

Week day Date	Monday 28/10/19	Tuesday 29/10/19	Wednesday 30/10/19	Thursday 31/10/19	Friday 01/11/19
Snack	Steamed bun	Sultana roll	Pancake	Sausage roll	Cereal
Drink	Fresh milk	Fresh milk	Fresh milk	Fresh milk	Fresh milk
Salad	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
Main Western	Marinated fish	Grilled pork with BBQ sauce	Pasta chicken sauce	Chicken stroganoff	Fried chicken burger
Main Western	Chicken chabonnade	Fried fish with lemon mayonnaise	Seafood thermidor	Grilled fish with spinach pesto	Seafood au gratin
Vegetables	Broccoli & cherry tomato	Roast vegetable	Baby corn, carrots & french beans	Pumpkin with butter	Mixed vegetable
Potatoes	Potatoes with cheese	Maxim potatoes	Baked potatoes	Mashed potatoes	French fries
Main Thai	Hong Kong pork	Chicken teriyaki	Panang pork (Panang moo)	Red pork with rice (Khao moo daeng)	Spicy pork salad (Larb moo)
Soup	Clear soup with ivy gourd	Miso soup	Clear soup with eggs	Chicken tom yum	Clear soup with melon
Noodles	Noodle soup with brasied pork	Noodle soup with chicken	Udon	Yenta fo	Noodle in thick gravy (Lard na)
Fruits	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit