

## Meal Box Menu

Date	Week	Healthy Recommendation - A	Chinese & Western - B	Rice Casseroles - C	Light Meal - D
2	Mon	Rice W/ Chicken Laksa( Less Spicy)	Tomato Fusilli W/ Corn On Cob, Fish Ball & Sausage	Vegetable Rice With Pork Fillet In Taiwanese Style	Chicken & Pineapple Bun With Potato Salad
3	Tue	Brown Rice W/ Bean Curd & Pork In Oyster Sauce	Vermicelli W/ Saute Chicken Fillet & Mushroom	Big Bowl Rice With Beef & Onion	Ham Soft Bun With Sweet Corn Salad
4	Wed	Rice With Braised Chicken & Shallot	Ham & Bacon Macaroni W/ Broccoli & Mixed Vegetable	Steamed Rice With Minced Pork & Water Chestnut	Egg Mayonnaise & Tomato Sandwich With Fruit Salad
5	Thu	Mushroom And Tomato With Rice	Shanghai Noodle W/ Sliced Pork & Chinese Cabbage	Steamed Rice With Chicken In Bean Sauce	Ham & Cheese Focaccia W/ Penne Salad
6	Fri	Pork, Vegetable & Lemon Grass With Rice	Spaghetti W/ Sliced Chicken In Russian Style	Steamed Rice With Beef, Carrot & Onion	Cold Cut Soft Bun W/ Raisin & Coconut Danish
9	Mon	Vermicelli W/ Deep-fried Bean Curd & Fish Fillet	Braised Chicken & Onion In Plum Sauce W/ Rice	Steamed Rice W/ Sliced Pork & Chicken Feet	Chicken & Peach Croissant W/ Chocolate Cream Cake
10	Tue	Rice W/ Braised Beef & Taro	Spaghetti W/ Pork & Carrot In Sweet Corn Sauce	Steamed Rice W/ Chicken & Preserved Vegetable	Assorted Cold Cut Focaccia W/ Potato Salad
11	Wed	Shanghai Noodle W/ Zhenjiang Spare Ribs & Potato	Rice W/ Chicken Wing & Sausage In Soya Sauce	Korean Beef Don	Sweet Corn & Tuna Bun W/ Cake
12	Thu	Steamed Egg W/ Minced Pork In Japanese Style/ Rice	Vermicelli W/ Minced Beef, Mushroom & Bean Curd	Steamed Chicken With Corn Rice	Ham & Tomato Wheat Bread W/ Potato Salad
13	Fri	Tagliatelle W/ Korean Chicken & Mushroom	Rice W/ Pork Ball In Pumpkin Sauce	Steamed Rice With Satay Beef ( Less Spicy)	Japanese Crab Cold Buck Noodle W/ Sushi & Jelly
16	Mon	Rice Bolognaise	Tomato Spaghetti With Hot Dog & Mixed Vegetable	Steamed Pork & Straw Mushroom W/ Rice	Ham, Cheese & Tomato Bun W/ Penne Salad
17	Tue	Spaghetti W/ Chicken & Mushroom In Tomato Sauce	Braised Portuguese Sliced Pork & Potato Rice	Big Bowl Rice With Beef & Onion	Chicken & Peach Croissant W/ Raisin Danish
18	Wed	Rice With Miced Beef & Zucchini	Spaghetti W/ Braised Chicken, Carrot & Raisins	Steamed Pork Slice In Black Bean Sauce W/ Rice	Ham & Tomato Focaccia With Vegetable Salad
19	Thu	Braised Chicken & Eggplant In Bean Sauce/ Rice	Fried Noodle In Shanghai Style W/ Chicken Dumpling	Steamed Rice With Beef And Mushroom	Cold Cut Soft Bun W/ Pineapple & Sweet Corn Salad
20	Fri	Sweet Corn Rice With Mushroom, Pork & Bean Curd	Vermicelli W/ Minced Pork, Potato & Vegetable	Steamed Rice With Preserved Sausage & Chicken	Tuna & Tomato Wheat Bun W/ Russian Salad
23	Mon	Rice With Bolognaise, Mushroom & Herbs	Italian Pizza With Nuggets & Mashed Potato	Steamed Rice With Pork In Garlic Bean Sauce	Chicken Mayonnaise Focaccia With Fruit Salad
24	Tue	Spaghetti W/ Chicken, Sweet Corn & Vegetable	Rice W/ Saute Minced Pork & Peas In Bean Sauce	Steamed Rice With Sliced Beef, Pumpkin & Garlic	Egg Mayonnaise & Tomato S/w With Pineapple Salad
25	Wed	Brown Rice W/ Brasied Organic Tofu & Pork	Vermicelli W/ Beef Bolognaise In Satay Sauce	Steamed Rice With Chicken & Seasonal Vegetable	Tuna & Sweet Corn Wheat Bun W/ Russian Salad
26	Thu	Crab Meat & Chicken In Creamy Sauce With Spaghetti	Rice W/ Miced Pork & Eggplant In Five Spice Sauce	Korean Beef Don	Smoked Ham & Tomato Croissant W/ Black Forest Cake
27	Fri	Rice W/ Chicken In Japanese Curry Sauce	Tagliatelle W/ Beef & Sausage In Tomato Sauce	Steamed Pork With Lotus Root And Rice	Pumpkin Soba In Sesame Sauce W/ Sushi & Cake
30	Mon	Spaghetti W/ Pork Fillet In Paris Sauce	Braised Chicken Rice In Taro & Coconut Sauce	Steamed Rice With Beef & Sweet Corn	Chicken & Peach Soft Bun W/ Penne Salad