

UWGT LUNCH TERM - NOVEMBER

LUNCH		SUN	MON	TUE	WED	THU	FRI / THEME	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON		
							LEBANESE								MEXICAN							JAPAN								AFRICA			
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
AM SNACK	SNACK		Banana bread	Cornflake & milk - Porridge for EEC	Large Boiled Egg	Cream cracker & cheese	Pumpkin muffin			Chocolate muffin	Raisin Bran & milk Porridge for EEC	Large Boiled Egg	Kanom chan	15 fruit & cereal bar			Banana bread	Cornflake & milk - Porridge for EEC	Large Boiled Egg	Cream cracker & cheese	Pumpkin muffin				Chocolate muffin	Raisin Bran & milk Porridge for EEC	Large Boiled Egg	Kanom chan	15 fruit & cereal bar			Banana bread	
	SNACK GF/DF/SF		Alternative provided	Alternative provided	Alternative provided	Alternative provided	Alternative provided			Alternative provided	Alternative provided	Alternative provided	Alternative provided	Alternative provided			Alternative provided	Alternative provided	Alternative provided	Alternative provided	Alternative provided				Alternative provided	Alternative provided	Alternative provided	Alternative provided	Alternative provided			Alternative provided	
	SNACK FRUIT		Melon	Grapes	Banana	Apple	Pineapple				Melon	Grapes	Banana	Apple	Pineapple				Melon	Grapes	Banana	Apple	Pineapple				Melon	Grapes	Banana	Apple	Pineapple		
	DRINK		Organic Milk	Organic Milk	Organic Milk	Organic Milk	Limeade Juice				Organic Milk	Organic Milk	Organic Milk	Organic Milk	Organic Milk				Organic Milk	Organic Milk	Organic Milk	Organic Milk	Organic Milk				Organic Milk	Organic Milk	Organic Milk	Organic Milk	Organic Milk		
ECC LUNCH	CARB		Steamed rice	Macaroni & cheese	Steamed rice	Plain pasta	Steamed Rice			Mashed potato	Steamed rice	Steamed rice	Spaghetti	Steamed rice			Mashed potato	Macaroni & cheese	Steamed rice	Plain pasta	Steamed rice				Mashed potato	Steamed rice	Steamed rice	Spaghetti	Steamed rice			Mashed potato	
	PROTEIN - Sauce served on the side - plain meat		Roast chicken	Grilled fish with fresh Thai herbs	Chicken Drumstick	Prawn, salmon, veg - mediterranean - pesto	Chicken shawarma, hummus, pitta, salad, yogurt sauce			Roast chicken	Boiled egg & chicken, brown soup	Roast pork	Bolognaise sauce			Grilled fish with fresh Thai herbs	Roast chicken	Chicken Drumstick	Prawn, salmon, veg - mediterranean - pesto	Chicken katsu & sauce				Roast chicken	Boiled egg & chicken, brown soup	Roast pork	Bolognaise sauce	Grilled fish mash potato			Grilled fish with fresh Thai herbs		
	SOUP		Tomato soup	Cauliflower soup	Clear soup, glass noodles	Pumpkin Soup	Clear soup, turmeric			Tomato soup		Pumpkin soup	Miso soup, wakame	Tomato soup			Tom yum mushroom	Cauliflower soup	Clear soup, glass noodles	Pumpkin Soup	Ramen Noodle Soup				Tomato soup		Pumpkin soup	Miso soup, wakame	Clear soup, chicken, turmeric			Tom yum mushroom	
	EEC LUNCH FRUIT		Pineapple	Banana	Guava	Watermelon	Dragon fruit				Pineapple	Banana	Guava	Young mango	Dragon fruit				Pineapple	Banana	Guava	Watermelon	Dragon fruit				Pineapple	Banana	Guava	Watermelon	Dragon fruit		
GRADE 1 - 12 LUNCH	RICE	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice		
	CARB/ PASTA	Garlic potato wedges	Mashed Potato	Macaroni & cheese	Potato gratin	Italian pasta bake	Batta Hara Potato	Sweet potato spiced wedges	Potato hasselbacks - Moroccan	Mashed Potato	Baby Potato - Roasted	Hash browns	Spaghetti	Nachos / cheese	Vegetable lasagna	Garlic potato wedges	Sweet potato - saute	Macaroni & cheese	Potato gratin	Italian pasta bake	Japanese Seafood Tempura	Sweet potato spiced wedges	Potato hasselbacks - Moroccan	Mashed Potato	Baby Potato - Roasted	Hash browns	Spaghetti	Mash potato	Garlic potato wedges	Sweet potato - saute	Sweet potato - saute		
	VEGETABLE	Mixed market vegetables - Baked	Cauliflower - Roast	Carrot & baby corn - Stir-fry	Sweet corn & peas	Canton lettuce - Stir-fry	Zucchini & Eggplant gratin	Stir-fry cucumber & egg	Mixed market vegetables - Baked	Cauliflower - Roast	Garden Pea & Carrot - Stir-fry	Pumpkin - Stir-fry / Roasted + Spinach	Stir-fry cabbage, carrot & herbss	Roasted Mexican Zucchini	Broccoli & mushroom - Stir-fry	Mixed market vegetables - Baked	Cauliflower bakes - Gratin	Carrot & baby corn - Stir-fry	Sweet corn and peas	Canton lettuce - Stir-fry	Stir-fry broccoli, sesame, ginger, mushroom	Stir-fry cucumber & egg	Mixed market vegetables - Baked	Cauliflower - Spiced - Roast	Garden Pea & Carrot - Stir-fry	Pumpkin - Stir-fry / Roasted + Spinach	Stir-fry cabbage, carrot & herbss	Tunisian Spiced Cauliflower roast	Mixed market vegetables - Baked	Cauliflower bakes - Gratin	Cauliflower bakes - Gratin		
	VEGAN	Mapo tofu	Chickpea, Quinoa & Pumpkin Stew	Lentil & pumpkin curry	Red bean, tomato & vegetable cassoulet	Lentil curried red dal	Hummus & Pita / Zhoug Sauce / falafel	Vegan shepherd pie	Moroccan tagine - chickpea & eggplant	Chickpea, Quinoa & Pumpkin Stew	Lentil, Sweet Potato, Green Peas & Black Bean Chili	Chickpea Tomato Masala	Lentil Masala	Mexican bean chili non carne	Massaman Curry - Chickpea	Mapo Tofu	Chickpea Sambar	Lentil & Pumpkin Curry	Red bean, tomato & vegetable cassoulet	Lentil curried red dal	Live station: Sushi Rolls	Vegan shepherd pie	Moroccan Tagine - Chickpea & Eggplant	Chickpea, Quinoa & Pumpkin Stew	Lentil, Sweet Potato, Green Peas & Black Bean Chili	Chickpea Tomato Masala	Lentil Masala	Moroccan vegetable and chickpea tagine	Massaman Curry - Chickpea	Mapo Tofu	Chickpea Sambar		
	WESTERN	Creamy Dijon Chicken Breasts	Roast chicken	Grilled fish with fresh Thai herbs	Chicken Drumstick	Prawn, salmon, veg - mediterranean - pesto	Chicken shawarma / yogurt sauce	White Fish - Puttanesco	Moroccan roast chicken and vegetable bake	Roast pork	Beef & vegetable stew - No potato	Roast chicken, thai chili sauce,	Baked white fish - fresh herbs	Braised & roast pulled chicken - no spice or sauce	Braised beef and vegetable lasagna	Creamy Dijon Chicken Breasts	Roast chicken	Grilled fish with fresh Thai herbs	Chicken Drumstick	Prawn, salmon, veg - mediterranean - pesto	Chicken katsu & sauce	White Fish - Puttanesco	Moroccan roast chicken and vegetable bake	Roast pork	Beef & vegetable stew - No potato	Roast chicken, Thai chili sauce	Baked white fish - fresh herbs	Grilled white fish - chili sauce on the side	Braised beef and vegetable lasagna	Creamy Dijon Chicken Breasts	Roast chicken		
	ASIAN	Pork Chinese Sweet & Sour	Massaman Curry, tofu	Gai Phad King	Pork Thai stir-fry, garlic & pepper	Kra prao gai	Baked white fish, tahini, parsley, lime, pomegranate	Chicken - kung poa	Green curry - seafood	Massaman Curry, tofu	Chicken - stir-fry - Asian style	Fish fillet, turmeric, Thai herbs	Beef Bolognaise	Guacamole - Sour cream	Massaman curry - beef	Pork Chinese Sweet & Sour	Seafood vegetable sweet & sour	Gai Phad King	Pork Thai stir-fry, garlic & pepper	Kra prao gai	Ramen Noodles Station	Chicken - kung poa	Green curry - seafood	Massaman Curry, tofu	Chicken - stir-fry - Asian style	Fish fillet, turmeric, Thai herbs	Bolognaise Beef	South African beef bobotie	Massaman curry - beef	Pork Chinese Sweet & Sour	Seafood vegetable sweet & sour		
	THAI DISH SPECIAL			Namm Prik	Thai Chefs Choice	Namm Prik	Thai Chefs Choice			Thai Chefs Choice	Namm Prik	Thai Chefs Choice	Namm Prik	Thai Chefs Choice			Thai Chefs Choice	Namm Prik	Thai Chefs Choice	Namm Prik	Thai Chefs Choice			Thai Chefs Choice	Namm Prik	Thai Chefs Choice	Namm Prik	Thai Chefs Choice			Thai Chefs Choice		
	LUNCH FRUIT	Watermelon	Pineapple	Banana	Guava	Watermelon	Dragon fruit	Papaya	Watermelon	Pineapple	Banana	Guava	Young mango	Dragon fruit	Papaya	Watermelon	Pineapple	Banana	Guava	Young mango	Dragon fruit	Papaya	Watermelon	Pineapple	Banana	Guava	Watermelon	Dragon fruit	Papaya	Watermelon	Pineapple		
	SALAD- DRESSING ON SIDE OR LESS DRESSING		Greek Salad	Phuket tangy salad	Tomato & celery salad	Vegetable spirl salad	Fattoush / Tabboulet			Indian lentil salad	White bean aribaca salad	Quinoa tabboulet	Citrus beetroot orange salad	Salsa: mango, tomato, coriander, + Shredded lettuce.			Couscous salad	Potato salad	Moroccan cauliflower salad	Purple potato salad	Japenese salad, seaweed, radish, edamame, sesame				Indian lentil salad	White bean aribaca salad	Quinoa tabboulet	Citrus beetroot orange salad	Azifa Lentil Salad - Ethiopia			Couscous salad	
	SALAD BAR	DAILY CHANGING SALAD BAR SELECTION: 2 VEGETABLES - 2 LETTUCE - 1 VEGAN PROTEIN BEAN OR GRAIN - 1 MEAT PROTEIN - 1 CHEESE OR EGG - 2 DRESSING - BREAD SELECTION - BUTTER																															
PM SNACK	SNACK		15 fruit & cereal bar	Black sesame & 8 cereal bar	Cookie - coconut	Dried banana & chocolate	Kanom sai sai				15 fruit & cereal bar	Vegetable sticks	Dried banana & green tea	Rice cracker				Vegetable & bread sticks	Black sesame & 8 cereal bar	Cookie - coconut	Dried banana & chocolate	Kanom sai sai				15 fruit & cereal bar	Vegetable sticks	Dried banana & green tea	Rice cracker	Dried banana & strawberry	Chocolate brownie	Black sesame & 8 cereal bar	
	SNACK GF/DF/SF		Alternative provided	Alternative provided	Alternative provided	Alternative provided	Alternative provided				Alternative provided	Alternative provided	Alternative provided	Alternative provided	Alternative provided				Alternative provided	Alternative provided	Alternative provided	Alternative provided	Alternative provided				Alternative provided	Alternative provided	Alternative provided	Alternative provided	Alternative provided	Alternative provided	
	SNACK FRUIT		SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT				SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT				SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT				SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT		

BOARDING HOUSE DINNER MENU - NOVEMBER

DINNER		SUN	MEATLESS	TUE	WED	THU	FRI	SAT	SUN	MEATLESS	TUE	WED	THU	FRI	SAT	SUN	MEATLESS	TUE	WED	THU	FRI	SAT	SUN	MEATLESS	TUE	WED	THU	FRI	SAT	SUN	MON								
		ITALIAN NIGHT								INDIAN NIGHT	VIETNAM NIGHT								MOROCCAN NIGHT	SUSHI NIGHT								LEBANASE NIGHT	TACO NIGHT								BURGER NIGHT	CHINESE NIGHT	
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30								
	NON - VEGAN PROTEIN	Chicken - herb roast	Mushroom Stroganoff	Chicken wing	Beef stirfry, Garlic, Pepper, Mushroom	Roast Chicken	Breaded Fish Fillet - Tartar Sauce	Butter chicken curry	Vietnamese Pork loin	Tempeh - Tofu - Satay	White fish - Terikaki	Roast whole chicken	Chinese Lemon Chicken	BBQ Pork Ribs	Moroccan chicken	Salmon teriyaki	Mushroom stroganoff	Chicken wing	Beef stirfry, Garlic, Pepper, Mushroom	Roast chicken	Breaded fish fillet - tartar Sauce	Chicken shawarma	Mexican beef fajita	Tempeh - Tofu - Satay	White fish - Terikaki	Roast whole chicken	Chinese Lemon Chicken	BBQ Pork Ribs	Beef burgers	Chinese lemon chicken	Vegetable lasagna								
	VEGAN PROTEIN	Lentil, vegetable & spinach Lasagna □	Buckwheat & sweet potato risotto	Penang curry - vegetable, tofu, mushroom	Chickpea tomato masala	Tofu & spinach stir-fry, sesame, ginger □	Quinoa & turmeric risotto	Vegetable Korma	Vietnamese tofu stir-fry	Red curry, pumpkin, mushroom, lentil	Szechuan tofu & vegetables	Mushroom barley risotto	Tofu & cashew nut	Lentil & mushroom Bolognese	Moroccan tagine - chickpea & eggplant	Ramen / Udon noodle soup	Buckwheat & sweet potato risotto	Penang curry - vegetable, tofu, mushroom	Chickpea tomato masala	Tofu & spinach stir-fry, sesame, ginger □	Quinoa & turmeric risotto	Tofu - tempeh - chickpea shawarma	Lentil & chili NON carne	Red curry, pumpkin, mushroom, lentil	Szechuan tofu & vegetables	Mushroom barley risotto	Tofu & cashew nut	Lentil & mushroom Bolognese	Beetroot burger	Tofu & cashew nut sesame stir-fry	Green curry tempeh and vegetable								
	VEGETABLE	Zucchini & Eggplant - Baked	Carrot & baby corn stir-fry	Mushroom, Spinach, Sesame - Stir-fry	Kale - Stir-fry	Pumpkin - Roasted & Seeds	Spinach gratin	Pumpkin & chickpea masala	Rice paper springrolls - Live station	French Beans - Stir-fry	Sweetcorn & Peas - Steamed	Carrot & herb - mash	Broccoli - Stir-fry	Pumpkin - gratin	Cauliflower - chermoula	Vegan sushi live station	Carrot & baby corn stir-fry	Mushroom, Spinach, Sesame - Stir-fry	Kale - Stir-fry	Pumpkin - Roasted & Seeds	Spinach gratin	Eggplant & tomato bake	Mexican roasted zucchini	French Beans - Stir-fry	Sweetcorn & Peas - Steamed	Carrot & herb - mash	Broccoli - Stir-fry	Pumpkin - gratin	Cauliflower - Roast - spiced	Broccoli - Stir-fry	Pumpkin - Gratin								
	CARB 1 - RICE	Spagetti - tomato sauce	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Biryani rice & vegetable	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Couscous & vegetable	Japenese rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Lebanese potato	Vegetable fried rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Burger buns - Slaw - Sauces	Steamed rice	Steamed rice								
	CARB 2 -	Baby Potato - Roast	Penne - Red Pesto Sauce	Yellow Noodles - Vegetable	Macaroni Cheese	Mash Potato	Spaghetti - Bolognese sauce	Bombay Potato - Naan bread	Pho Soup - Live station	Penne - Tomato Sauce	Singapore Noodles	Rigatoni - Pesto Sauce	Chow Mein Noodles	Spaghetti - Carbonara Sauce	Potato hasselbacks - Moroccan spice	Vegetable Gyozo	Penne - red pesto sauce	Yellow noodles - vegetable	Macaroni cheese	Mash potato	Spaghetti - Bolognese sauce	Hummus - pifta	Tortilla - slaw - salsa - sour cream - cheese	Penne - Tomato Sauce	Singapore Noodles	Rigatoni - Pesto Sauce	Chow Mein Noodles	Spaghetti - Carbonara Sauce	Garlic Potato Wedges	Chow Mein Noodles	Spaghetti - Tomato Sauce								
	SOUP	Tom yum mushroom		Clear soup, glass noodles	Potato soup	Clear soup, chicken, turmeric		Tomato soup	Boiled egg & chicken, brown soup	Pumpkin soup	Miso soup, wakame	Broccoli soup		Tom yum mushroom		Clear soup, glass noodles	Potato soup	Miso soup		Tomato soup	Boiled egg & chicken, brown soup	Pumpkin soup	Miso soup, wakame	Broccoli soup							Broccoli soup								
	SALAD BAR	DAILY CHANGING SALAD BAR SELECTION - SEASONAL FRESH FRUITS - 6 TYPES OF VEGETABLES - 2 TYPES LETTUCE - 1 VEGAN PROTEIN - 1 MEAT PROTEIN - 1 CHEESE - 2 DRESSINGS - SELECTION OF BREAD & BUTTER																																					
	FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT	SEASONAL FRUIT								
	DESSERT	Chocolate Cake						Vanilla Cake							Ice - Cream																Ice - Cream								