March 2024 (Week 2)

		Hot Meal	Vegetarian 🕜	VEGETABLES	GRAINS	DESSERT	
MONDAY	4-Mar	Carbonara	Veggie Burritos	Sauteed Mixed Vegetables	Roasted potatoes/Rice	Jelly	
TUESDAY	5-Mar	Chicken A La King	Scramble Egg with Tomatoes	Roasted Vegetables Medley	Spaghetti / Rice	Black Glutinous Rice Sweet Congee	
WEDNESDAY	6-Mar	Prawn Cutlet Tartare Sauce	Steamed Tofu with Shitake Mushroom	Sauteed Mix Vegetables	Sauteed Potatoes/Rice	Fruit	
THURSDAY	7-Mar	Spaghetti Napoleon with Bacon	Chickpea Stew	Roasted Vegetables Medley	Spaghetti	Red Beans Sweet Soup	







Composite Salads
- One meat

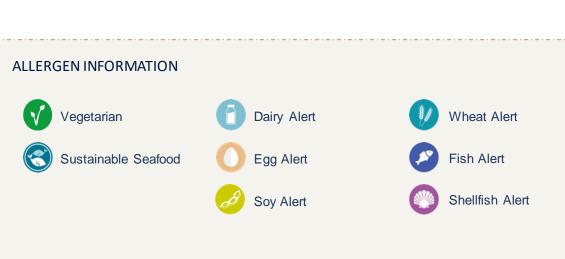
- One vegetarian



March 2024 (Week 3)

		Hot Meal	Vegetarian 🕜	VEGETABLES V	GRAINS	DESSERT
MONDAY	11-Mar	Beef Lasagna	Miso Tofu & Sweet Potatoes	Roasted Broccoli with Yellow Zucchini	Rice	Panna Cotta
TUESDAY	12-Mar	Sauteed Chicken w/ Celery & Mixed Bell Pepper	Japanese Vegetables Curry	Sautéed Mixed Vegetables	Rice	Sweet Potato Sweet Soup
WEDNESDAY	13-Mar	Braised Beef Brisket with Potatoes and Carrots	Stir Fried Vegetables Udon	Garlic Broccoli & Carrots	Udon / Rice	Tiramisu
THURSDAY	14-Mar	Honey Roasted Pork Neck	Vegan Meatballs with Tomato Sauce	Steamed Vegetables Medley	Roasted Potatoes/Rice	Water Chestnut Sweet Soup







Composite Salads

- One meat
- One vegetarian <



March 2024 (Week 4)

		Hot Meal	Vegetarian 🕜	VEGETABLES	GRAINS	DESSERT	
MONDAY	18-Mar	Carbonara	Veggie Burritos	Sauteed Mixed Vegetables	Roasted potatoes/Rice	Panna Cotta	
TUESDAY	19-Mar	Chicken A La King	Scramble Egg with Tomatoes	Roasted Vegetables Medley	Spaghetti / Rice	Black Glutinous Rice Sweet Congee	
WEDNESDAY	20-Mar	Prawn Cutlet Tartare Sauce	Steamed Tofu with Shitake Mushroom	Sauteed Mix Vegetables	Sauteed Potatoes/Rice	Fruit	
THURSDAY	21-Mar	Spaghetti Napoleon with Bacon	Chickpea Stew	Roasted Vegetables Medley	Spaghetti	Red Beans Sweet Soup	







Composite Salads
- One meat

- One vegetarian



March 2024 (Week 5)

		Hot Meal	Vegetarian 🕜	VEGETABLES V	GRAINS	DESSERT
MONDAY	25-Mar	Beef Lasagna	Miso Tofu & Sweet Potatoes	Roasted Broccoli with Yellow Zucchini	Rice	Panna Cotta
TUESDAY	26-Mar	Sauteed Chicken w/ Celery & Mixed Bell Pepper	Japanese Vegetables Curry	Sautéed Mixed Vegetables	Rice	Sweet Potato Sweet Soup
WEDNESDAY	27-Mar	Braised Beef Brisket with Potatoes and Carrots	Stir Fried Vegetables Udon	Garlic Broccoli & Carrots	Udon / Rice	Tiramisu
THURSDAY	28-Mar	Honey Roasted Pork Neck	Vegan Meatballs with Tomato Sauce	Steamed Vegetables Medley	Roasted Potatoes/Rice	Water Chestnut Sweet Soup







Composite Salads

- One meat
- One vegetarian <

