



	Monday 19/08	Tuesday 20/08	Wednesday 21/08	Thursday 22/08	Friday 23/08
<b>Hot Dish</b>	Pork Goulash with Pasta	Chicken Casserole with Pasta	Chicken Florentine Pizza	Spaghetti Bolognese	Fish & Chips
<b>A</b>					
<b>B</b>	Grill Chicken Steak in Pepper Sauce with Rice	Honey BBQ Pork with Rice	Thai Style Minced Pork Patty with Rice	Stir Fried Chicken (Skinless) with Zucchini & Mushroom with Brown Rice	Korean Cha Jang Noodle (Jia Jang Myun)
<b>C</b>	Scrambled Egg with Carrot & Corn with Red Rice	Teriyaki Tofu with Rice	HK Pan Fried Noodle with Mushroom & Tofu (Less Oil)	Korean Zucchini Fritters (Hobak Buchimgae)	Mac & Cheese
<b>Vegetables</b>	Stir Fried Seasonal Vegetables	Veg Medley	Cabbage & Carrot	Garlic Broccoli	Asian Veg
	26/08	27/08	28/08	29/08	30/08
<b>Hot Dish</b>	Ginger & Soy Chicken Wing with Red Rice	Roasted Thyme Chicken (Skinless) with Mashed Potatoes	Mushroom & Ham Pizza with Sweetcorn	Pasta Carbonara	Roasted Chicken with Mashed Potato & Gravy
<b>A</b>					
<b>B</b>	Korean Sushi	Japanese Pork Curry with Rice	Pan Fried Fish with Egg & Sweetcorn Sauce with Carrot Rice	Korean Style Braised Potato & Chicken with Rice	Italian Meatball Marinara Pasta
<b>C</b>	Roasted Aubergine in Tomato Lentil Sauce with Mashed Potato	Vegetarian Mapo Tofu with Rice	Pumpkin & Pea Risotto	Stir Fry Udon with Assorted Veg (less Oil)	Korean Glass Noodle with Vegetable & Rice
<b>Vegetables</b>	Cauliflower & Pumpkin	Garlic Mushroom	Romaine Lettuce Salad	Steamed Zucchini & Carrot	Cheese Broccoli
	02/09	03/09	04/09	05/09	06/09
<b>Hot Dish</b>	Tomato Basil Chicken (Skinless) with Pasta	Young Chow Fried Rice	Hawaiian Pizza	Chicken A La King with Spaghetti	Pork Burger & Chips
<b>A</b>					
<b>B</b>	Korean Pork Bulgogi with Rice	Taiwanese Style Minced Pork & Braised Egg with Mushroom Rice	Apple & Sage Pork with Mashed Potato	Stir Fried Tomato & Beef Minced with Rice	Korean Kimchi Pork with Rice
<b>C</b>	Vegetarian Singapore Noodle (Less Oil)	Spinach & Tomato Frittata Served with Sweetcorn	Baked Cheesy Broccoli & Pea Pasta	Braised Enoki Mushroom & Egg Tofu with Red Rice	North Indian Bean Masala Stew & Rice
<b>Vegetables</b>	Stir Fried Seasonal Vegetables	Romaine Lettuce Salad	Sweetcorn & Carrot	Veg Medley	Steamed Broccoli

**EAT MORE** These foods should form the basis of your diet. So fill up on them.

**EAT MODERATELY** Best eaten in moderation. These foods are still important for a balanced diet.

**EAT LESS** Don't have too much of these. Just treat ourselves every so often.







	Green Monday 09/09	Tuesday 10/09	Wednesday 11/09	Thursday 12/09	Friday 13/09
Hot Dish <b>A</b>	Mushroom & Tofu Stroganoff with Rice	Pasta Carbonara	Chicken (Skinless) & Veggie Casserole with Rice	Korean Beef Gim Bap	Steamed Sole Fish in Pumpkin Sauce with Rice
<b>B</b>	Mac & Cheese	Teriyaki Chicken with Red Rice	Honey BBQ Pork with Rice	Creamy Paprika Chicken with Mushroom & Herbed Potatoes	Lemongrass Pork with Rice
<b>C</b>	Mixed Vegetables Curry with Red Rice	Creamy Mushroom Risotto	Margherita Pizza	Braised Veg Chicken in Portuguese Sauce with Rice	Aubergine Parmigiani
Vegetables	Cauliflower & Broccoli	Asian Green	Sweetcorn	Garlic Zucchini	Braised Cabbage & Carrot
	16/09	17/09	18/09	19/09	20/09
Hot Dish <b>A</b>	Orange Fennel Fish Fillet with Roasted Potatoes	Beef Lasagna	Pepperoni Pizza	Korean Style Sautéed Chicken in Chili Pasta with Rice	Chicken Strips with Chips
<b>B</b>	Korean Beef Bibim Rice	Baked Honey Chicken Drumsticks with Sweetcorn Rice	Chicken & Broccoli Pasta	Pork and Paprika Stew with Mashed Potatoes	Steamed Fish in Soy Sauce with Rice
<b>C</b>	Tomato Basil Pasta	Vegetarian Mapo Tofu with Rice	Korean Style Rice Vermicelli (Less Oil)	Braised Veg. Chicken & Potato with Rice	Vegetarian Meat Balls with Celery & Mushroom served with Rice
Vegetables	Stir Fried Seasonal Vegetables	Steamed Broccoli	Romaine Lettuce Salad	Asian Greens	Garlic Long Beans
	23/09	24/09	25/09	26/09	27/09
Hot Dish <b>A</b>	Steamed Chicken (Skinless) & Mushroom with Rice	Garlic Pork Chop served with Carrot Rice	Tuna & Sweet Corn Pizza	Japanese Curry (mild) Pork Chop with Rice	BBQ Chicken with Roasted Potato
<b>B</b>	Beef and Leek Stir Fried with Rice	Korean Cha Jang Udon	Roast Chicken Breast w/ Orange & Tarragon Sauce w/Red rice	Baked Chicken with Rice in Italian Style	Onion Pork Chop with Rice
<b>C</b>	Korean Kimchi Tofu with Red Rice	Stir Fry Assorted Veg & Pumpkin in Lite Black Pepper Sauce w/Rice	Thai Coconut Lentil Curry with Rice	Vegetable Udon with Egg Tofu & Rice (Less oil)	Marinated Miso Tofu with Rice
Vegetables	Asian Greens	Cauliflower	Garden Green Salad	Stir Fried Seasonal Vegetables	Steamed Zucchini & Carrot

**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.







Monday  
30/09

Tuesday

Wednesday

Thursday

Friday

Hot Dish

A

Hot Dog with Fries

B

Chicken Adobo with Rice



C

Korean Zucchini Fritters (Hobak Buchimgae)

Vegetables

Stir Fried Seasonal Vegetables

Hot Dish

A

B



C

Vegetables

Hot Dish

A

B



C

Vegetables

EAT MORE

These foods should form the basis of your diet. So fill up on them.

EAT MODERATELY

Best eaten in moderation. These foods are still important for a balanced diet.

EAT LESS

Don't have too much of these. Just treat ourselves every so often.

