



Lunch Menu

Week 1	Mon	Tue	Wed	Thu	Fri
Carbs	Steam brown rice	Brown bread	Noodle (phở gà)	Pasta	Steamed white rice
Protein	Stir fried chicken with capsicum	Fish curry with carrot, potato	Spring rolls	Korean ground beef	Fish cake
Veggies	Boiled string beans	Boiled sweet potato & edamame	Boiled string beans	Stir fried kohlrabi & chayote	Boiled brocoli
Soup	Minestrone soup		Chicken soup (phở gà)		Spinach soup
Desserts	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
Week 2	Mon	Tue	Wed	Thu	Fri
Carbs	Steamed brown rice	Pasta	Rice noodles	Mashed potato	Spaghetti Bolognese
Protein	Sauteed Chicken with onion	Batter-fried fish fillet	Stir fried beef with garlic & onion	Sautéed Chicken	
Veggies	Cucumber	Tomato sauce	Boiled cauliflower	Cucumber sticks	
Soup	Mustard greens soup	Root vegetable soup	Minestrone soup	Spinach soup	Roots vegetable soup
Desserts	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
Week 3	Mon	Tue	Wed	Thu	Fri
Carbs					Eninal nine with a new O
Carbs	Noodle (phở bò)	Brown bread	Steamed brown rice	Pasta	mix vegetable
Protein	Noodle (phở bò) Spring rolls	Brown bread Fish curry with carrot, potato	Chicken stew with potatoes, carrots, celery and onion	Pasta Batter-fried fish fillet	mix vegetable Spring rolls
	, ,	Fish curry with	Chicken stew with potatoes, carrots,		mix vegetable
Protein	Spring rolls	Fish curry with carrot, potato Boiled sweet potato	Chicken stew with potatoes, carrots, celery and onion	Batter-fried fish fillet	mix vegetable Spring rolls
Protein Veggies	Spring rolls Boiled string beans Beef soup (súp phở	Fish curry with carrot, potato Boiled sweet potato	Chicken stew with potatoes, carrots, celery and onion Boiled broccoli	Batter-fried fish fillet Tomato sauce	mix vegetable Spring rolls Edamame
Protein Veggies Soup	Spring rolls Boiled string beans Beef soup (súp phở bò)	Fish curry with carrot, potato Boiled sweet potato & edamame	Chicken stew with potatoes, carrots, celery and onion Boiled broccoli Tomato & egg soup	Batter-fried fish fillet Tomato sauce Root vegetable soup	mix vegetable Spring rolls Edamame Spinach soup
Protein Veggies Soup Desserts	Spring rolls Boiled string beans Beef soup (súp phở bò) Yoghurt	Fish curry with carrot, potato Boiled sweet potato & edamame Yoghurt	Chicken stew with potatoes, carrots, celery and onion Boiled broccoli Tomato & egg soup Yoghurt	Batter-fried fish fillet Tomato sauce Root vegetable soup Yoghurt	Spring rolls Edamame Spinach soup Yoghurt
Protein Veggies Soup Desserts Week 4	Spring rolls Boiled string beans Beef soup (súp phở bò) Yoghurt	Fish curry with carrot, potato Boiled sweet potato & edamame Yoghurt Tue	Chicken stew with potatoes, carrots, celery and onion Boiled broccoli Tomato & egg soup Yoghurt	Batter-fried fish fillet Tomato sauce Root vegetable soup Yoghurt Thu	mix vegetable Spring rolls Edamame Spinach soup Yoghurt Fri
Protein Veggies Soup Desserts Week 4 Carbs	Spring rolls Boiled string beans Beef soup (súp phở bò)	Fish curry with carrot, potato Boiled sweet potato & edamame Yoghurt Tue Mashed potato	Chicken stew with potatoes, carrots, celery and onion Boiled broccoli Tomato & egg soup Yoghurt Wed	Batter-fried fish fillet Tomato sauce Root vegetable soup Yoghurt Thu Brown sandwich Tuna mayonnaise &	mix vegetable Spring rolls Edamame Spinach soup Yoghurt Fri Steamed white rice
Protein Veggies Soup Desserts Week 4 Carbs Protein	Spring rolls Boiled string beans Beef soup (súp phở bờ)	Fish curry with carrot, potato Boiled sweet potato & edamame Yoghurt Tue Mashed potato Sautéed Chicken	Chicken stew with potatoes, carrots, celery and onion Boiled broccoli Tomato & egg soup Yoghurt Wed	Batter-fried fish fillet Tomato sauce Root vegetable soup Yoghurt Thu Brown sandwich Tuna mayonnaise & cheese	mix vegetable Spring rolls Edamame Spinach soup Yoghurt Fri Steamed white rice Fish cake