

## Canteen Menu

Date	Week	Chinese Cuisine	Worldwide Cuisine	Fresh Vegetables
2	Mon	Saute Sliced Pork & Turnip	Chicken Wing In Soya Sauce	Sweet Corn With Pumpkin, Rice
3	Tue	Braised Beef & Mushroom In Japanese Style	Steamed Lotus Root & Water Chestnut With Pork	Cabbage And Green Bean, Rice
4	Wed	Sliced Pork & Carrot In Sweet Corn Sauce	Steamed Chicken With Pumpkin And Mushroom	Chinese Cabbage With Garlic & Shanghainese Noodle
5	Thu	Steamed Egg With Minced Pork	Chinese Cabbage With Fish Tofu	Marrow Squash, Brown Rice
6	Fri	Chicken & Sweet Corn In Tomato Sauce	Japanese Rice Roll	Zucchini With Garlic, Spaghetti
9	Mon	Deep-fried Turnip W/ Beef	Italian Turkey Sausage	Mushroom With Shanghai Cabbage, Rice
10	Tue	Braised Chicken With Assorted Mushroom & Tomato	Pan-fried Pork Chop In Sweet Corn Sauce	Zucchini, Tagliatelle
11	Wed	Stir-fried Assorted Mushroom & Squash	Braised Chicken A La Lisbon With Mushroom	Green Bean & Cabbage, Rice
12	Thu	Braised Bolognaise, Mushroom & Herbs	Chicken Dumpling	Cucumber & Chinese Cabbage, Udon
13	Fri	Braised Pork Fillet In Tomato Sauce	Braised Chicken & Crab Meat In Pumpkin Sauce	Sweet Corn With Pumpkin, Rice
16	Mon	Sole Fillet In Italian Sauce	Braised Pork & Sweet Corn In Taro Sauce	Lettuce In Soup, Rice
17	Tue	Braised Sliced Chicken In Russian Style	Egg Mayonnaise & Tomato Sandwich	Chinese Cabbage W/ Garlic, Spaghetti
18	Wed	Braised Pork & Mushroom In Oyster Sauce	Chicken Wing In Ginger & Spring Onion Sauce	Zucchini, Rice
19	Thu	Steamed Egg With Ham & Vermicelli	Spanish Beef Stew	Choi Shum & Carrot, Shanghai Noodle
20	Fri	Braised Chicken & Mushroom In Tomato Sauce	Braised Minced Pork	Sweet Corn & Cucumber W/ Oat Rice
23	Mon	Braised Chicken & Carrot	Braised Eggplant With Pork	Green Bean & Cabbage, Rice
24	Tue	Braided Mushroom & Bean Curd In Oyster Sauce	Chicken Steak W/ Sesame In Sweet & Sour Sauce	Chinese Cabbage With Garlic, Sweet Corn Rice
25	Wed	Braised Chicken With Oat & Potato	Saute Sar Gor & Sliced Pork With Onion	Sweet Corn & Pumpkin, Rice
26	Thu	Braised Minced Beef With Tomato & Potato	Roasted Pork Chop	Cauliflower & Carrot, Fusilli
27	Fri	Braised Pork Ball In Pumpkin Sauce	Chicken In Light Cream Sauce	Lettuce With Garlic, Spaghetti
30	Mon	Fish Fillet In Creamy Onion Sauce	Braided Organic Tofu With Pork	Choi Sum, Rice