

# Dinner Menu

January 2024 (Week 2)



		Hot Meal	Vegetarian 	VEGETABLES 	GRAINS	DESSERT
MONDAY	8-Jan	Honey Roasted Pork Neck  	Miso Tofu & Sweet Potatoes  	Roasted Broccoli with Yellow Zucchini	Rice	Panna Cotta 
TUESDAY	9-Jan	Sauteed Chicken w/ Celery & Mixed Bell Pepper  	Japanese Vegetables Curry  	Sautéed Mixed Vegetables	Rice	Sweet Potato Sweet Soup
WEDNESDAY	10-Jan	Chicken A La King 	Stir Fried Vegetables Udon  	Garlic Broccoli & Carrots	Udon  /Rice	Tiramisu   
THURSDAY	11-Jan	Braised Beef Brisket with Potatoes and Carrots  	Vegan Meatballs  	Steamed Vegetables Medley	Roasted Potatoes/ Rice	Water Chestnut Sweet Soup

### TRAFFIC LIGHT RULES



Eat More



Eat Moderately



Eat Less

### ALLERGEN INFORMATION



Vegetarian



Sustainable Seafood



Dairy Alert



Egg Alert



Soy Alert



Wheat Alert



Fish Alert



Shellfish Alert

DAILY SOUP



Composite Salads  
- One meat  
- One vegetarian

SALAD BOWL



# Dinner Menu

January 2024 (Week 3)



		Hot Meal	Vegetarian 	VEGETABLES 	GRAINS	DESSERT
MONDAY	15-Jan	Prawn Cutlet Tartare Sauce    	Veggie Burritos  	Sauteed Carrots and Broccoli	Chips/Rice	Black Forest Cake   
TUESDAY	16-Jan	Japanese Pork Don  	Vegetable Quesadilla  	Sauteed Mixed Vegetables	Rice/Udon 	Papaya Snow Fungus Sweet Soup
WEDNESDAY	17-Jan	Carbonara 	Scramble Egg with Tomatoes 	Roasted Vegetables Medley	Spaghetti  / Rice	Locally Sourced Ice Cream  
THURSDAY	18-Jan	Stewed Potato with Chicken   	Chinese Braised Tofu with Assorted Vegetables  	Sauteed Cabbage and Carrots	Roasted Potatoes/Rice	Pearl Sago with Coconut Milk

### TRAFFIC LIGHT RULES



Eat More



Eat Moderately



Eat Less

### ALLERGEN INFORMATION



Vegetarian



Sustainable Seafood



Dairy Alert



Egg Alert



Soy Alert



Wheat Alert



Fish Alert



Shellfish Alert

DAILY SOUP



Composite Salads  
- One meat  
- One vegetarian

SALAD BOWL





# Dinner Menu

January 2024 (Week 4)











		Hot Meal	Vegetarian 	VEGETABLES 	GRAINS	DESSERT
MONDAY	22-Jan	Emince of Chicken   	Stir Fried Vegetables Udon  	Garlic Broccoli & Carrots	Rice	Jelly 
TUESDAY	23-Jan	Harrow School Chinese BBQ Pork  	Veggie & Cheese Focaccia Pizza  	Sautéed Mixed Vegetables	Rice	Sweet Pumpkin Soup
WEDNESDAY	24-Jan	Italian Beef Meatball   	Miso Tofu & Sweet Potatoes  	Steamed Vegetables Medley	Roasted potatoes/Rice	Locally Sourced Ice Cream 
THURSDAY	25-Jan	Shanghai Style Stir Fried Rice Cake with Chicken and Mushroom  	Vegan Fish  	Roasted Vegetables Medley	Roasted potatoes/Rice	Green Beans Sweet Soup

### TRAFFIC LIGHT RULES

-  Eat More
-  Eat Moderately
-  Eat Less

### ALLERGEN INFORMATION

-  Vegetarian
-  Sustainable Seafood
-  Dairy Alert
-  Egg Alert
-  Soy Alert
-  Wheat Alert
-  Fish Alert
-  Shellfish Alert

DAILY SOUP



Composite Salads  
- One meat  
- One vegetarian

















SALAD BOWL



# Dinner Menu

January 2024 (Week 5)

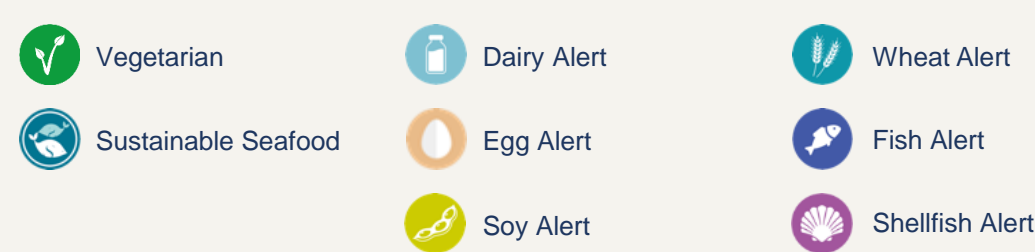


		Hot Meal	Vegetarian 	VEGETABLES 	GRAINS	DESSERT
MONDAY	29-Jan	Sweet Sour Fish    	Steamed Tofu with Shitake Mushroom  	Sauteed Mix Vegetables	Sauteed Potatoes/ Rice	Fruit
TUESDAY	30-Jan	Spaghetti Napoleon with Beef 	Scramble Egg with Tomatoes 	Roasted Vegetables Medley	Spaghetti  /Rice	Red Beans Sweet Soup
WEDNESDAY	31-Jan	Honey Roasted Pork Neck  	Miso Tofu & Sweet Potatoes  	Roasted Broccoli with Yellow Zucchini	Rice	Panna Cotta 

## TRAFFIC LIGHT RULES



## ALLERGEN INFORMATION



DAILY SOUP



Composite Salads  
- One meat  
- One vegetarian

SALAD BOWL

