

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Chickpea & Corn Salad	Pumpkin Soup	Greek Salad with Feta Cheese	Potato Leek Soup	Mushroom Quiche
Western	Beef Bolognese	Baked Fish with Lemon Cream Sauce	Marinated Baked Chicken Breast with Mushroom Sauce	Lamb stew à la Provençale	Baked Cajun Chicken with Spinach Cream
	Steamed Green Beans	Grilled Aubergine & Green Capsicum	Steamed Broccoli	Grilled Zucchini, Olives & Tomatoes	Honey Roasted Carrots
	Spaghetti	Pomme De Terre Grenaille (Roasted Chat Potatoes)	Penne	French Style Rice Pilaf	Mac & Cheese
Asian	Chicken Curry	Chicken Kaarage with Teriyaki Sauce		Honey Roasted Chicken	Kam Heong Fish
	Acar Jelatah (Cucumber and Pineapple Pickle)	Sauteed Beansprouts		Sauteed Ipoh Style Bean Sprout	Stir Fried Pak Choy
	Biryani Rice	White Rice		Chicken Rice	Jasmine Rice
Vegetarian	Chick Peas with Tofu Curry Masala	Stir-fried Vegetarian Mock Meat with Tempeh Sambal	Beancurd & Chickpea Curry	Mapo Tofu	Stir-fried Ginger Tofu and Vegetarian Mock Meat
Dairy	Fruit Yoghurt	Camembert	Plain Yogurt	Edam	Gouda
Fruit & Dessert	Galette Des Rois (Puff Pastry Cake)	Apple	Dragon Fruits	Brownies	Sun Melon

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	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Pistou Soup	Soupe à l'Oignon (Onion Soup)	Fattoush Salad	Potato Salad	Miso Soup
Western	Peri Peri Chicken	Parisian Beef Stew	Moroccan Chicken	Fish Meuniere (Pan Fried Fish)	Coq au Vin (Braised Chicken)
	Sauteed Carrots	Roasted Zucchini & Cherry Tomato	Roasted Eggplant & Pumpkin	Steamed Broccoli	Ratatouille
	Persian Jewel Rice	Penne	Pita Bread	Potato Wedges	Mashed Potatoes
Asian	Salted Egg Fish Fillets	Chinese Lemon Chicken		Sweet & Sour Chicken	Chicken Katsu
	Stir Fried Pak Choy with Carrot	Sauteed Cabbage & Green Onions		Stir Fried Kai Lan	Japanese Vegetable Curry
	Jasmine Rice	Steamed Rice		White Rice	Japanese Rice
Vegetarian	Buttermilk Soy Protein	Jawa Style Tofu & Tempeh Sambal	Chickpeas & Tofu Moroccan Stew	Sweet & Sour Vegetarian Mock Meat and Tofu	Chickpeas & Tofu Tomato Stew
Dairy	Fruits Yogurt	Cream Cheese	Plain Yogurt	Brie	Edam
Fruit & Dessert	Honeydew	Chocolate Moist Cake	Apple	Oranges	Fruit Pudding

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Starter	Lentil Chickpeas Salad	Tomato Soup	Chef Salad	Shredded Chicken Soup	Grilled Vegetable Salad
Western	Chicken Lasagna	Filet de Fish Mornay (Fish Fillet with Bechamel Sauce)	Grilled Chicken	Barbecue Chicken Burger	Boles de Picolat (French Catalan Meatballs)
	Cauliflower / Chou-fleur a l'Anglaise	Vichy Style Carrots	Roasted Green Beans and Tomato	Steamed Corn on the Cob	Steamed Broccoli
	Garlic Bread	Baked Potato/ Pomme au Four	Basil Pesto Pasta	Fries	Spaghetti
Asian	Chicken Tandoori	Korean Fried Chicken		Steamed Fish with Lime Sauce	Sesame Chicken
	Fried Tumeric Cabbage	Sauteed Spinach		Sauteed Pea Sprouts & Green Onions	Sauteed Long Cabbage with Carrot
	Jasmine Rice	Korean Fried Rice		White Rice	Steamed Rice
Vegetarian	Tofu & Eggplant Curry	Korean BBQ Tofu & Tempeh	Tofu & Mushroom Pie	Tofu & Mushroom Stew	Vegetarian Bolognese
Dairy	Fruit Yogurt	Gouda	Plain Yogurt	Brie	Cream Cheese
Fruit & Dessert	Orange Wedges	Orange Wedges	Fruits Salad	Bread & Butter Pudding	Papaya

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Starter	Carrot & Lentil Soup	Potato & Beans Salad	Green Pea Soup		
Western	Moroccan Beef Stew	Cajun Fish With Lemon Butter	Creamy Garlic Chicken Breast		
	Honey Baked Pumpkin	Ratatouille	Steamed Green Beans		
	Baked Potato	Pilaf Rice	Mashed Potato		
Asian	Chicken Tikka	Thai Basil Chicken			
	Stirfried Okra	Stirfried Kailan			
	Pulao Rice	Steamed Rice			
Vegetarian	Tofu & Beans Curry	Tofu Beans Stew	Sweet & Sour Tofu		
Dairy	Strawberry Yogurt	Gouda	Plain Yogurt		
Fruit & Dessert	Brownies	Watermelon	Sun Melon		

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