



	Monday	Tuesday	Wednesday	Thursday	Friday
				01/11	02/11 EAT GLOBAL- TURKEY
Hot Dish				Beef & Sweet Potato Stew & Mixed Rice	Chicken Doner
A					
B				Honey BBQ Pork with Red Rice	Turkish Slow-Cooked Beef and Vegetables Stew
C				Mushroom Stroganoff Pasta	Turmeric & Sweet Potato Falafels
				Asian Green Leafy Vegetables	Veg Medley
	05/11	06/11	07/11	08/11	09/11
Hot Dish	Baked Pasta with Cherry Tomato & Mozzarella	Hungarian Pork with Mashed Potato	Pepperoni Cheese Pizza	Fish Fillet with Orange Sauce with Rice	Spaghetti Bolognese
A					
B	Vegetarian Egg Fried Rice	Vietnamese Style Grilled Fish with Brown Rice	Portuguese Chicken (Macau Style) with Rice	Stir Fried Beef with Chinese Leek with Red Rice	Thai Style Grilled Chicken with Rice
C	Mild Thai Coconut & Lentil Curry with Rice	Taiwanese Style Braised Tofu with Brown Rice	Spinach and Cheese Omelet	Braised Tofu & Mushroom with Red Rice	North Indian Bean Masala Stew & Rice
	Roasted Bell Peppers, Zucchini & Eggplant	Sautéed Zucchini & Carrots	Roasted Pumpkin	Asian Green Leafy Vegetables	Steamed Cauliflower & Carrots
	12/11	13/11	14/11	15/11	16/11
Hot Dish	Roast Chicken Breast in Tomato Basil Sauce with Pasta	Orange Teriyaki Pork with Rice	BBQ Chicken Pizza	Italian Style Fish Fillet with Tomato Sauce with Rice	Beef Lasagna
A					
B	Sweet & Sour Pork with Rice	Braised Chicken & Potato in Oyster Sauce with Rice	Braised Eggplant & Minced Pork with Brown Rice	Chinese Style Soy Chicken with Rice	Steamed Chicken with Mushroom with Rice
C	Mild Japanese Vegetables Curry with Rice	Vegetarian Mapo Tofu with Red Rice	Cauliflower and Sweet Peas Fritters	Stir Fried Veg in Sauce on Rice Noodles (Less Oil)	Vegetable Enchiladas
	Sautéed Carrot & Cabbage	Asian Green Leafy Vegetables	Roasted Vegetables	Steamed Broccoli and Cauliflower	Asian Green Leafy Vegetables



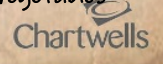
There foods should form the basis of your diet. So fill up on them.



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



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





	Green Monday <u>19/11</u>	Tuesday <u>20/11</u>	Wednesday <u>21/11</u>	Thursday <u>22/11</u>	Friday <u>23/11</u>
Hot Dish	Herb Roasted Pork Loin with Gravy with Mashed Potato	Rosemary Pork Chop with Rice	Tomato Basil Chicken Pizza	German Style (Beef & Pork) Meatloaf with Mashed Potato	Roasted Lemon Thyme Chicken
A					
B	Teriyaki Chicken with Rice	Steamed Fish with Spring Onion & Soy with Rice	Roasted Onion Pork Loin	Steamed Chicken with Ginger & Shallot with Red Rice	King Dou Pork with Rice
C	Baked Pasta with Pumpkin and Creamy Sauce & Cheese	Mild Japanese Veg Curry with Rice	French Zucchini Quiche	Chinese Style Steamed Egg with Brown Rice	Stuffed Zucchini with Vegetables & Beans with Rice
	Sautéed Carrot & Cabbage	Garlic Bak Choi	Corn on Cobb	Steamed Broccoli	Steamed Peas Sweet corn & carrots
	<u>26/11</u>	<u>27/11</u>	<u>28/11</u>	<u>29/11</u>	<u>30/11</u>
Hot Dish	Baked Pasta with Chicken & Tomato Sauce topped with Mozzarella	Pan Fried Sweet Paprika Fish Fillet with Steamed Potato	La Reine Pizza (Ham & Mozzarella)	BBQ Chicken with Mashed Potato	Italian Meatballs with Pasta
A					
B	Garlic String Bean with Minced Pork & Rice	Stir Fried Zucchini & Pork with Rice	Mild Thai Curry Chicken with Rice	Mushroom & Shredded Pork Fried Noodle	Chicken Oyako Don
C	Fried Tomato with Scrambled Egg & Rice	Sweet Potatoes & Chick Peas Patties	Mac & Cheese	Roasted Mediterranean Veggies with Cous Cous	Stir-fried Chinese Veg with Tofu with Rice
	Garlic Green Beans	Asian Green Leafy Vegetables	Corn on the Cobb	Garlic Bak Choi	Steamed Cauliflower & Carrots
	<u>03/12</u>	<u>04/12</u>	<u>05/12</u>	<u>06/12</u>	<u>07/12</u>
Hot Dish	Baked Sicilian Pasta (Tomato Sauce & Eggplant topped with Cheese)	Mushroom Stroganoff Chicken with Mixed Rice	Americano Pizza	Chicken with Salsa Verde & Steamed Potato	German Style (Beef & Pork) Meatloaf with Mashed Potato
A					
B	Stir Fried Shanghai Noodle with Mushroom	Vietnamese Lemon Grass Pork Chop with Red Rice	Chicken Teriyaki with Rice	Soy & Spring Onion Steamed Fish & Red Rice	Steamed Chicken with Ginger & Shallot with Red Rice
C	Scrambled Egg with Tomato & Onion with Rice	Country Style Tofu with Red Rice	Fried Rice Noodle with Assorted Veg	Tomato & Cheese Pasta Bake	Eggplant Croquettes



Christmas Theme
Dec 13



Share your thoughts



Monday

10/12

Tuesday

11/12

Wednesday

12/12

Thursday

13/12

Friday

14/12

Hot Dish

A

Spaghetti Bolognese

Pasta with Tomato Sauce with Chicken and Bell Peppers

Ham & Onion Pizza

Slowly Roasted Turkey with Mashed Potato

B

Teriyaki Chicken with Rice

Steamed Fish with Spring Onion & Soy with Rice

Singapore Style Fried Noodles

Traditional Roasted Ham with Mashed Potato



C

Baked Pumpkin with Parmesan Breadcrumbs with Mashed Potato

Mild Japanese Veg Curry with Rice

Stuffed Bell Peppers with Vegetables & Beans, topped with melted cheese

Sweet Potato & Chickpea Patties with Cous Cous

Sautéed Green Peas, Sweet Corn and Carrots

Garlic Bak Choi

Steamed Broccoli & Cauliflower

Butternut Squash & Red Cabbage

Hot Dish

A

B



C

Hot Dish

A

B



C

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.

