

Mar 1st –Mar 5th



	01/03	02/03	03/03	04/03	05/03
Salad Bar	Lettuce 生菜 Cherry Tomato 小番茄 Cucumber 黄瓜 Carrot 胡萝卜 Pasta 意面 Chicken 鸡肉	Lettuce 生菜 Cherry Tomato 小番茄 Cucumber 黄瓜 Carrot 胡萝卜 Egg 鸡蛋 Crab Meat 蟹肉棒	Lettuce 生菜 Cherry Tomato 小番茄 Cucumber 黄瓜 Carrot 胡萝卜 Pasta 意面 Sausage 香肠	Lettuce 生菜 Cherry Tomato 小番茄 Cucumber 黄瓜 Carrot 胡萝卜 Corn 玉米 Chicken 鸡肉	Lettuce 生菜 Cherry Tomato 小番茄 Cucumber 黄瓜 Carrot 胡萝卜 Pasta 意面 Ham 方腿
Asian Lunch Menu	Mild Chicken Curry Roti Prata (Indian Pancake) Steamed Asian Greens	Fish Dumpling Soup Braised Pork with Soya Sauce Rice Cake Chinese Cabbage	Salted Vegetable and Egg Soup Traditional Glazed Duck Rolls Char Kway Teow (Rice Noodles) Green Peas	Hot & Sour Soup Slice Beef with Oyster Sauce Light Fried Noodles Bok Choy	Tonkatsu (Japanese Pork Chop) Japanese Fried Rice Steamed Lettuce
Western Lunch Menu	Potato & Leek Soup BBQ Pork Chop Pineapple Rice Glazed Carrots	Spanish Meat Balls Braised Eggplant Zucchini	Baked Fish with lemon Potato Wedges Celery & Cherry Tomatoes	Ham & Cheese Pizza Roasted Pumpkin Broccoli & Corn	Classic Tomato Soup Chicken Burger French Fries Steamed Carrots
Afternoon Snack	Biscuit 饼干 Banana 香蕉	Strawberry Biscuit 草莓饼干 干 Grape 葡萄	Yogurt Biscuit 酸奶饼干 Apple 苹果	Garlic Bread 蒜茸包 Banana 香蕉	Chocolate Pie 巧克力派 Pear 梨

Mar 08th – Mar12th



	08/03	09/03	10/03	11/03	12/03
Salad Bar	Lettuce 生菜 Cherry Tomato 小番茄 Cucumber 黄瓜 Carrot 胡萝卜 Pasta 意面 Chicken 鸡肉	Lettuce 生菜 Cherry Tomato 小番茄 Cucumber 黄瓜 Carrot 胡萝卜 Egg 鸡蛋 Crab Meat 蟹肉棒	Lettuce 生菜 Cherry Tomato 小番茄 Cucumber 黄瓜 Carrot 胡萝卜 Pasta 意面 Sausage 香肠	Lettuce 生菜 Cherry Tomato 小番茄 Cucumber 黄瓜 Carrot 胡萝卜 Corn 玉米 Chicken 鸡肉	Lettuce 生菜 Cherry Tomato 小番茄 Cucumber 黄瓜 Carrot 胡萝卜 Pasta 意面 Ham 方腿
Asian Lunch Menu	Pork Ribs & Bamboo Soup Coconut Chicken Indonesian Fried Noodles Sweet Corn	Winter Melon Soup Sweet and Sour Fish Fillet Light Curry Rice Asian Greens	Tomato and Potato Soup Braised Pork in Sweet Soya Sauce Steamed Vegetables Bun Bean Sprouts	Steamed Chicken with Mushroom Shao Mai (Rice Dumpling) Green Pea & Cherry Tomato	Chinese Sausage and Scrambled Egg Glass Noodle with Vegetable Cabbage
Western Lunch Menu	Beef & Mushroom Casserole Roasted Potato Dices Steamed Mixed Vegetables	Vegetable & Pork Stew Macaroni & Cheese Carrot Batons	Baked Crusted Chicken Creamy Mashed Potatoes Baked Tomato	Cream of Chicken Soup Hawaii Pizza Tortilla (Spanish Potato Omelet) Celery	Carrot Soup Chicken Hot Pot French Fries Zucchini
Afternoon Snack	Biscuit 饼干 Pear 梨	Wheat Digestive Cracker 全麦饼干 Banana 香蕉	Soda Biscuit 苏打饼干 Pear 梨	Garlic Bread 蒜茸包 Banana 香蕉	Chocolate Pie 巧克力派 Apple 苹果

Mar 15th – Mar 19th

	15/03	16/03	17/03	18/03	19/03
Salad Bar	Lettuce 生菜 Cherry Tomato 小番茄 Cucumber 黄瓜 Carrot 胡萝卜 Pasta 意面 Chicken 鸡肉	Lettuce 生菜 Cherry Tomato 小番茄 Cucumber 黄瓜 Carrot 胡萝卜 Egg 鸡蛋 Crab Meat 蟹肉棒	Lettuce 生菜 Cherry Tomato 小番茄 Cucumber 黄瓜 Carrot 胡萝卜 Pasta 意面 Sausage 香肠	Lettuce 生菜 Cherry Tomato 小番茄 Cucumber 黄瓜 Carrot 胡萝卜 Corn 玉米 Chicken 鸡肉	Lettuce 生菜 Cherry Tomato 小番茄 Cucumber 黄瓜 Carrot 胡萝卜 Pasta 意面 Ham 方腿
Asian Lunch Menu	Chicken Soup Singapore Pork Fried Rice Noodles Lettuce	Clear Vegetable Soup Hainan Chicken Ginger Rice Chinese Cabbage	Miso Soup Teriyaki Beef Soba Noodle with Vegetables Cabbage & Shitake Mushrooms	Braised Pork with Kim chi Korean Rice Cake Winter Melon	Thai Style Sweet & Sour Duck Steamed Dumpling Cauliflower
Western Lunch Menu	Grilled Chicken with a Creamy Mushroom Sauce Vegetable Pie Broccoli & Carrots	Roasted Pork Loin with Gravy Scalloped Potatoes Carrots	Lemon Scented Fish Pie Corn on the Cobb Cauliflower & Cherry Tomatoes	Cream of Sweet Corn Soup Salami Pizza Honey Glaze Sweet Potatoes Zucchini	Tomato Soup Hot Dog Baked Potato Wedges Mixed Vegetables
Afternoon Snack	Biscuit 饼干 Pear 梨	Strawberry Biscuit 草莓饼 干 Banana 香蕉	Chocolate Biscuit 巧克力 饼干 Apple 苹果	Garlic Bread 蒜茸包 Banana 香蕉	Chocolate Pie 巧克力派 Apple 苹果

Mar 22nd – Mar26th

	22/03	23/03	24/03	25/03	26/03
Salad Bar	Lettuce 生菜 Cherry Tomato 小番茄 Cucumber 黄瓜 Carrot 胡萝卜 Pasta 意面 Chicken 鸡肉	Lettuce 生菜 Cherry Tomato 小番茄 Cucumber 黄瓜 Carrot 胡萝卜 Egg 鸡蛋 Crab Meat 蟹肉棒	Lettuce 生菜 Cherry Tomato 小番茄 Cucumber 黄瓜 Carrot 胡萝卜 Pasta 意面 Sausage 香肠	Lettuce 生菜 Cherry Tomato 小番茄 Cucumber 黄瓜 Carrot 胡萝卜 Corn 玉米 Chicken 鸡肉	Lettuce 生菜 Cherry Tomato 小番茄 Cucumber 黄瓜 Carrot 胡萝卜 Pasta 意面 Ham 方腿
Asian Lunch Menu	Malaysian Lamb Curry Pineapple Rice Bean Sprouts & Carrots	Fried Chicken Dice & Vegetables Steamed Bun Cabbage	Meat Ball Soup Chicken Satay Singapore Fried Been Hoon (Rice Noodles) Lettuce	Sweet Corn Soup Grilled Fish Fillet with Spring Onions Steamed Rice Dumpling Mixed Veggies	Red Chicken Curry Thai Fried Rice Bok Choy
Western Lunch Menu	Farmhouse Vegetable Soup Cajun Chicken Polenta Zucchini	Tomato & Basil Soup Beef & Vegetable Casserole Rice Croquettes Cauliflower	Beef Lasagna Garlic Bread Broccoli & Carrots	Tex Mex Pizza Baked Beans Peas & Corn	French Onion Soup Meat Balls in a Chunky Tomato Sauce French Fries Carrots
Afternoon Snack	Biscuit 饼干 Banana 香蕉	Wheat Biscuit 全麦 饼干 Apple 苹果	Rice Cake 雪米饼 Banana 香蕉	Garlic Bread 蒜茸包 Pear 梨	Chocolate Pie 巧克力派 Apple 苹果

Mar 29th – Mar 31th

	29/03	30/03	31/03		
Salad Bar	Lettuce 生菜 Cherry Tomato 小番茄 Cucumber 黄瓜 Carrot 胡萝卜 Pasta 意面 Chicken 鸡肉	Lettuce 生菜 Cherry Tomato 小番茄 Cucumber 黄瓜 Carrot 胡萝卜 Egg 鸡蛋 Crab Meat 蟹肉棒	Lettuce 生菜 Cherry Tomato 小番茄 Cucumber 黄瓜 Carrot 胡萝卜 Pasta 意面 Sausage 香肠		
Asian Lunch Menu	Hot & Sour Soup Bean Curd & Pork Roll with Soy Steamed Rice in Lotus Leave Asian Greens	Cabbage Soup Chicken Skewer Light Fried Egg Noodles Chinese Broccoli	Crispy Pork Chop Vegetable Fried Rice Cabbage		
Western Lunch Menu	Chicken Piccata Baked Penne with a Creamy Mushroom Sauce Zucchini	Beef Stroganoff Steamed Parsley Potatoes Carrots	Carrot Soup Roasted Duck w/ Rosemary Sauce Potato Rosti Green Peas & Tomatoes		
Afternoon Snack	Biscuit 饼干 Pear 梨	Strawberry Biscuit 草莓饼 干 Pear 梨	Rice Cake 雪米饼 Banana 香蕉		