

BOARDING HOUSE BREAKFAST MENU - NOV 2021

BREAKFAST	MEATLESS	TUE	WED	THU	FRI	SAT	SUN	MEATLESS	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MEATLESS	TUE	WED	THU	FRI	SAT	SUN	MEATLESS	TUE	
	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	
JUICE	Juice of the day	Juice of the day	Juice of the day	Juice of the day	Juice of the day	Juice of the day	Juice of the day	Juice of the day	Juice of the day	Juice of the day	Juice of the day	Juice of the day	Juice of the day	Juice of the day	Juice of the day	Juice of the day	Juice of the day	Juice of the day	Juice of the day	Juice of the day	Juice of the day	Juice of the day	Juice of the day	Juice of the day	Juice of the day	Juice of the day	Juice of the day	Juice of the day	Juice of the day	Juice of the day	
CEREALS																															
BREAD/ BAKERY	CHOCOLATE PANCAKE	WAFFLE	FRENCH TOAST	BLUEBERRY PANCAKE	FRENCH TOAST	CHOCOLATE PANCAKE	WAFFLE	FRENCH TOAST	BLUEBERRY PANCAKE	WAFFLE	FRENCH TOAST	CHOCOLATE PANCAKE	WAFFLE	FRENCH TOAST	BLUEBERRY PANCAKE	WAFFLE	FRENCH TOAST	PANCAKE	WAFFLE	FRENCH TOAST	BANANA PANCAKE	WAFFLE	FRENCH TOAST	PANCAKE	WAFFLE	FRENCH TOAST	PANCAKE	WAFFLE	FRENCH TOAST	PANCAKE	
DAIRY																															
LIVE STATION																															
EGG STATION																															
FRUIT & SALAD BAR																															
CONDIMENTS																															
MEAT	Chicken Sausage/pork sausage /chicken ham	Chicken Sausage/pork sausage /chicken ham	Chicken Sausage/pork sausage /chicken ham	Chicken Sausage/pork sausage /chicken ham	Chicken Sausage/pork sausage /chicken ham	Chicken Sausage/pork sausage /chicken ham/bacon	Chicken Sausage/pork sausage /chicken ham/bacon	spinach garfin	Chicken Sausage/pork sausage /chicken ham	Chicken Sausage/pork sausage /chicken ham	Chicken Sausage/pork sausage /chicken ham	Chicken Sausage/pork sausage /chicken ham	Chicken Sausage/pork sausage /chicken ham/bacon	Chicken Sausage/pork sausage /chicken ham/bacon	sauteed mushroom	Chicken Sausage/pork sausage /chicken ham	Chicken Sausage/pork sausage /chicken ham	Chicken Sausage/pork sausage /chicken ham	Chicken Sausage/pork sausage /chicken ham	Chicken Sausage/pork sausage /chicken ham	Chicken Sausage/pork sausage /chicken ham/bacon	Chicken Sausage/pork sausage /chicken ham/bacon	baked broccoli with cheese	Chicken Sausage/pork sausage /chicken ham	Chicken Sausage/pork sausage /chicken ham	Chicken Sausage/pork sausage /chicken ham	Chicken Sausage/pork sausage /chicken ham	Chicken Sausage/pork sausage /chicken ham/bacon	Chicken Sausage/pork sausage /chicken ham/bacon	spinach garfin	Chicken Sausage/pork sausage /chicken ham/bacon
BAKED BEAN	Baked bean	Baked bean	Baked bean	Baked bean	Baked bean	Baked bean	Baked bean	Baked bean	Baked bean	Baked bean	Baked bean	Baked bean	Baked bean	Baked bean	Baked bean	Baked bean	Baked bean	Baked bean	Baked bean	Baked bean	Baked bean	Baked bean	Baked bean	Baked bean	Baked bean	Baked bean	Baked bean	Baked bean	Baked bean	Baked bean	Baked bean
VEGAN	Grilled tomato	Vegetable ratatouille	Potato lyonnaise	Thai omelette	Sauté potato	Grilled tomato	Vegetable ratatouille	Potato lyonnaise	Roasted sweet potato	Vegetable ratatouille	Sauté potato	Grilled tomato	Vegetable ratatouille	Potato lyonnaise	Roasted sweet potato	Sauté baby potato	Grilled tomato	Sauté potato	Grilled tomato	Vegetable ratatouille	Potato lyonnaise	Roasted sweet potato	Sauté baby potato	Grilled tomato	Roasted sweet potato	Potato lyonnaise	Roasted sweet potato	Sauté potato	Roasted sweet potato	Roasted sweet potato	
ASIAN	Tofu & spinach stir-fry, sesame, ginger	Vermicelli noodle - veg	Flat noodle, sugar snap, carrot	Stir fried glass noodle with cabbage	Cabbage stir-fry, egg	Tofu & spinach stir-fry, sesame, ginger	Vermicelli noodle - veg	Chicken rice and soup	Phad Thai Vegetable	Flat noodle, sugar snap, carrot	Cabbage stir-fry, egg	Tofu & spinach stir-fry, sesame, ginger	Vermicelli noodle - veg	Chicken rice and soup	Flat noodle, sugar snap, carrot	Vermicelli noodle - veg	Tofu -tempeh cashew nut	Cabbage stir-fry, egg	Tofu & spinach stir-fry, sesame, ginger	Vermicelli noodle - veg	Chicken rice and soup	Flat noodle, sugar snap, carrot	Mee Sa Pam	Tofu stir-fry, cashew nut	Cabbage stir-fry, egg	Cabbage stir-fry, egg	Tofu & spinach stir-fry, sesame, ginger	Cabbage stir-fry, egg	Flat noodle, sugar snap, carrot	Tofu & spinach stir-fry, sesame, ginger	
RICE	Steamed rice / Fried rice with egg and vegetables	Steamed rice / Fried rice with egg and vegetables	Steamed rice / Fried rice with egg and vegetables	Steamed rice / Fried rice with egg and vegetables	Steamed rice / Fried rice with egg and vegetables	Steamed rice / Fried rice with egg and vegetables	Steamed rice / Fried rice with egg and vegetables	Steamed rice / Fried rice with egg and vegetables	Steamed rice / Fried rice with egg and vegetables	Steamed rice / Fried rice with egg and vegetables	Steamed rice / Fried rice with egg and vegetables	Steamed rice / Fried rice with egg and vegetables	Steamed rice / Fried rice with egg and vegetables	Steamed rice / Fried rice with egg and vegetables	Steamed rice / Fried rice with egg and vegetables	Steamed rice / Fried rice with egg and vegetables	Steamed rice / Fried rice with egg and vegetables	Steamed rice / Fried rice with egg and vegetables	Steamed rice / Fried rice with egg and vegetables	Steamed rice / Fried rice with egg and vegetables	Steamed rice / Fried rice with egg and vegetables	Steamed rice / Fried rice with egg and vegetables	Steamed rice / Fried rice with egg and vegetables	Steamed rice / Fried rice with egg and vegetables	Steamed rice / Fried rice with egg and vegetables	Steamed rice / Fried rice with egg and vegetables	Steamed rice / Fried rice with egg and vegetables	Steamed rice / Fried rice with egg and vegetables	Steamed rice / Fried rice with egg and vegetables	Steamed rice / Fried rice with egg and vegetables	

UWCT LUNCH TERM - NOV 2021

LUNCH	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MEATLESS	TUE
	MEATLESS			Breakfast for lunch	Japanese lunch			MEATLESS				Indian			MEATLESS					Mexican			MEATLESS			European lunch				
	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	Cornflake & milk	Fried egg sandwich	Crudite / ceasar dip	Cracker and cheese	Plain yoghurt seeds and honey		Granola & milk	Boiled quail egg with mayo and bread	Crudite / hummus dip	Cracker and cheese	Plain yoghurt seeds and honey		Cornflake & milk	Fried egg sandwich	Crudite / ceasar dip	Cracker and cheese	Plain yoghurt seeds and honey			G1-G2: Granola, ECC:Porridge and coconut sugar.	Boiled quail egg with mayo and bread	Crudite / hummus dip	Cracker and cheese	Plain yoghurt seeds and honey		Cornflake & milk	crudite with hummus		
	SNACK GF/DF/SF	Vegan and gluten free cornflake & milk	Quail egg with gf bread	Crudite / vegan ceasar dip	Rice cracker	Coconut yoghurt seeds and coconut syrup		Gluten free porridge	Quail egg with gf bread	Crudite / vegan ceasar dip	Rice cracker	Coconut yoghurt seeds and coconut syrup		Vegan and gluten free cornflake & milk		Crudite / vegan ceasar dip	Rice cracker	Coconut yoghurt seeds and coconut syrup			Vegan and gluten free cornflake & milk	Gluten free porridge	Crudite / vegan ceasar dip	Rice cracker	Coconut yoghurt seeds and coconut syrup		Vegan and gluten free cornflake & milk			
	SNACK FRUIT	Guava / banana	Melon / pineapple	Apple / dragon fruit	Banana / Mandarin orange	Orange / dragon fruit		Apple / dragon fruit	Melon / Pineapple	Apple / Banana	Banana / mandarin	Guava / mandarin		Apple / Dragon fruit	Guava / banana	Melon / pineapple	Banana / mandarin	Apple / dragon fruit			Watermelon / banana	Guava / banana	Melon / pineapple	Banana / mandarin orange	Guava / banana		Apple / Dragon fruit	banana/orange		
	DRINK	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	Organic Milk	Organic Milk		Organic Milk	Organic Milk	Organic Milk	Organic Milk	Organic Milk	Organic Milk		Organic Milk	Organic Milk
ECC LUNCH	CARB	Macaroni & cheese	Steamed rice	Penne pesto	Fried rice with egg / steamed rice	Sushi roll		Macaroni & cheese	Mashed potato / Steamed rice	Plain pasta	fried rice with egg / steamed rice	steamed rice		Mashed potato / Steamed rice	vg fried rice	baked potato	fried rice with egg / steamed rice	cheese quesadilla			Steamed rice	baked potato	Steamed rice	fried egg with rice / steamed rice	french bread		Mashed potato / Steamed rice	fried rice with egg		
	PROTEIN - Sauce served on the side - plain meat	Omelette	Grilled seabass with fresh Thai herbs	Chicken Drumstick	Bacon / Breakfast sausages	Chicken katsu		Thai Omelette	Grilled seabass with fresh Thai herbs	Chicken Drumstick	Stir fried salmon / prawn	chicken tikka kebabs - not spicy		thai omelete	Roast Chicken	Sausage (provide gluten/soy free alternative)	Stir fried salmon / prawn	Shredded chicken			thai omelete	Sausage & mash	Grilled Seabass	Thai Omelette	on meat balls with gravy		thai omelete	grilled fish		
	SOUP OR SAUCE	Tom kha hed	Pumpkin soup	Carrot soup	Clear soup with glass noodle and meatballs	Miso soup		Pumpkin soup	Tom kha hed	Carrot soup	Clear soup with glass noodle and meatballs	Indian lentil soup		Tomato cream soup	Pumpkin soup	Broccoli soup	Tom kha hed	Corn chip / guacamole			Tomato cream soup	sweet corn soup	Tom kha hed	Vegetable clear soup with tofu	beetroot soup		Tomato cream soup	miso soup		
	ECC LUNCH FRUIT	Pineapple	Banana	Watermelon	Guava	Apple		Pineapple	Banana	Watermelon	Guava	Apple		Banana	Apple	Dragon fruit	Guava	Watermelon			Pineapple	Dragon fruit	Guava	Apple	grape		Banana	dragon fruit		

GRADE 1 - 12 LUNCH	RICE	Steamed rice	fried rice with egg	Steamed rice	fried rice with egg / steamed rice	Japanese rice	Steamed rice	Steamed rice	Steamed rice	fried rice with egg	Steamed rice	fried rice with egg	steamed rice	Steamed rice	Steamed rice	Steamed rice	fried rice with egg	Steamed rice	fried rice with egg	mexican rice	Steamed rice	Steamed rice	Steamed rice	fried rice with egg	Steamed rice	fried rice with egg	Steamed rice	Steamed rice	Steamed rice	Steamed rice	fried rice with egg	
	CARB / PASTA	Macaroni & cheese	Mashed potato	Penne pesto	Hash browns	Yakisoba	Italian pasta bake	phad see iew with egg and vegetables	Potato gratin	Hash browns	spaghetti tomato sauce	Yellow noodle stir fried	naan bread	Pad see eiw egg	Potato gratin	Stir fried glass noodle with vegetable	Hash browns	macaroni / mushroom carbonara	Spanish style potato	Tortilla/nachos	Baby potato roasted	Mashed potato	French fries	Yellow noodle stir fried	fuilli tomato sauce	Garlic potato wedges	roasted sweet p	Udon noodles	Potato gratin	Stir fried glass noodle with vegetable	Udon noodles	
	Soup	Vegetable clear soup with glass noodles	Pumpkin soup	Egg soup chinese style	Clear soup with glass noodle and meatballs	Miso soup	spinach soup	tom yum mushroom	Pumpkin soup	Tom kha hed	Egg soup chinese style	Clear soup with glass noodle and meatballs	Indian vegetable soup	sweet corn soup	mushroom soup	Tomato cream soup	Pumpkin soup	broccoli soup	Tom kha hed	Mexican white bean soup	Egg chinese soup	tom yum mushroom	Tomato cream soup	sweet corn soup	Tom kha hed	Vegetable clear soup with tofu	beetroot soup	miso soup	broccoli soup	Tomato cream soup	miso soup	
	VEGETABLE	Grilled vegetables	Broccoli & mushroom Stir-fry	Carrot, bok choi & Sesame	Grilled tomatoes and mushroom	Assorted Japanese roll Life station	Garden pea & carrot stir fried	mix vegetable stir fried	Mix vegetable grill	Ratatouille vegetables	Broccoli & mushroom Stir-fry	Broccoli Gratin	roasted masala spice cauliflower	Mix vegetable stir fried	Stir fried morning glory	Stir fired asparagus and mushroom	Broccoli & mushroom Stir fried	Local vegetable stir fried	Mixed market vegetables Baked	Mexican stir fried green and red peppers	Garden pea & carrot stir fried	Pumpkin stir fried + spinach	Baked broccoli and cauliflower mix	Ratatouille vegetables	Broccoli & mushroom Stir fried	Grilled tomatoes and mushroom	sauteed brussels	Stir fred spinach and mushroom	Pumpkin Stir fried	Stir fred asparagus and mushroom	Stir fred spinach and mushroom	
	VEGAN PROTEIN	Lentil bolognaise	Chickpea Sambar	Lentil & Pumpkin Curry	Baked bean	Asparagus and spinach stir fried	Chickpea Tomato Masala	Red bean, tomato & vegetable cassoulet	Chickpea, Quinoa & Pumpkin Stew	Massaman Curry - Chickpea	Dal	Stir fried tofu cashewnut - Med mamuang	Channa masala	Lentil & Pumpkin Curry	Lentil, Sweet Potato, Green Peas & Black Bean Chili	Lentil & Pumpkin Curry	Chickpea Sambar	Green curry with jack fruit and eggplant	red curry with vegetable	Refried beans	tempeh and vegetable / sweet and sour sauce	Tom kha hed	Dal	Chickpea, Quinoa & Pumpkin Stew	Massaman Curry - Chickpea	Red bean, tomato & vegetable cassoulet	an meat balls with	Massaman Curry - Chickpea	Dal	Lentil & Pumpkin Curry	green Curry - Chickpea and vegetable	
	WESTERN	Omelette	Baked seabass with herbs	Grilled fish with fresh Thai herbs	Sausage and bacon	Japanese chicken curry	Sausage & mash - onion gravy	Chicken Drumstick	Vegetable Frittata	Creamy Dijon Chicken breasts	Braised beef lasagna	5 spice pork belly stew	chicken tikka - not spicy	Beef & vegetable stew	Roast Chicken	Maccaroni cheese	stir fried beef with soy and vegetable	grilled chicken thigh	baked white fish	beef fajitas	salmon teriyaki	deep fried chicken wing	lentil con carne	fish	stir fried beef with hot basil	roasted pork loin	sheperd pie	beef teriyaki	panaeng pork	phad see iew vegetable	roasted pork loin	
	ASIAN	Cashew nut and tofu sweet & sour	Pork stir fried, garlic pepper	Beef teriyaki stir fried	Omelette	Salmon grilled	Roasted beef	Fish fillet, turmeric, Thai herbs	Sweet and sour tofu	Steam fish with soy sauce	Chicken teriyaki	White fish and cashewnut	Rogan Josh lamb curry	grilled fish with herb	Roast pork loin	Steamed tofu with soya sause and ginger	chicken with cashew nut	Pork stir-fried, garlic & pepper	chicken and broccoli with oyster sauce	Shredded chicken	pork stroganof	beef panang curry	Roasted pumpkin with red curry	beef	Massaman curry - chicken	Thai omelette	tofu bourgnona	Chicken teriyaki	paneang curry vegetable and chicken	Steamed tofu with soya sause and ginger	grill fish	
	THAI DISH SPECIAL FOR STAFF	Chef 's choice	Chef 's choice	Chef 's choice	Thai Chefs Choice	Vegetable tempura	Thai Chefs Choice	Thai Chefs Choice	Thai Chefs Choice	Thai Chefs Choice	Thai Chefs Choice	Thai Chefs Choice	dal	Thai Chefs Choice	Thai Chefs Choice	Chef 's choice	Thai Chefs Choice	Thai Chefs Choice	Thai Chefs Choice	Guacamole / tomato salsa/	Thai Chefs Choice	Thai Chefs Choice	Chef 's choice	Thai Chefs Choice	Thai Chefs Choice	Thai Chefs Choice	Thai Chefs Choice	Chef 's choice	Chef 's choice	Chef 's choice	Chef 's choice	
	LUNCH 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	Seasonal fruit
	SALAD- DRESSING ON SIDE OR LESS DRESSING	Potato salad	Cirtus beetroot orange salad	Broccoli salad with sesame seeds	Power salad	Japanese cold slaw with seaweed and sesame	Potato salad	Thai rainbow salad	Tomato and celery salad	Potato salad	Zucchini salad	Carrot Mung Bean Salad	Indian style cucumber salad	mexican corn salsa	Moroccan cauliflower salad	Mediteranea n vegetable salad	Potato salad	Moroccan cauliflower salad	Cucumber salad	Mexican corn salad	Roasted pumpkin salad	Cous cous salad	Chilled pasta salad	Caesar salad	Moroccan cauliflower salad	Cucumber salad	greek salad	Moroccan cauliflower salad	Greek salad	Mediteranea n vegetable salad	Moroccan cauliflower salad	
SALAD BAR																																

PM SNACK	SNACK	Cocoa and zuchini brownie	Chicken/ Cheese sandwich	Oat cookie	Kanom chan	Banana sticky rice			Chocolate brownie	Banana bread	Rice cracker	Mini pizza	Tuna sandwich				Cocoa and zuchini brownie	Chicken / cheese sandwich	Oat cookie	Kanom chan	coconut sticky rice				Chocolate brownie	Banana bread	Rice cracker	tuna sandwich	mini pizza				Cocoa and zuchini brownie	banana bread	
	SNACK GF/DF/SF	Gluten free brownie	Chicken/ Cheese sandwich GF	Gluten free cookie	Kanom chan	Banana sticky rice			Gluten free chocolate brownie	Gluten free banana bread	Rice cracker	Gluten free pizza	Gluten free Tuna sandwich				Gluten free brownie	Gluten free Chicken sandwich	Gluten free oat cookie	Kanom chan	coconut sticky rice				Gluten chocolate brownie	Gluten banana bread	Rice cracker	gluten free tuna sandwich	gluten free mini pizza				Gluten free brownie	gluten free banana bread	
	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	Seasonal fruit				Seasonal fruit

BOARDING HOUSE DINNER MENU - NOV2021

DINNER	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	MEATLESS	TUE	
	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	
	MEAT PROTEIN	Felafel and hummus	Chicken nuggets	Mexican chicken fajita	Sweet and sour pork and sweet and sour chicken	Turmeric fish and massaman chicken	Chicken shawarma	Satay chicken	eggplant parmigiana	fried chicken drumstick	grilled seabass	Beef burger	Seabass teriyaki	cajun chicken breast	beef stroganoff	vegan lasagne	chicken BBQ Glaze	grilled seabass	Mexican beef fajita and chicken fajita	Turmeric fish	Chicken tikka massala	grilled salmon	vegetable tempura	Deep fried chicken	Beef burgers	Salmon teriyaki	Chicken hip BBQ glaze	steamed fish fish soya sauce	Szechuan beef and vegetable stir fried	chickpea masala	Roast chicken
VEGAN PROTEIN	Tofu, spinach saute	Green curry, pumpkin,	Lentil & chili NON carne	Vegetable panang curry	Massaman vegetable	- tempeh - chickpea shawarma	Cashew nut tofu	Tempeh satay	Chickpea tomato masala	mushroom & cashew nut and sesame stir-fry	Beetroot burger	Sauté spinach and garlic	chickpea shawarma	Moroccan tagine, chickpea, eggplant	Vegetable tempeh green curry	Red curry, pumpkin, potato	Vegetable lasagna	Lentil & chili NON carne	green curry with mushroom	Vegetable tikka massala	vegetable panang curry	Tempeh teriyaki	Chickpea tomato masala	Beetroot burger	Japanese Curry with chicken	green curry, pumpkin	Turkish Lentil Vegetables	Moroccan tagine, chickpea, eggplant	Vegetable tempeh green curry	Turkish Lentil Vegetables	
VEGETABLE	Stir fried broccoli with garlic and tofu	Local mixed veg	Mexican roasted zucchini	Sauté zucchini	ratatouille	Eggplant and tomtom baked	Stir fried Morning glory	Vegetable lasagna	Zucchini & eggplant bake	Broccoli - Stir-fry	Spinach and garlic stir fried	Carrot and baby corn	Turkish lentil vegetables	Cauliflower spiced + pomegranate	Peas, capsicum and corn	Local mixed vegetable	Grilled Mediterranean vegetable	Mexican roasted zucchini	Spiced tikka cauliflower	Indian style cucumber salad	Cabbage	ratatouille	Zucchini & eggplant bake	Honey glazed, roast pumpkin	Vegan sushi live station	Local mixed veg	Spinach & cheese gratin	Cauliflower spiced + pomegranate	Peas, capsicum and corn	Spinach & cheese gratin	
CARB 1 - RICE	Pineapple fried rice and steamed rice with cashew nut	Steamed rice	Vegetable fried rice	Steamed rice	Steamed rice	Hummus with pitta	Steamed rice	Pineapple fried rice and steamed rice	Steamed rice	Steamed rice	Burger buns - Slaw - sauces	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Steamed rice	Vegetable fried rice	Steamed rice	Steamed rice	Tom yum fried rice	Steamed rice	Pineapple fried rice	Burger buns - Slaw - Sauces	Japanese rice	Steamed rice	Steamed rice	Fried rice	Steamed rice	Steamed rice
CARB 2 -	Sauté sweet potato	Tomato pasta	Tortilla - slaw - salsa - sour cream - guacamole - cheese (keep tortilla whole)	Hasselback potatoes	Baby potato - roasted	Lebanese style potato	Maccaroni cheese	Fried sweet potato wedges	Garlic potato wedges - sour cream	Chow Mein Noodles	French Fries	Sauté sweet potato	Hummus - pitta	Garlic veg potato - sour cream	margarita pizza	Pesto pasta	mashed potato	Tortilla - slaw - salsa - sour cream - guacamole - cheese	Roasted Baby potato	Turmeric potato	Hasselback potato	roasted sweet potatoes wedges	Garlic potato wedges - sour cream	French Fries	Vegetable Gyazo	Pesto pasta	Chickpea, spinach, pumpkin	Garlic veg potato - sour cream	margarita pizza	Chickpea, spinach, pumpkin	

