



Share your thoughts



	Green Monday 16/04	Tuesday 17/04	Wednesday 18/04	Thursday 19/04	Friday 20/04
Hot Dish A	Cauliflower & Green Peas Patties with Mashed Potato	French Beef Provenç ale with mash potatoes	Ham & Mushrooms Pizza	Baked Sole Fish with Salsa Verde & Rice	Chicken Parmigiana with Couscous
B	Moroccan Lentil Stuffed Eggplant with Red Rice	Steamed Fish with Spring Onion & Soy Sauce with Rice	Sweet & Sour Pork with Rice	Stir-Fried Chicken with Celery and Carrot & Rice	Pork Chop with Black Vinegar Sauce & Rice
C	Greek Spinach Pie	Stir fried Japanese Udon & Bean Sprouts	Lentil & Vegetable Stew with Rice	Mix Pepper Lasagna	Marinated Tofu with Rice
	<u>EAT GLOBAL</u> 23/04	<u>24/04</u>	<u>25/04</u>	<u>26/04</u>	<u>27/04</u>
Hot Dish A	Roasted Pork Roll with Mashed Potato	Roasted Pork Loin with Gravy Sauce and Mash Potatoes	Meat Lover Pizza (Ham, Bacon, Pepperoni)	Italian Style Fish Fillet with Tomato Sauce & Olives with Rice	Italian Chicken Cacciatore (Skinless)
B	Baked Fish with Tomato & Herb Mashed Potato	Tandoori Fish with Rice	Portuguese Chicken (Macau Style)	Braised Beef & Turnip in Chu Hou Sauce with Rice	Chinese Style BBQ Pork with Mix Grain Rice
C	Fusilli with Roasted Veg & Capsicum Sauce	Braised Tofu with Rice	Roast Vegetable & Chickpea Chili & Rice	Korean Zucchini Fritters (Hobak Buchimgae)	Spanish Omelet (onion & potatoes)
	<u>30/04</u>	<u>01/05</u>	<u>02/05</u>	<u>03/05</u>	<u>04/05</u>
Hot Dish A	Spaghetti Bolognese	School Holiday	Hawaiian Pizza	Pan Fried Fish with Herbed Crust and Steamed Parsley Potatoes	Roasted Chicken & Bell Peppers with Baked Potatoes
B	Teriyaki Chicken with Rice		Nasi Goreng	Kung-Po Chicken (no nuts) with Rice	Braised Pork & Pumpkin with Rice
C	Baked Pumpkin with Parmesan Breadcrumbs with Mashed Potato		Stir-fried Chinese Veg with Tofu with Rice	Sweet Potatoes and Chick Peas Patties with Rice	Braised Veg on Glass Noodle with Red Rice

Eat Global April 23

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.





	Green Monday 07/05	Tuesday 08/05	Wednesday 09/05	Thursday 10/05	Friday 11/05
Hot Dish A	Vegetarian Lasagne	Hungarian Beef Stew with Rice	Ham & sweet corn Pizza	Grilled Tuscan Rosemary Lemon Chicken with Mashed Potato	Pork stroganoff with Mash potatoes
B	Baked Pasta with Creamy Pumpkin Sauce	Chinese BBQ Pork & Rice	Stir Fried Chicken & Celery with Red Rice	Yeung Chow Fried Rice	Steamed Chicken with Mushroom & Red Rice
C	Japanese Style Grilled Eggplant with Rice	Scrambled Tomato Egg with Rice	Country Style Tofu with Red Rice	Mild Japanese Veg Curry with Rice	Mac & Cheese
	14/05	15/05	16/05	17/05	18/05
Hot Dish A	Pan fried Fish Fillet with Orange Sauce and Steamed Parsley Potatoes	Roasted Thyme & Rosemary Chicken with Mix Rice	Chicken Mozzarella Pizza	Italian Beef Stew with Rice	Pork chop Stroganoff with Rice
B	Teriyaki Chicken with Rice	Pork Meatball with Red Rice	Malaysian Fish Curry with Rice	Braised Pork with Pumpkin with Rice	Honey Soy Chicken with Rice
C	Spinach & Vegetable Dahl (Coconut Milk Free) with Rice	Braised Vegetables Lo Hon Style with Red Rice	Baked Penne in Creamy Mushrooms Sauce	Braised Glass Noodle with Assorted Veg	Cauliflower & Sweet Peas Fritters
	21/05	22/05	23/05	24/05	25/05
Hot Dish A	School Holiday		Salami Pizza with Sweet Corn	Meat Lasagna	Roast Chicken Breast with Tomato & Basil Sauce & Rice
B	School Holiday		Teriyaki Chicken with Rice	Stir-Fried Chicken (Skinless) with Zucchini & Black Fungus & Rice	Braised Eggplant & Minced Pork with Rice
C	School Holiday		North Indian Bean Masala Stew & Rice	Braised Tofu with Mix Grain Rice	Tomato & Cheese Pasta Bake



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	Monday 28/05	Tuesday 29/05	Wednesday 30/05	Thursday 31/05	Friday 01/06
Hot Dish A	Pork Goulash with Rice	Chicken with Salsa Verde with Mashed Potato	Americano Pizza (Pepperoni, Sweet corn, Mushrooms)	Italian Style Fish Fillet with Tomato Sauce & Olives with Rice	Spaghetti Bolognese
B	Thai Steamed Fish with Rice	Honey Glazed BBQ Pork with Rice	Yakitori Chicken with Mix Grain Rice	Orange Teriyaki Pork with Rice	Gaeng Panang Gai (Thai Chicken Curry) with Rice
C	Vegetable Enchiladas	Japanese Style Grilled Eggplant with Rice	Vegetarian Ma-Po Tofu with Mix Grain Rice	Stir Fried Veg in Sauce on Rice Noodles (Less Oil)	Spanish Omelet (onion & potatoes)
	Green Monday 04/06	05/06	06/06	07/06	08/06
Hot Dish A	Sicilian Pasta Tomato Sauce with Roasted Eggplant	Italian Style Meatballs with Tomato Sauce & Pasta	Double meat Pizza (Ham, Chicken)	Pork Shnitzel with Mash Potatoes	Roast Chicken Breast in Tomato Basil Sauce with Pasta
B	Thai Coconut & Lentil Curry with Brown Rice	Tandoori Chicken with Rice	Steamed Sole Fish in Pumpkin Sauce with Mix Grain Rice	Steamed Chicken with Mushroom & Fungus & Rice	Mongolian Beef with Asian Slaw & Rice
C	Chickpea & Tomato Tagine with Mix Grain Rice	Vegetable Ratatouille with Pasta	Marinated Tofu with Rice	Tomato Scrambled Egg with Rice	Stir-Fried Udon with Assorted Veg (Less Oil)
	11/06	12/06	13/06	14/06	15/06
Hot Dish A	Pan fried Fish Fillet with Orange Sauce and Steamed Parsley Potatoes	French Beef Provenç ale with Mash Potatoes	Ham & Mushrooms Pizza	Baked Sole Fish with Salsa Verde & Rice	Chicken Parmigiana with Couscous
B	Teriyaki Chicken with Rice	Chinese Style Steamed Mushroom Chicken with Rice	Sweet & Sour Pork with Red Rice	Chicken a la King with Rice	Pork Chop with Black Vinegar Sauce & Rice
C	Spinach & Vegetable Dahl (Coconut Milk Free) with Rice	Stir fried Japanese Udon & Bean Sprouts	Country Style Tofu with Red Rice	Vegetarian Lasagna	Red Kidney Beans & Sweet Potato Stew with Rice



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	Monday 18/06	Tuesday 19/06	Wednesday 20/06	Thursday 21/06	Friday 22/06
Hot Dish A		Grilled Pork with Brown Sauce and Sweet Mash Potatoes	Ham & sweet corn Pizza	Italian Style Fish Fillet with Tomato Sauce with Roasted Potato	Grilled Tuscan Rosemary Lemon Chicken with Mashed Potato
B		Tandoori Fish with Rice	Stir Fried Chicken & Celery with Rice	Yeung Chow Fried Rice	Portuguese Chicken (Macau Style) with Rice
C		Roast Vegetable & Chickpea Tagine	Teriyaki Tofu with Rice	Mild Japanese Veg Curry with Rice	Tomato & Cheese Pasta Bake
	25/06	26/06	27/06		
Hot Dish A	Meat Lasagna	Roasted Thyme & Rosemary Chicken with Mash			
B	Portuguese Chicken (Macau Style)	Pork Meatball with Red Rice			
C	Japanese Style Grilled Eggplant with Rice	Braised Vegetables Lo Hon Style with Red Rice			
Hot Dish A					
B					
C					



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