

# Dinner Menu

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  /Rice	Red 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

March 2024 (Week 3)











		Hot Meal	Vegetarian 	VEGETABLES 	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

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

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  /Rice	Red 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

March 2024 (Week 5)











		Hot Meal	Vegetarian 	VEGETABLES 	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

## 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

