

MENU LUNCH 24/06/2024 TO 28/06/2024

DAY		DISH	SIDE DISH
MONDAY	SOUP	SPINACH	
	MEET	PORK STEAK	RICE
	FISH	FISH RICE	
	DIET	FISH RICE	
	OPTION	PORK STEAK	RICE
	veget.	TOFU WITH CIPS AND EGGS	
TUESDAY	SOUP	FRENCH GARLIC	
	MEET	STEWED CHICKEN	SPAGHETTI
	FISH	GRILLED MACKEREL	BOILED POTATOES
	DIET	GRILLED MACKEREL	BOILED POTATOES
	OPTION	STEWED CHICKEN	SPAGHETTI
	veget.	SOYA RICE	
WEDNESDAY	SOUP	VEGETABLES	
	MEET	FRIED PORK	CARROT RICE
	FISH	TUNA FISH	POTATOES, CARROT AND PEAS
	DIET	TUNA FISH	POTATOES, CARROT AND PEAS
	OPTION	FRIED PORK	CARROT RICE
	veget.	RICE WITH MUSHROOMS AND BROCOLLI	
THURSDAY	SOUP	GREEN SOUP	
	MEET	BREADED PORK CHOPS	SPAGHETTI
	FISH	STEWED DAFFODIL	RICE
	DIET	STEWED DAFFODIL	RICE
	OPTION	BREADED PORK CHOPS	SPAGHETTI
	veget.	STEWED TOFU WITH BOILED POTATOES	
FRIDAY	SOUP	CARROT CREAM	
	MEET	PORK STEAK	RICE AND CHIPS
	FISH	FISH IN THE OVEN	ROAST POTATOES
	DIET	FISH IN THE OVEN	ROAST POTATOES
	OPTION	PORK STEAK	RICE AND CHIPS
	veget.	NOODLE WITH MUSHROOMS AND SPINACH	

MENU DINNER 24/06/2024 TO 28/06/2024

DAY		DISH	SIDE DISH
MONDAY	SOUP	SPINACH	
	MEET	PORK	CHIPS AND RICE
	FISH	CODFISH	RICE
	DIET	BOILED HAKE	BOILED POTATOES
	OPTION	PORK	CHIPS AND RICE
	veget.	CUSCUS WITH VEGETABLES	
TUESDAY	SOUP	FRENCH GARLIC	
	MEET	PORK IN THE OVEN	ROAST POTATOES
	FISH	BOILED HAKE	BOILED POTATOES
	DIET	BOILED HAKE	BOILED POTATOES
	OPTION	PORK IN THE OVEN	ROAST POTATOES
	veget.	SEITAN IN THE OVEN WITH ROAST POTATOES	
WEDNESDAY	SOUP	VEGETABLES	
	MEET	PORK WITH ONIONS	RICE AND CHIPS
	FISH	HAKE FILLETS IN THE OVEN	RICE
	DIET	HAKE FILLETS IN THE OVEN	RICE
	OPTION	PORK WITH ONIONS	RICE AND CHIPS
	veget.	FUSILLI WITH VEGETABLES	
THURSDAY	SOUP	GREEN SOUP	
	MEET	ROAST CHICKEN	CARROT RICE
	FISH	GRILLED SWORDFISH	BOILED POTATOES
	DIET	GRILLED SWORDFISH	BOILED POTATOES
	OPTION	ROAST CHICKEN	CARROT RICE
	veget.	SOYA BOLOGNESE WITH SPAGHETTI	
FRIDAY	SOUP	CARROT CREAM	
	MEET	BREADED CHICKEN	SPAGHETTI
	FISH	SQUIDS RICE	
	DIET	SQUIDS RICE	
	OPTION	BREADED CHICKEN	SPAGHETTI
	veget.	SOYA MEATBALLS WITH SPAGHETTI	