Discovery College

April 2019

Share your thoughts

	Monday	Tuesday	Wednesday	Thursday	Friday
	01/04	02/04	03/04	04/04	05/04
Hot Dish A	Chicken & Sweetcorn Pie	Lemongrass Pork Chop w/Roasted Potato	Hawaiian Pineapple & Ham Pizza	Roast Chicken Breast w/ Orange & Tarragon Sauce w/Red rice	
B	Spaghetti Bolognaise	Steamed Fish with Spring Onion & Soy Sauce w/Rice	Chicken & Mushroom Sauce w/Rice	Swedish Style Meatballs w/ Mashed Potato	PUBLIC HOLIDAY Ching Ming Festival
C	Thai Coconut & Lentil Curry w/Rice	Mixed Vegetable Chili w/Rice	Vegetable Udon (Less Oil)	Vegetarian Mapo Tofu w/Rice	
	SUPER Green Monday 08/04	SUPER GREEN MONDAY - 08/04	09/04	10/04	11/04	12/04
Hot Dish A	Cauliflower & Green Peas Patties	Kung-Po Chicken (no nuts) w/Rice	Chicken & Sweetcorn Pizza	Herb Roasted Pork Loin w/Steamed potato	
B	Moroccan Lentil Stuffed Eggplant w/Steamed potato	Honey Glazed BBQ Pork w/Rice	Taiwanese Style Minced Pork w/Rice	Kung-Po Chicken (no nuts) w/Rice	School Half Day
C	Vegetarian Pho	Vegetable Roll (Strudel) w/Rice	Vegetarian Ma-Po Tofu w/Brown rice	Stir Fried Veg in Sauce on Rice Noodles (Less Oil)	

EAT MORE — There foods should form the basis of your diet. So fill up on them.

EAT MODERATELY — Best eaten in moderation. These food are still important for a balanced diet.

EAT LESS — Don't have too much of these. Just treat ourselves every so often.

green monday

Chartwells

Discovery College

April - May 2019

Share your thoughts

	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Dish A			School Holiday 15/04 – 26/04		
B					
C					

	29/04	30/04	01/05	02/05	03/05
Hot Dish A	Sausage and Bean Cassoulet w/Mashed Potato	Teriyaki Chicken w/Brown rice	PUBLIC HOLIDAY Labour Day	German Style Meatloaf w/Mashed Potato	Pork Goulash w/Rice
B	Italian Chicken Cacciatora (Skinless) w/Rice	Baked Fish Fillet with Tomato & Herb Crust w/Rice		Lemon Chicken w/ Rice	Chicken & Sweetcorn Pie
C	Vegetable Paella	Vegetable Biriyani w/Rice		Vegetable Chilli w/ Rice	Spanish Tortilla (Omelette)

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May 2019

Share your thoughts

	Green Monday	Tuesday	Wednesday	Thursday	Friday
	06/05	07/05	08/05	09/05	10/05
Hot Dish A	Veg Chilli Con Carne w/Rice	Pork Goulash w/Rice	Chicken & Roast Pepper Pizza	Herb Roast Chicken w/ Tomato Sauce w/Rice	
B	Zucchini & Tomato Pasta Bake	Fish Fillet in Sweet Corn Sauce w/Rice	Scrambled Egg & Beef Mince w/Rice	Pork Fried Rice and Vegetables	School Holiday
C	Veg Tomato Egg Fried Rice (Less Oil)	Three Bean Chilli w/Rice	Lentil Cottage Pie	Mixed Pepper Lasagne	
	13/05	14/05	15/05	16/05	17/05
Hot Dish A		Roasted Chicken & Bell Peppers with Baked Potatoes	Hawaiian Pineapple & Ham Pizza	Stir-Fried Chicken w/ Zucchini & Black Fungus w/Rice	Cajun Style Roasted Chicken Legs & Potato
B	PUBLIC HOLIDAY Day following Buddha's Birthday	Sweet & Sour Pork w/Rice	Panang Chicken Curry with Brown Rice	Boston Style Roast Pork w/Roasted potato	Baked Pork Chop w/Tomato Sauce & Pasta
C		Roast Med Veg with Cous Cous	Braised Tofu in Taiwanese Style with Rice	Stewed Tomato & Chickpea Chilli w/Rice	Sweet Potato and Bean Stew w/Red rice

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green monday Chartwells

Discovery College

May 2019

Share your thoughts

	Monday	Tuesday	Wednesday	Thursday	Friday
	20/05	21/05	22/05	23/05	24/05
Hot Dish A	Bangers & Mash	Southern Fried Chicken	BBQ Chicken Pizza	Braised Pumpkin & Pork w/Rice	Chicken Stroganoff w/Rice
B	Grilled Fish w/ Lemon & Caper Butter w/Steamed potato	Shanghai Style Meatball w/Red Rice	Lemon Grass Pork Chop w/Red rice	Honey Soy Chicken w/Rice	Stir Fried Beef with Supreme Sauce & Rice
C	Vegetable Paella	Ratatouille Pasta Bake	Vegetable Strudel	Cumin Stewed Chickpeas & Diced Vegetables w/Red rice	Stir-fried Chinese Veg with Tofu w/Rice
	Green Monday 27/05	28/05	29/05	30/05	31/05
Hot Dish A	Spaghetti with Cherry Tomato	Pork Chop w/ Pepper Sauce w/Red rice	Tomato Basil Chicken Pizza	BLT Pasta Bake	Italian Meatballs w/rice
B	Chinese Style Steamed Egg w/Rice	Buffalo Chicken w/Mashed Potato	Stir-Fried Chicken w/Celery & Carrot	Japanese Chicken Curry w/Rice	Lemongrass Pork Chop w/Rice
C	Mushroom, Puff Pastry Slice	Vegetable Udon (Less Oil)	Spanish Tortilla (Omelette)	Spinach Lasagne	Braised Vermicelli w/ Tofu & Vegetables

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green monday

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Discovery College

June 2019: Junior Menu

Share your thoughts

	Monday	Tuesday	Wednesday	Thursday	Friday
	03/06	04/06	05/06	06/06	07/06
Hot Dish A	Penne Bolognaise Bake w/ Mozzarella	Baked Fish w/ Lemon & Herb Breadcrumbs w/Roasted potato	Margherita Pizza	Beef & Barley Stew w/Rice	
B	Cumin and Tomato Chicken Tagine w/Steamed potato	Stir-Fried Lai Fan Noodles w/Chicken & Veg	Chicken in Creamy Pesto Sauce w/Rice	Steamed Chicken with Mushroom & Fungus with Red Rice	PUBLIC HOLIDAY Dragon Boat Festival
C	Mushroom Stroganoff w/Rice	Vegetarian Pad Thai	Eggplant Parmigiana w/Red rice	Vegetable Bake w/ Cheesy Topping w/Steamed potato	
	Green Monday 10/06	11/06	12/06	13/06	14/06
Hot Dish A	Tomato & Cheese Pasta Bake	Fish in Duglere Sauce w/Steamed potato	Ham & Sweetcorn Pizza	Pork Cutlet with Mild Curry Sauce w/ Red rice	Baked Honey Mustard Pork Chop with Parsley Potato
B	Vegetable Lo Han Style w/Rice	Teriyaki Beef w/Rice	Roasted Lemon Thyme Chicken w/steamed potato	Stir Fried Chicken in Fresh Tomato w/Rice	Chicken & Potato in Oyster Sauce w/Mixed Grain Rice
C	Mushroom & Onion Quiche	Chickpea Chilli w/Rice	Vegetable Enchiladas	Vegetable Udon with Egg Tofu & Rice (Less Oil)	Mushroom Stroganoff w/Rice

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green monday

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Discovery College

June 2019: Junior Menu

Share your thoughts

	Monday	Tuesday	Wednesday	Thursday	Friday
	17/06	18/06	19/06	20/06	21/06
Hot Dish A	Oven Roasted Chicken w/Steamed potato	Beef Burritos	Americano Pizza	Chicken & Mushroom Quiche	Spaghetti Bolognaise
B	Roast Pork Loin w/ Gravy & Red Rice	Tandoori Chicken w/Rice	Steamed Fish with Spring Onion & Soy Sauce w/Rice	Swedish Style Meatballs w/ Mashed Potato	Honey Soy Chicken with Rice
C	Baked Tofu w/ Sweet & Sour Sauce w/Rice	Vegetarian Moussaka	Vegetable & Cheese Frittata	Vegetable Udon (Less Oil)	Cauliflower & Sweet Peas Fritters
	Green Monday				
	24/06	25/06	26/06	27/06	28/06
Hot Dish A	Japanese Grilled Eggplant & Assorted Veg	Malaysian Fish Curry w/Rice	Pepperoni Pizza	Roasted Tomato & Basil Chicken w/Steamed potato	
B	Baked Cheese & Broccoli Pasta	Sweet & Sour Pork w/Red rice	Portuguese Chicken (Chinese Style) w/rice	Glazed Pork Chop w/Rice	Last Day of School
C	Bean Masala w/Rice	Lentil & Vegetable Cottage Pie	Braised Vegetables Lo Hon Style w/Rice	Stewed Tomato & Chickpea Chilli w/Rice	

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