

# Lunch Menu

# SOCIAL KITCHEN

fresh. healthy. tasty

by *sodexo*\*

MEAL			WEDNESDAY (1 MAY)	THURSDAY (2 MAY)	FRIDAY (3 MAY)
Soup/ Appetizers				Pineapple and Sausage Salad	Fish Chowder
Meal ( A)				Minced Pork w/ Rice in Taiwan Style	Korean Stir-fried Glass Noodles with Mixed Vegetables(V)
Meal (B)			Public Holiday	Teriyaki Chicken Burger w/Potato Waffle	Italian Pork Meat Ball Risotto
Meal (C)				Ramen in Miso Soup with Tamago Bean Curd(V)	Thin Noodles in Beef Soup with Smoked Duck Breast
Daily Vegetable				Mixed Vegetables	Mixed Vegetables
Dessert				Cream Puff	Fresh Fruit
Drink				No added sugar Apple Juice	Homemade Low Sugar Lemonade

eat together

 Plant Based

 Go For it

 OK. Most of the time

 Enjoy. Once in a while

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MEAL	MONDAY (6 MAY)	TUESDAY (7 MAY)	WEDNESDAY (8 MAY)	THURSDAY (9 MAY)	FRIDAY (10 MAY)
<b>Soup/ Appetizers</b>	Apple and Pear Soup(V)	Chicken and Leek Pastry	Pork Bone w/ Lotus Root Soup	Beetroot Salad with Garlic and Herbs	Cream of Mushroom and Chicken
<b>Meal (A)</b>	Chicken w/Lemon Sauce served with Red Rice	Stir-fried Fish Fillet w/Mixed Vegetables	Pork Chop Curry	Steamed Egg with Corn, Carrot & Green Pea served with Brown Rice(V)	Fried Rice "Yeung Chow" Style(Pork, Shrimp)
<b>Meal (B)</b>	Vegetables Frittata with Garlic Bread(V)	Roasted Pork Loin with Honey Mustard served with Mashed Potato	Baked Penne with Mixed Vegetables and Black Truffle and Cheese (V)	<b>Fish and Chips</b>	Spinach Lasagna(V)
<b>Meal (C)</b>	Sliver Pin Noodles in Veg.Consomme with Garlic Sautéed Sliced Beef	Mi Xian' Rice Noodles in Veg.Consomme with Bean Curd and Mushroom(V)	Vermicelli in Veg.Consomme w/ Sautéed Chicken Fillet with Fermented Soyabeans & Bell Pepper	Ramen in Miso Soup with Braised Beef Brisket	Thin Noodles in Beef Soup with Pork Chop
<b>Daily Vegetable</b>	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables
<b>Dessert</b>	Fresh Fruit	Papaya and Snow Fungus Sweeten Soup	Fresh Fruit	Poppy Seed Cake	Fresh Fruit
<b>Drink</b>	Homemade Infused Water	No added sugar Orange Juice	Low Sugar Soya Milk	No added sugar Apple Juice	Homemade Low Sugar Lemonade

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MEAL	MONDAY (13 MAY)	TUESDAY (14 MAY)	WEDNESDAY (15 MAY)	THURSDAY (16 MAY)	FRIDAY (17 MAY)
Soup/ Appetizers	Leek and Potato Soup(V)	Honey Roasted Pumpkin	Public Holiday	Sweet Corn & Carrot Salad	Borsch
Meal (A)	Sweet & Sour Fish Fillet served with Red Rice	Shanghai Stir-fried Noodles (V)		Steamed Egg with Bean Curd served with Brown Rice(V)	Fried Rice with String Bean and Smoked Duck Breast
Meal (B)	Mac'n Cheese with Broccoli(V)	Lemon Basil Chicken Risotto		Panini with Minced Beef and Cheese w/French Fries	Vegan Burrito with Corn Cob(V)
Meal (C)	Sliver Pin Noodles in Veg.Consomme w/Garlic Chicken Steak	Mi Xian' Rice Noodles in Veg.Consomme with 'Won Ton'(Pork & Shrimp)		Ramen in Miso Soup with Japanese Pork Dumpling	Thin Noodles in Beef Soup with Roasted Chicken Thigh
Daily Vegetable	Mixed Vegetables	Mixed Vegetables		Mixed Vegetables	Mixed Vegetables
Dessert	Fresh Fruit	Agar Jelly with Egg		Vanilla Sponge Cake	Fresh Fruit
Drink	Homemade Infused Water	No added sugar Orange Juice		No added sugar Apple Juice	Homemade Low Sugar Lemonade

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MEAL	MONDAY (20 MAY)	TUESDAY (21 MAY)	WEDNESDAY (22 MAY)	THURSDAY (23 MAY)	FRIDAY (24 MAY)
Soup/ Appetizers	Minestrone(V)	Chicken Nugget	Pork Bone w/Pumpkin & Carrot Soup	Soba Noodles Salad	Chicken And Sweet Corn Chowder Soup
Meal (A)	Deep-fried Chicken Thigh with Fresh Tomato Sauce	Braised Beef Brisket with Turnip & Red Rice	Fried "Cauliflower Rice" with Egg and Green Onion(V)	Steamed Minced Pork served with Brown Rice	Fried Rice with Scrambled Egg and Kimchi (V)
Meal (B)	Oven-Baked Sole with Asparagus & Sauteed Potato	Chickpea, Cherry Tomato and Sweet Potato Pizza with Corn Cob(V)	Tandoori Chicken with Turmeric Rice	Vegetarian Pizza in Bagel with Potato Wedge(V)	Spaghetti with Pork Chop Cutlet
Meal (C)	Sliver Pin Noodles in Veg.Consomme w/Veg.Dumpling(V)	Mi Xian' Rice Noodles in Veg.Consomme w/Steamed Fish Fillet with Fermented Soybeans	Vermicelli in in Veg.Consomme w/Lemongrass Pork Chop	Ramen in Miso Soup with Smoked Duck Breast	Thin Noodles in Beef Soup with Soy Chicken Drumstick
Daily Vegetable	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables
Dessert	Fresh Fruit	Purple Sweet Potato Sweeten Soup	Fresh Fruit	Jelly Candy	Fresh Fruit
Drink	Homemade Infused Water	No added sugar Orange Juice	Low Sugar Soya Milk	No added sugar Apple Juice	Homemade Low Sugar Lemonade

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MEAL	MONDAY (27 MAY)	TUESDAY (28 MAY)	WEDNESDAY (29 MAY)	THURSDAY (30 MAY)	FRIDAY (31 MAY)
<b>Soup/ Appetizers</b>	Fig and Pear Soup (V)	Cucumber with Sesame Sauce	Potato, Tomato Pork Bone Soup	Cherry Tomato & Sweet Corn Salad(V)	OX-Tail Soup
<b>Meal (A)</b>	Stir-fried Rice Noodles with Sliced Beef	Braised Pork Chop in Chinese Black Vinegar	Pan-fried Egg Omelet w/Bean Sprouts, Diced Mixed Vegetables and Brown Rice(V)	Scrambled Egg with Fresh Tomato(V)	'Fujian' Fried Rice (chicken,shrimp, mushroom)
<b>Meal (B)</b>	Mixed Vegetables and Potato in Portuguese Sauce with Rice(V)	Hungarian Beef Goulash with Boiled Potato	Pan-fried Sole Fillet with Penne	Grilled Chicken & Cheese Sandwich with French Fries	Spaghetti Neapolitan(V)
<b>Meal (C)</b>	Sliver Pin Noodles in Veg.Consomme w/Pork Dumpling	Mi Xian' Rice Noodles in Veg.Consomme with Braised Assorted Mushrooms with Oyster Sauce(V)	Vermicelli in Veg.Consomme w/ "Won Ton"(Shrimp, Pork)	Ramen in Miso Soup with BBQ Pork	Thin Noodles in Beef Soup with Roasted Chicken Steak
<b>Daily Vegetable</b>	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables	Mixed Vegetables
<b>Dessert</b>	Fresh Fruit	Red Bean Sticky Pudding	Fresh Fruit	Panna Cotta	Fresh Fruit
<b>Drink</b>	Homemade Infused Water	No added sugar Orange Juice	Low Sugar Soya Milk	No added sugar Apple Juice	Homemade Low Sugar Lemonade

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