

Week day Date	<b>Monday</b> 28/10/19	<b>Tuesday</b> 29/10/19	<b>Wednesday</b> 30/10/19	<b>Thursday</b> 31/10/19	<b>Friday</b> 01/11/19
Morning Snack	Bacon sandwich	Mini ham & cheese rolls	Pancake	Mini croissant	Cereals
Drinks	Fresh milk	Fresh milk	Fresh milk	Fresh milk	Fresh milk
Salads	Salad bar	Salad bar	Salad bar	Salad bar	Salad bar
Main Western	Roasted chicken with paprika sauce	Roasted beef with black pepper sauce	Baked fish with herbs	Pork Stroganoff	Fish & chips
Main Western	Fish pie	Pork lasagna	Roasted chicken with mushroom cream sauce	Roasted chicken with garlic sauce	Chicken casserole
Vegetables	Vichy carrots	Buttered mixed vegetables	Buttered pumpkin	Cauliflower & carrots	French beans & cherry tomatoes
Potatoes	Natural cut potatoes	Sautéed potatoes	Maxim potatoes	Potato au gratin	French fries
Vegetarian	Potato soup	Spinach lasagna	Baked ratatouille with cheese	Pasta with pesto	Stir-fried mixed vegetables
Vegetarian	Stir fried longevity noodles	Stir fried rice noodles with tofu & eggs	Stir fried tofu with oyster sauce	Stir fried cucumber with tofu	Baked pasta with spinach & cheese
Main Oriental	Fried garlic pork	Stir fried baby kale with minced pork	Mixed vegetables & shrimps with sour curry	Roasted red pork with rice	Chicken soup
Main Oriental	Coconut milk soup with chicken	Red curry with chicken	Stir fried pork with oyster sauce	Stir fried cucumber with chicken & eggs	Shrimp sukiyaki
Rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice
Live Cooking	Spaghetti with ham & tomato sauce	Fried rice with bacon	Yakisoba with chicken	Spaghetti Carbonara	Spicy minced pork salad, papaya salad & sticky rice
Noodles	Paste of rice flour (Pork)	Egg noodle soup with fish balls	Rice noodle soup with braised pork	Thai pink noodle soup	Egg noodle soup with red pork
Fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits	Seasonal fresh fruits
Afternoon Snack	Banana muffin	Garlic bread	Mini custard danish	Yoghurt	Ham sandwich
Dessert	Dessert of the week	Dessert of the week	Dessert of the week	Dessert of the week	Ice cream