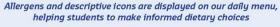


	Monday	Tuesday	Wednesday	Thursday	01/11 Friday India – Ethnic Gourmet
Meal A					Chole Curry with Pasta (Vegetarian)
Meal B					Tandoori Fish with Potatoes
Carving					N/A
Chef Special					Biryani
Daily Vegetable					Broccoli + Carrot



























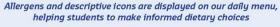






	04/11 Monday	05/11 Tuesday	06/11 Wednesday	07/11 Thursday	08/11 Friday
Meal A	Vegetable Roll in Tomato Sauce w/Rice (Vegan)	Country Style Braised Tofu with Rice (Vegetarian)	Onion & Spinach Frittata w/ Roasted Potatoes (Vegetarian)	Chunky Vegetable & Red Kidney Bean with Rice (Vegan)	Primary 3WC
Meal B	Broccoli & Cheese Courgettes with Pasta (Vegetarian)	Garlic Chicken with Mashed Potato	La Reine Pizza (Ham, Mozzarella & Mushroom)	Chicken Arrabiata with Pasta	& Secondary EOTC
Carving	Nacho Cheese Beef Wrap	Chicken Rolls Stuffed with Vegetables	BBQ Pork Ribs with Potatoes	Chilli Con Carne Hot Dog	<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 curry Chicken with Rice
Daily Vegetable	Cabbage + Corn	Cauliflower + Corn	Peking Cabbage + Green Beans	Zucchini + Shiitake Mushroom	





























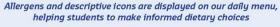






	11/11 Monday	12/11 Tuesday	13/11 Wednesday	14/11 Thursday	15/11 Friday
Meal A	Moroccan Chickpea Stew with Couscous (Vegan)	Veggie Moussaka (Vegetarian)	Steamed Egg & Mushroom with Rice (Vegetarian)	Taiwanese Vegetarian Mince & Eggplant with Rice (Vegan)	Ma-Po Tofu with Brown Rice (Vegetarian)
Meal B	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
Carving	Roasted Sirloin Steak with Potatoes	Chicken Cordon Bleu with Mash	Pan Seared Duck Breast with Balsamic Dressing	Japanese Omelette Rice	N/A
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































## NOV 18th to 22nd Secondary School Weekly Menu



	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
Carving	Mushroom Cheese Stuffed Pork Belly	Beef and Potato Pie	Apple Sage Pork Loin with Roasted Potato	Roasted Spring Chicken	N/A
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
Carving	Hainanese Chicken Rice	Texas Roasted Beef w/Coleslaw	Baked Salmon with Couscous	Slow-roasted Turkey with Potatoes	N/A
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



