














	Monday	Tuesday	Wednesday	Thursday	Friday
	24 May	25 May	26 May	27 May	28 May
<u>Meal A</u>	<u>Sichuan Pork</u>	<u>Tartiflette</u>	<u>Grilled Pork Chop &amp; Gravy Sauce</u>	<u>Pork Spaghetti Bolognese</u>	<u>Roasted Fish With Pesto &amp; Cherry Tomato</u> 
<u>Meal B</u> 	<u>Vegetarian Tikka Masala</u>	<u>Pizza Margarita</u> 	<u>Stir Fry Udon &amp; Veggie</u>	<u>Vegetarian Meat Ball With Arrabiata</u>	<u>Zucchini, Sweet Potato &amp; Kale Gratin</u>
<u>Vegetables</u> 	<u>Green Cabbage</u>	<u>Cauliflower</u>	<u>Mix Vegetables</u>	<u>Roasted Zucchini</u>	<u>Sweet Corn</u>
	31 May	01 June	02 June	03 June	04 June
<u>Meal A</u>	Summer Half Term Break			<u>Chicken Tandoori</u>	<u>Fish &amp; Chips</u> 
<u>Meal B</u> 				<u>Chow Mein</u>	<u>Vegetarian Enchiladas</u>
<u>Vegetables</u> 				<u>Cauliflower</u>	<u>Mixed Vegetable</u>
	07 June	08 June	09 June	10 June	11 June
<u>Meal A</u>	<u>Cottage Pie</u>	<u>Prosciutto &amp; Fungi Pizza</u> 	<u>Pork Marengo</u>	<u>Beef Lasagna</u>	<u>Fish &amp; Chips</u> 
<u>Meal B</u> 	<u>Vegetarian Fried Rice</u>	<u>Sweet Potato Dahl</u>	<u>Vegetarian Cottage Pie</u>	<u>Aubergine &amp; Zucchini Curry</u>	<u>Vegetarian Meat Ball With Tomato &amp; Basil Sauce</u>
<u>Vegetables</u> 	<u>Carrot</u>	<u>Broccoli</u>	<u>Grilled Zucchini</u>	<u>Sweet Corn</u>	<u>Green Beans</u>



These 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.



Vegetarian Choice



Sustainable Seafood

CHEF SPECIAL, SOUP, NOODLE, SALAD BAR Available EVERY NIGHT





	14 June	15 June	16 June	17 June	18 June
<u>Meal A</u>	Tuen Ng Festival	<u>Spaghetti Bolognese</u>	<u>Roasted Pork With Grandma Garniture</u>	<u>Chicken Tandoori</u>	<u>Fish &amp; Chips</u>
<u>Meal B</u>		<u>Caprese Pizza</u>	<u>Zucchini, Sweet Potato &amp; Kale Gratin</u>	<u>Chow Mein</u>	<u>Vegetarian Enchiladas</u>
<u>Vegetables</u>		Caramelized Pumpkin	Sweet Corn	Cauliflower	Mixed Vegetable
	21 June	22 June	23 June	24 June	25 June
<u>Meal A</u>	<u>Beef Lasagna</u>	<u>Pork Curry</u>	<u>Chicken Soy Sauce</u>	<u>Roasted Fish Fillet</u>	<u>Roasted Pork With Grandma Garniture</u>
<u>Meal B</u>	<u>Vegetarian Tikka Masala</u>	<u>Pizza Margarita</u>	<u>Stir Fry Udon &amp; Veggie</u>	<u>Vegetarian Enchiladas</u>	<u>Zucchini, Sweet Potato &amp; Kale Gratin</u>
<u>Vegetables</u>	Green Cabbage	Cauliflower	Mix Vegetables	Caramelized Pumpkin	Sweet Corn
	28 June	29 June	30 June	01 July	02 July
<u>Meal A</u>	<u>Roasted Chicken Breast</u>	<u>Ham &amp; Cheese Pizza</u>	<u>Pork Schnitzel</u>		
<u>Meal B</u>	<u>Vegetarian Tikka Masala</u>	<u>Vegetarian Meat Ball</u>	<u>Zucchini, Sweet Potato &amp; Kale Gratin</u>		
<u>Vegetables</u>	Green Cabbage	Cauliflower	Sweet Corn		

**EAT MORE**

These 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.



Vegetarian Choice



Sustainable Seafood

**CHEF SPECIAL, SOUP, NOODLE, SALAD BAR Available EVERY NIGHT**

green monday

