplant with Rice (Vegan)	Ma-Po Tofu with Brown Rice (Vegetarian)
Meal B	Steamed Egg & Mushroom with Brown Rice (Vegetarian)	Tandoori Chicken with Brown Rice	Mushroom & Ham Pizza	Garlic Chicken with Herb Potatoes	Tomato Basil Chicken with Pasta
Meal C	Pork Goulash with Pasta	Stir Fried Long Beans & Minced Pork with Rice	Chicken Kebab with Turmeric Rice	Chinese Steamed Fish with Black Bean Sauce & Rice	Sweet & Sour Pork with Brown Rice
Chef Special	Panang Chicken Curry with Rice	Nasi Goreng	Pork Stroganoff with Mash	Stir Fried Pork Loin with Zucchini & Fungus with Rice	Mediterranean Beef Fusilli
Daily Vegetable	Cabbage + Corn	Cauliflower + Corn	Peking Cabbage + Green Beans	Zucchini + Shiitake Mushroom	Broccoli + Carrot

































	18/11 Monday	19/11 Tuesday	20/11 Wednesday Sichuan – Taste Of China	21/11 Thursday	22/11 Friday
Meal A	Garlic Herb Broccoli Zucchini Pasta (Vegan)	Mushroom & Onion Frittata with Pasta (Vegetarian)	Neapolitan Margherita Pizza (Vegetarian)	Vegetable Roll in Fresh Tomato Sauce with Pasta (Vegan)	Braised Glass Noodles with Egg & Assorted Veg with Rice (Vegetarian)
Meal B	Vegetarian Enchiladas with Herb Potatoes (Vegetarian)	Japanese Curry Chicken with Brown Rice	Chicken Cacciatore with Brown Rice	Honey Glazed BBQ Pork with Rice	Pan Fried Fish with Herbed Crust & Steamed Parsley Potatoes
Meal C	Chicken Chop Suey with Brown Rice	Baked Fish with Tomato Salsa with Potato	Apple Sage Pork Loin with Roasted Potato	Braised Beef Brisket & Radish with Rice	Pork Chop with Black Vinegar Sauce With Rice
Chef Special	Beef Stroganoff Pasta	Salt & Pepper Pork Chop with Rice	Sichuan Twice-cooked Pork Sliced with Rice (Spicy)	Orange Teriyaki Pork with Rice	Duck Breast a L'Orange with Oven Roasted Potatoes
Daily Vegetable	Cabbage + Corn	Cauliflower + Corn	Peking Cabbage + Green Beans	Zucchini + Shiitake Mushroom	Broccoli + Carrot

































	25/11 Monday	26/11 Tuesday	27/11 Wednesday	28/11 Thursday	29/11 Friday
Meal A	Cauliflowers & Beans Curry with Rice (Vegan)	Lo Hon Vegetables with Brown Rice (Vegetarian)	Teriyaki Tofu with Brown Rice (Vegetarian)	Green Bean Cassorle with Pasta (Vegan)	Braised Tofu & Mushroom with Vegetable Rice (Vegetarian)
Meal B	Spinach & Cheese Omelette with Roasted Potatoes (Vegetarian)	Taiwanese Braised Minced Pork & Egg with Rice	BBQ Chicken Pizza	Pork & Pumpkin Stew with Rice	Sweet and Sour Fish with Corn Rice
Meal C	Vietnamese Lemongrass Pork Chop with Rice	Rosemary & Garlic Chicken Potato	Mushroom & Onion Frittata with French Fries	Grilled Thyme Chicken with Rice	Butter Chicken with Roasted Potatoes
Chef Special	Beef Lasagna	Fish Paella	Banger & Mash	Beef Shepherd's Pie	Mushroom Chicken Spaghetti Carbonara
Daily Vegetable	Cabbage + Corn	Cauliflower + Corn	Peking Cabbage + Green Beans	Zucchini + Shiitake Mushroom	Broccoli + Carrot



