Discovery College

April 2017: Lunch Menu

SUPER GREEN MONDAY Apr 24

Share your thoughts

	Monday	Tuesday	Wednesday	Thursday	Friday
	17/04	18/04	19/04	20/04	21/04
Hot Dish A	School Holiday	Pork Stew & Gratin Potato	Hawaiian Pineapple & Ham Pizza	Chicken Casserole with Sautéed Potato	Pork Loin Onion Sauce with Sautéed Potato
B		Fried Rice with Chicken	Honey Soy Chicken with Rice	Steamed Fish with Spring Onion Soy & Rice	Stir Fried Chicken & Celery with Red Rice
C		Creamy Mushroom Pasta	Braised Vegetable Lo Hon Style with Rice	Hobak Buchimgae with Rice	Broccoli and Cheese Quiche
		Garlic Zucchini	Corn on the Cobb	Carrot & Cabbage	Seasonal Vegetables
	Green Monday				
	24/04	25/04	26/04	27/04	28/04
Hot Dish A	Mac & Cheese with classic Béchamel Sauce	Baked Fish with Red Pesto Sauce & Pasta	Pepperoni Pizza	Stir-Fried Chicken with Mixed Peppers & Rice	Spaghetti Bolognaise with Garlic Bread
B	Veg Indonesian Fried Rice (Less Oil)	Yeung Chow Fried Rice	Steamed Chicken with Mushroom & Fungus & Rice	Pork Loin with Roasted Potatoes & Gravy	Batter Fish in Sweet Corn Sauce (Chinese Style with Rice
C	Grilled Veg Avocado Wrap	Teriyaki Tofu with Rice	Vegetable Ratatouille with Pasta	Stir Fried Zucchini & Mixed Mushroom with Rice	Sweetcorn Macaroni Cheese
	Garlic Green Beans	Roasted Med Veg	Carrot Cauliflower	Asian Greens	Steamed Broccoli
	01/05	02/05	03/05	04/05	05/05
Hot Dish A	School Holiday	School Holiday	School Holiday	Cheesy Pork Casserole & Pasta	Chicken & Sweetcorn Pie with Mash
B				Roast Basil & Tomato Chicken with Rice	Honey Glazed BBQ Pork with Rice
C				Spicy Pepper Tofu with Rice	Braised Egg White with Enoki Mushroom & Winter Melon & Red Rice
				Garlic Zucchini	Roast Vegetables

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

May 2017 : Lunch Menu

EAT GLOBAL
May 25

Share your thoughts

	Green Monday	Tuesday	Wednesday	Thursday	Friday
	08/05	09/05	10/05	11/05	12/05
Hot Dish A	Braised Tofu with Chinese Veg & Brown Rice	Chicken Chasseur with Lyonnaise Potatoes	Tuna & Sweet Corn Pizza	Pineapple Sweet & Sour Pork with Rice	Pork Chop in Lite Pepper Sauce & Rice
B	Japanese Style Braised Eggplant & Rice	Pork Cassoulet with Rice Pilaf	Japanese Ginger Pork Sauté with Rice	Steamed Chicken with Chinese Mushroom & Red Rice	Chinese Style Steamed Fish with Green Onion & Soy with Rice
C	Tomato Mozzarella Pizza	Ratatouille with White Cheese & Rice Pilaf	Creamy Vegetables Bake with Breadcrumb Topping & Rice	Braised Assorted Vegetables with Glass Noodle & Red Rice	Aubergine Parmigiani
	Carrot Batons	Steamed Chinese Lettuce	Broccoli	Asian Veg Stir-Fry	Veg Medley
	15/05	16/05	17/05	18/05	19/05
Hot Dish A	Rosemary Garlic Pork Loin Mashed Potato	BBQ Chicken Leg with Potato Wedges	Meat Lover's Pizza	Diced Ham & Mushroom Pasta Bake	Beef Bourguignon with Pasta
B	Teriyaki Chicken with Rice	Pad Thai	Braised Pork & Potato in Oyster Sauce with Rice	Chinese Soy Chicken with Rice	Braised Chicken with Chestnut & Mix Grain Rice
C	Scramble Egg with Tomato & Rice	Braised Mushroom & Tofu with Rice	Moroccan Chick Peas with Peppers & Rice	Japanese Veg Curry with Rice	Tomato & Vegetable Stewed Chickpeas & Mix Grain Rice
	Sautéed Shredded Cabbage	Sautéed Spinach	Corn on the Cobb	Asian Greens	Garlic Bak Choi
	22/05	23/05	24/05	EAT GLOBAL 25/05	26/05
Hot Dish A	Beef Stroganoff & Rice	Pork Loin with Onion Gravy & Mash	Chicken & Roast Pepper Pizza	Chili Con Carne with Sweet Corn Rice	Beef Stroganoff with Pasta
B	Pork Chop in Swiss Sauce with Rice	Fried Shrimp with Scrambled Egg & Brown Rice	Taiwanese Style Minced Pork with Rice	Chicken Jambalaya	Fried Rice with BBQ Pork & Egg
C	Tomato Pasta Bake	Japanese Style Braised Eggplant & Brown Rice	Macaroni Cheese	Baked Pumpkin with Parmesan Breadcrumbs	Vegetarian Lasagne
	Broccoli	Carrot Cabbage	Corn on the Cob	Broccoli Cheese	Roasted Vegetables

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May- June 2017: Lunch Menu

Share your thoughts

	Monday	Tuesday	Wednesday	Thursday	Friday
	29/05	30/05	31/05	01/06	02/06
Hot Dish A	Pork Loin with Grilled Pineapple Ring with Rice	School Holiday	BLT Pasta Bake	Oven Baked Chicken with Mash	Baked Lemon Fish with Mashed Potato
B	Braised Beef Brisket with Tomato & Carrot with Rice		Chinese Style Steamed Mushroom Pork Patty with Red Rice	Steamed Fish with Soy Sauce & Spring Onion with Rice	Yeung Chow Fried Rice
C	Vegetarian Egg Fried Rice (Less Oil)		Margarita Pizza	Tomato Basil Sauce with Pasta	Macaroni Cheese
	Steamed Broccoli with Olive Oil		Carrot Batons	Mix Veg	Roasted Vegetables
	Green Monday				
	05/06	06/06	07/06	08/06	09/06
Hot Dish A	Sweet & Sour Veg Meat Balls with Rice	Braised Beef & Vegetables with Mash	BBQ Chicken & Sweet Corn Pizza	Boston Style Roast Pork with Waffle Fries	Spaghetti Bolognaise
B	Fried Noodle with Assorted Veg	Japanese Curry Chicken with Rice	Stir Fried Beef with Leeks & Rice	Steamed Chicken with Mushroom & Brown Rice	Braised Chicken with Potato & Rice
C	Vegetable Frittata	Stir-Fried Udon with Assorted Veg (Less Oil)	Braised Vegetables in Lo Hon Style with Rice	Mild Cauliflower Pumpkin & Pea Korma with Brown Rice	Country Style Tofu with Rice
	Carrots and Green Beans	Carrot Batons	Steamed Broccoli	Garlic Bak Choi	Asian Greens
	12/06	13/06	14/06	15/06	16/06
Hot Dish A	Pork Goulash with Sautéed Potato	Chicken in Pesto Sauce with Penne (Nut Free)	Salami & Sweet Corn Pizza	Honey Roast Pork Loin with Mash	Honey Mustard Baked Chicken w/ Mash
B	Portuguese Chicken with Rice	Braised Pumpkin & Pork with Rice	Teriyaki Beef with Rice	Fried Rice with BBQ Pork & Egg	Braised Eggplant & Minced Pork with Rice
C	Vegetarian Lasagne	Braised Tofu & Mushroom with Rice	Pesto Roast Med Vegetables with Mash	Braised Vermicelli with Vegetables & Tofu & Red Rice	Creamy Mushroom Pasta
	Mix Veg	Sautéed Spinach	Carrot Batons	Asian Greens	Sautéed Shredded Cabbage

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June 2017: Lunch Menu

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	Monday 19/06	Tuesday 20/06	Wednesday 21/06	Thursday 22/06	Friday 23/06
Hot Dish A	Balsamic Glazed Pork Loin & Mash	BBQ Chicken with Mash	BBQ Chicken Pizza	Grilled Fish with Sweet Tomato & Thyme with Mash	
B	HK Style Chicken in Swiss Sauce with Rice	Braised Hairy Melon with Pork & Vermicelli & Rice	Nasi Goreng	Shanghainese Fried Noodle with Shredded Pork	EARLY DISMISSAL
C	Mushroom & Tarragon Pasta Bake	Spicy Pepper Tofu with Brown Rice	Zucchini & Tomato Pasta Bake	Japanese Mild Curry Vegetables & Rice	
	Carrot Batons	Asian Greens	Corn on the Cobb	Cauliflower	
Hot Dish A					
B					
C					
Hot Dish A					
B					
C					

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