



Share your thoughts



	Monday	Tuesday 03/01	Wednesday EAT GLOBAL 04/01	Thursday 05/01	Friday 06/01
Hot Dish		Chicken with Salsa Verde & Steamed Potato	Braised Chicken Potato Korean Style with Rice	Chicken Casserole with Sautéed Potato	Teriyaki Chicken & Rice
A					
B		Steamed Egg & Minced Pork with Brown Rice	Pork Bulgogi with Rice	Steamed Fish with Spring Onion Soy & Red Rice	Sausage Roll
C		Tomato & Cheese Pasta Bake	Hobak Buchimgae with Rice	Vegetarian Quiche	Braised Enoki Mushroom Tofu & Rice
Salad		Cucumber Salad	Asian Coleslaw	Garden Greens	Celery & Apple Salad
Fruit		Fresh Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad
Drink		Low Sugar Soya Milk	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice
Hot Dish	Green Monday Aubergine Parmigiana	10/01 Pork Stew & Rice	11/01 LA Reine Pizza (Ham, Mozzarella, Mushroom)	12/01 Beef Stroganoff with Linguine	13/01 Pork Loin Onion Sauce with Sautéed Potato
A					
B	Vegetarian Egg Fried Rice	Japanese Sushi	Honey Soy Chicken with Red Rice	Stir Fried Green Bean with Minced Pork with Rice	Stir Fried Chicken & Celery with Rice
C	Tomato & Cheese Sandwich	Creamy Mushroom Pasta	Braised Vegetable Lo Hon Style with Red Rice	Taiwanese Style Tofu & Rice	Vegetarian Lasagne
Salad	Egg Salad	Cherry Tomato Salad	Sweet Corn Salad	Potato Salad	Broccoli Salad
Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad
Drink	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice
Hot Dish	16/01 Chicken Casserole with Pasta	17/01 Roasted Lemon Thyme Chicken with Mash	18/01 Pepperoni Pizza	19/01 Italian Style Meatballs with Tomato Sauce & Pasta	20/01 Beef Stew with Mashed Potato
A					
B	Ham & Cheese Sandwich	Pork Goulash with Rice	Steamed Chicken with Mushroom & Fungus & Rice	Shanghai Fried Noodle	Steamed Sole in Pumpkin Sauce with Rice
C	Vegetable Lo Han Style with Rice	Roasted Zucchini Frittata with Rice	Vegetable Ratatouille with Pasta	Stir Fried Zucchini & Mixed Mushroom with Brown Rice	Braised Marrow with Glass Noodle with Rice
Salad	Garden Greens	Grated Carrot & Raisin	Apple Waldorf Salad	Tuna Nicoise Salad	Pasta Salad
Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad
Drink	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice



Monday
23/01

Tuesday
24/01

Wednesday
CNY
25/01

Thursday
26/01

Friday
27/01

Hot Dish
A
B
C
Salad
Fruit
Drink



Tuna Salad Sandwich

Chicken, Tomato & Mozzarella Pasta Bake

Pineapple Sweet & Sour Pork with Red Rice

Teriyaki Pork with Rice

Shanghai Style Pork Chop with Black Vinegar Sauce & Rice

Steamed Chicken with Chinese Mushroom & Red Rice

Chinese Lunar New Year Holidays

Chinese Lunar New Year Holidays

Stir-Fried Udon with Assorted Veg (Less Oil)

Baked Marinated Tofu with Rice

Braised Mushroom & over Chinese Lettuce & Red Rice

Egg Salad

Broccoli Salad

Tuna Nicoise Salad

Mixed Fruit Salad

Fresh Fruit

Mixed Fruit Salad

100% Fruit Juice

Low Sugar Soya Milk

100% Fruit Juice

Green Monday

07/02

08/02

09/02

10/02

Hot Dish
A
B
C
Salad
Fruit
Drink

Vegetarian Lasagne

BBQ Chicken Leg with Rice

Tuna & Sweet Corn Pizza

Braised Pork with Potato & Rice

Spaghetti Bolognaise with Garlic Bread

Scramble Egg with Tomato & Rice

Japanese Sushi

Japanese Ginger Pork Sauté with Brown Rice

Steamed Fish with Ginger & Spring Onion & Rice

Chicken Salad Sandwich

Broccoli & Cauliflower Cheese Bake & Pasta

Vegetable Balti with Rice

Creamy Vegetables Bake with Breadcrumb Topping

Teriyaki Tofu & Red Rice

Braised Winter Melon & Enoki Mushroom with Egg White & Rice

Potato Salad

Roasted Vegetables

Grated Carrot & Raisin

Garden Green Salad

Celery & Apple Salad

Mixed Fruit Salad

Fresh Fruit

Mixed Fruit Salad

Fresh Fruit

Mixed Fruit Salad

100% Fruit Juice

Low Sugar Soya Milk

100% Fruit Juice

Low Sugar Soya Milk

100% Fruit Juice

13/02

14/02

15/02

16/02

17/02

Hot Dish
A
B
C
Salad
Fruit
Drink

Sausage & Bean Cassoulet & Mash

Beef Burger & Baked Potato Wedge

Pork Chop with Mixed Bean Salsa with Rice

Seafood Paella

Pork Chop with Grilled Pineapple & Potato Cubes

Japanese Style Scrambled Egg with Chicken & Rice

Braised Pork with Pumpkin & Mixed Grain Rice

Chicken in Oyster Sauce with Rice

Chinese BBQ Pork with Rice

Tuna Salad Sandwich

Creamy Mushroom with Pasta

Fried Udon with Vegetables (Less Oil)

Margherita Pizza

Mediterranean Vegetable Frittata

Barley Sage & Pumpkin Baked with Parsley Steamed Potato

Sweet Corn Salad

Cherry Tomato Salad

Garden Green Salad

Roasted Pumpkin Salad

Cucumber Salad

Mixed Fruit Salad

Fresh Fruit

Mixed Fruit Salad

Fresh Fruit

Mixed Fruit Salad

100% Fruit Juice

Low Sugar Soya Milk

100% Fruit Juice

Low Sugar Soya Milk

100% Fruit Juice

EAT MORE

These foods should form the basis of your diet. So fill up on them.

EAT MODERATELY

Best eaten in moderation. These foods are still important for a balanced diet.

EAT LESS

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





	Monday 20/02	Tuesday 21/02	Wednesday 22/02	Thursday 23/02	Friday 24/02
Hot Dish					
A	Honey Roasted Chicken with Mash	Pork Escalope with Sautéed Tomato & Tagliatelli	Tropicale Pizza with Sweet Corn (Ham, Pineapple & Mozzarella)	Pork Chop with Mixed Bean Salsa with Pasta	Seafood Pella
B	Chinese Style Beef Tenderloin with Rice	Stir Fry Fish with Celery & Rice	Korean Style Chicken & Potato with Rice	Chinese Style Steamed Egg with Chicken Broth & Brown Rice	Sausage Roll
C	Tomato & Cheese Sandwich	Aubergine Parmigiana	Broccoli & Cauliflower Cheese Bake & Rice	Vegetarian Frittata	Veg Mapo Tofu with Rice
Salad	Potato Salad	Cucumber Salad	Asian Coleslaw	Garden Greens	Celery & Apple Salad
Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad
Drink	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice
Hot Dish					
A	Tomato Basil Chicken with Penne	Beef Stroganoff with Fettuccini	American Pizza	Ham & Cheese Sandwich	Chicken Chasseur with Sautéed Potato
B	Chinese Style Steamed Pork Patty & Rice	Braised Chicken with Chestnut & Rice	Stir Fried Zucchini Fungus & Pork Slices with Red Rice	Teriyaki Chicken with Pearl Rice	Onion Pork Chop with Rice
C	Broccoli Quiche	Rustic Ratatouille with Baked Potato	Vegetarian Lasagne	Vegetable Udon with Egg Tofu (Less Oil)	Vegetarian Gumbo with Rice
Salad	Egg Salad	Cherry Tomato Salad	Sweet Corn Salad	Potato Salad	Broccoli Salad
Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad
Drink	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice
Hot Dish					
A	Green Monday Vegetarian Moussaka	07/03 Chicken in Pesto Sauce with Penne (Nut Free)	08/03 Tuna & Sweet Corn Pizza	09/03 Boston Style Roast Pork with Baked Potato Wedges	10/03 Oven Baked Chicken with Baked Potato
B	Scrambled Egg with Tomato with Rice	Taiwanese Style Minced Pork & Rice	Teriyaki Beef with Rice	Steamed Chicken with Mushroom & Brown Rice	Yeung Chow Fried Rice
C	Braised Enoki Mushroom & Tofu with Rice	Braised Assorted Veg with Glass Noodle & Rice	Egg Salad Sandwich	Mild Cauliflower Pumpkin & Pea Korma with Brown Rice	Macaroni Cheese
Salad	Garden Greens	Grated Carrot & Raisin	Apple Waldorf Salad	Tuna Nicoise Salad	Pasta Salad
Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad
Drink	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice



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	Monday 13/03	Tuesday 14/03	Wednesday 15/03	Thursday 16/03	Friday 17/03
Hot Dish	Pork Goulash with Rice	Sala Verde Sole with Pasta	Herb Roast Chicken Leg & Rice	Pan Fried Pork Chop with Fresh Tomato Sauce with Pasta	Honey Mustard Baked Chicken with Mash
A					
B	Chicken & Mushroom Fried Noodle (Less Oil)	Pork Chop in Swiss Sauce with Rice	Sausage Roll	Braised Beef Brisket with Tomato & Carrot with Rice	Braised Eggplant & Minced Pork with Red Rice
C	Stir Fried Tofu & Mushroom with Red Rice	Vegetarian Paella	Margherita Pizza	Roasted Veggies Sandwich	Zucchini & Tomato Pasta Bake
Salad	Egg Salad	Broccoli Salad	Tuna Nicoise Salad	Roasted Vegetables	Cherry Tomato Salad
Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad
Drink	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice
	20/03	EAT GLOBAL 21/03	22/03	23/03	24/03
Hot Dish	Chicken & Vegetables Stew with Rice	Stir Fried Chicken with Chili Basil	Meat Lover Pizza	Italian Style Roast Chicken with Rice	Beef Goulash with Mash
A					
B	Fried Noodle with Shredded Pork	Grilled Fish Vietnamese Style	Braised Pumpkin & Pork with Red Rice	Ham & Cheese Sandwich	Braised Hairy Melon with Pork & Vermicelli with Brown Rice
C	Vegetarian Lasagne	Vietnamese Vegetable Hotpot	Baked Tofu with Fragrant Soy Sauce & Red Rice	Vegetarian Egg Fried Rice	Mushroom Stroganoff with Rice
Salad	Potato Salad	Asian Coleslaw	Sweet Corn Salad	Garden Green Salad	Celery & Apple Salad
Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad
Drink	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice
	27/03	28/03	29/03	30/03	31/03
Hot Dish	Roasted Lemon Thyme Chicken with Mash	Pork Stew & Brown Rice	Hawaiian Pineapple & Ham Pizza	Beef Stroganoff with Linguine	
A					
B	Fried Ho Fan with Pork Slice	Honey Soy Chicken with Brown Rice	Stir Fried Chicken & Celery with Rice	Chicken Salad Sandwich	
C	Vegetable Stew with Potato	Creamy Mushroom Pasta	Braised Vegetable Lo Hon Style with Rice	Taiwanese Style Tofu & Rice	Early Dismissal
Salad	Pasta Salad	Cherry Tomato Salad	Garden Green Salad	Roasted Pumpkin Salad	
Fruit	Mixed Fruit Salad	Fresh Fruit	Mixed Fruit Salad	Fresh Fruit	
Drink	100% Fruit Juice	Low Sugar Soya Milk	100% Fruit Juice	Low Sugar Soya Milk	

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