



























Lunch Menu 3

Date	Monday	Tuesday	Wednesday	Thursday
Morning Snack	Chicken Bao 	Cheese Mochi Ball 	Brown Sugar Sponge 	Char Siu Bao 
Salad & Fruit Bar	Assorted Salad & Fresh Fruit Bar	Assorted Salad & Fresh Fruit Bar	Assorted Salad & Fresh Fruit Bar	Assorted Salad & Fresh Fruit Bar
Western	Beef Goulash 	Roasted Chicken Supreme, Diana Sauce 	Pork Stew, Rosemary Honey Sauce 	Chicken Steak, Choron Sauce 
Side Vegetable	Green Bean	Steamed Broccoli and Carrot	Roast Cauliflower with Shallot	Roast Cherry Tomato and Zucchini
Side Dish	Mashed Potato	Boiled New Potato	Potato Gratin 	Spaghetti Pomodoro 
Asian	Roast Pork Collar Thai Style 	Braised Rice Noodle with Minced Pork and Mushroom 	Red Curry Beef 	Sweet and Sour Pork 
Rice	Steamed Rice	Steamed Rice	Steamed Rice	Steamed Rice
Vegetarian Dish	Samosa, Bean, Eggplant and Tomato Compote 	Chili Bean and Tofu with Zucchini & Mushroom 	Bean Sheet and Young Cabbage in Mushroom Bouillon 	Lentil Bean Stew with Young Corn and Carrot 
Soup	Lentil Bean 	Tomato 	Sweet Corn 	Pumpkin 
Afternoon Snack	Portuguese Egg Tart 	Carrot Cake 	Apple Lattice 	Red Bean Bun 



Please be aware that items on this menu may change or be unavailable at certain times.

Dates of Menu 3 cycle
 09.09-13.09
 07.10-11.10
 04.11-08.11
 02.12-05.12