



## Menu Week 1



**Monday**  
12-Jan-26
























**Tuesday**  
13-Jan-26

**Wednesday**  
14-Jan-26

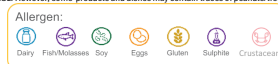
**Thursday**  
15-Jan-26

**Friday**  
16-Jan-26

### Meal Plan/ Ala-Carte Options

<b>Bamboo</b>	School Holiday	Stirred Fried Noodle served with Sliced Chicken, Vegetables in Homemade Size Chuan sauce 	Firecracker Chicken Curry Tamarind + Chili + Ginger + Soy 	Korean Chicken Rice Bowl Fried Egg + Citrus Radish Salad 	Udon Noodle Soup with Seaweed, Japanese Fish Cake, Tofu, Sliced Chicken, Hard Boiled Egg 
	School Holiday	Pasta – Spaghetti Pasta tomato sauce & Rich cream sauce Protein – Roasted Cajun Chicken 	Pasta – Fusilli pasta tomato sauce & Rich cream sauce Protein – Seared Fish 	Pasta – Linguine pasta tomato sauce & Rich cream sauce Protein – Chicken Meatballs 	Braised Beef Soup Yellow Noodle Sio Pei Chye 
	School Holiday	Beef Curry Rice Burger Bowl Beef Pattie, Scented Rice Cauliflower and Corn 	Vegetable Bake (Vegetarian) Garlic bread 	Thai Green Mixed Vegetables (Vegetarian) Noodle Stir Fry 	BBQ Chicken Wings BBQ Beans French Fries 
	School Holiday	Assorted Yong Tao Fu with Chilli Black Bean Sauce Steamed Rice Nai Bai Vegetables 	Teriyaki Salmon Fish Garlic Fried Rice Stirred Fried Long Cabbage with Carrot and Mushroom 	Sticky Fish with Honey Soy Sauce Steamed Rice Stir Fried Cabbage and Carrot 	Sliced Beef Hor Fun Stir Fried Xiao Bai Cai Fried Vegetable Gyoza 
	School Holiday	Char Siew Chicken Sub Chicken, Pickled Veg, Char Siew Sauce  Classic BLT Turkey Bacon, Tomato, Lettuce, Cheese, Paprika Mayo 	salad Bowl  Garden Fresh Wrap 	Lightly Toasted Panini Tuna + Mozzarella  Toasted Turkish bread Turkey Ham, Cranberry, Swiss Cheese 	Shroom Cubano Marinated Mushroom + Roasted Peppers + Cheese + Mustard + Pickle  Grilled Chicken Mojo Cubano Chicken + Beef Salami + Swiss Cheese + Mustard + Pickle 
<b>The Deli</b>					

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## Menu Week 2



**Monday**  
19-Jan-26

**Tuesday**  
20-Jan-26

**Wednesday**  
21-Jan-26

**Thursday**  
22-Jan-26

**Friday**  
23-Jan-26

### Meal Plan/ Ala-Carte Options

<b>Chim &amp; Tu</b>	<p>Tossed Honey Chicken</p> <p>Steamed Rice</p> <p>Oven Baked Eggplant and Zucchini</p>	<p>Baked Light Teriyaki Plant Base Chicken (Vegetarian)</p> <p>Steamed Rice, Asian Broccoli &amp; Carrot</p>	<p>Char Siew Chicken Rice</p> <p>Flavour Rice</p> <p>Stir Fried Xiao Bai Cai</p>	<p>Asian Fried Fish with Lemon Coriander Sauce</p> <p>Steamed Rice</p> <p>Long Cabbage and Mushroom</p>	<p>Sliced Beef with Ginger &amp; Spring Onion in Vegetarian Oyster Sauce</p> <p>Glass Noodles</p> <p>Stir Fried Cabbage and Carrot</p>
<b>Licious</b>	<p>Pasta – Panneli Pasta</p> <p>tomato sauce &amp; Rich cream sauce</p> <p>Protein – Beef meatball</p>	<p>Pasta – Spaghetti Pasta</p> <p>tomato sauce &amp; Rich cream sauce</p> <p>Protein – Roasted Cajun Chicken</p>	<p>Pasta – Fusilli pasta</p> <p>tomato sauce &amp; Rich cream sauce</p> <p>Protein – Seared Fish</p>	<p>Pasta – Linguine pasta</p> <p>tomato sauce &amp; Rich cream sauce</p> <p>Protein – Chicken Meatballs</p>	<p>Braised Beef Soup</p> <p>Yellow Noodle</p> <p>Sio Pei Chee</p>
<b>The Chicken Shop</b>	<p>Buttermilk Chicken Burger</p> <p>Slaw, Pickles, Spicy Mayonaise, Root Veg Chips</p>	<p>Pollo a La Brasa</p> <p>Chicken Drumstick Marinated in an Authentic Peruvian Sauce, Spiced Corn Salsa</p> <p>Steamed Rice</p>	<p>Crispy Chicken Taco</p> <p>Crispy Chicken, Slaw, Paprika Roasted Corn, Smashed Avo Guac, Sour Cream, Grated Cheese</p>	<p>Spicy Texas Veggie Burger (Vegetarian)</p> <p>Chipotle Mayo + Jalapenos + Cheddar Cheese Sides; Sweet Pot Fries, Crunchy Courgette Fries</p>	<p>South Texan Rubbed Chicken Thigh</p> <p>South Texan Rubbed Chicken Thigh Sides; Roasted Sweet Pots, Pit Beans, Red Cabbage Salad</p>
<b>Casa Loco</b>	<p>Herb Roasted Cauliflower Taco</p> <p>Roasted Cauliflower, Slaw, Paprika Roasted Corn, Smashed Avo Guac, Sour Cream, Grated Cheese (Vegetarian)</p>	<p>Nacho Loco</p> <p>Corn Chips, Braised Beef Chilli, Onion, Tomato, Scallions, Melted Cheese &amp; Sour Cream</p>	<p>'Plant Milk' Soya Fillet (Vegetarian)</p> <p>Mango Relish &amp; Chipotle Sauce Sides; Buttermilk Fennel &amp; Corn Slaw Potato Wedges, Charred Corn Cob</p>	<p>Braised Beef Burritos</p> <p>Spiced Braised Beef, Mexican beans, Lettuce, Tomatoes, Avocado, Signature Sauce</p>	<p>Lime Roasted Chicken Taco</p> <p>Lime Toasted Chicken, Slaw, Paprika Roasted Corn, Smashed Avo Guac, Sour Cream, Grated Cheese</p>
<b>The Deli</b>	<p>salad Bowl</p> <p>Garden fresh wrap</p>	<p>Teriyaki Beef Wrap</p> <p>Asian Slaw, chili</p> <p>Lemon Chicken Sub Roll</p> <p>Sundried Tomato + Rocket Lettuce+ Lemon Mustard dressing</p>	<p>salad Bowl</p> <p>Garden fresh wrap</p>	<p>Lightly Toasted Panini</p> <p>Beef Salami, Sundried Tomato, Mozzarella, Basil</p> <p>Cream Cheese Bagel</p> <p>Dill, Cucumber, Pickled Onion</p>	<p>Chicken Banh Mi</p> <p>Marinated Chicken + Crunchy Veg + Pickled Chili + Coriander</p> <p>Grilled Fish Bap</p> <p>Marinated Grilled Fish + Tartare + Lettuce + Pickled Onions</p>

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## Menu Week 3



**Monday**  
26-Jan-26

**Tuesday**  
27-Jan-26

**Wednesday**  
28-Jan-26

**Thursday**  
29-Jan-26

**Friday**  
30-Jan-26

### Meal Plan/ A la-Carte Options

#### The Good Catch

Plain Grilled Fish of the Day

Extra: Rustic Mash, Mushy Peas/Garden Peas, Baked Bean, Pickled Onion, Gherkins



Tofu-ish and Chips (Vegetarian)

\*Plant\* Tartare Sauce

Extra: Chunky Chips, Mushy Peas/ Garden Peas, Baked Beans, Pickled Onions, Gherkins



Indian Spiced Battered Fish  
Spiced Chips + Smashed Edamame Beans + Masala Mayo

Extras: Sweet Potato Fries, Mushy Peas / Garden Peas, Baked Beans, Pickled Onions, Gherkins



Fish Finger Ciabatta

Peppery Watercress + Tartare Sauce

Extras: Chunky Chips, Mushy Peas / Garden Peas, Baked Beans, Pickled Onions, Gherkins



Baked Spice Crumb Fish Fillet

Extra: Sweet Potato Fries, Mushy Peas/ Garden Peas, Baked Beans, Pickled Onions, Gherkins



#### Licious

Pasta – Pennei Pasta

tomato sauce & Rich cream sauce

Protein – Beef meatball



Pasta – Spaghetti Pasta

tomato sauce & Rich cream sauce

Protein – Roasted Cajun Chicken



Pasta – Fusilli pasta

tomato sauce & Rich cream sauce

Protein – Seared Fish



Pasta – Linguine pasta

tomato sauce & Rich cream sauce

Protein – Chicken Meatballs



Braised Beef Soup

Yellow Noodle

Sio Pei Chye



#### Saver (Super Saver Bowls)

Korean Ground Beef Bowl

Rice, Seasoned Beef, Pickled carrot and onion, Shredded Fried egg, Sriracha



Buffalo Chicken Bowl

Quinoa, Sweet Potato, Carrots, Pickled Onions, Avocado, Ranch dressing



House Baked Jacket Potato

Choice of toppings  
Baked Beans, Shredded Cheese, Sour Cream, Turkey Bacon Bits, Spring Onion, Diced Tomato, Braised Beef Chili



Mojo Chicken and Rice Bowl

Marinated chicken, Black Beans, Mango, Red Onion, Avocado, Fresh Herbs and Lime



Harissa Honey Chicken Bowl

Turmeric Rice, Veggies, Avocado, Crumbled fete, Hummus, Yoghurt Dressing



#### Chim & Tu

Hainanese Chicken Rice

Chicken Flavour Rice

Stir Fried Xiao Bai Cai



Steamed Snapper

Ginger + Spring Onion

Bee Tai Mak

Asian Cauliflower, Carrot



Kung Pao Chicken

Steamed Rice

Steamed Cauliflower and Green Pea



Nyonya Coconut Curry

with Noodle and Fish Cake



Korean Style Stirred Fried Beef

Black bean Sauce

Eggs Fried Rice



#### The Deli

salad bowl

Garden fresh wrap



Chicken Caesar Wrap

Cos Lettuce + Italian Cheese



Vietnamese Beef Sub Roll

Marinated Beef, Crunchy Veg, Pickled Chili, Coriander



salad bowl

Garden fresh wrap



Lightly Toasted Panini

Tuna, Sweet Corn, Mozzarella, red onion



Toasted Turkish bread

Beetroot Spread, Baby Spinach, Avocado, Roasted Capsicum, Goats Cheese



Roasted Mushroom Panini

Marinated Mushroom, Roasted Peppers, Cheese, Rocket, Sundried Tomato



Grilled Buffalo Chicken Sando

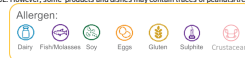
Marinated Buffalo Chicken, Slaw, Ranch Dressing



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## Menu Week 4



**Monday**  
2-Feb-26

**Tuesday**  
3-Feb-26

**Wednesday**  
4-Feb-26

**Thursday**  
5-Feb-26

**Friday**  
6-Feb-26

### Meal Plan/ Ala-Carte Options

#### The Good Stuff

Hearty Beef Tagine with Aromatic Couscous  
Charred Broccoli and Cauliflower



Saffron Chicken Tagine Herb Roasted Chickpeas  
Local Cauliflower & Mushroom



Moroccan Lamb Stew  
Herbed Cous Cous With Pomegranate  
Asian Cauliflower, Carrot and Capsicum



Braised Lentils with Butternut Squash and Merguez Sausage  
Steamed Rice



Baked Chicken Sausage & Gratin Potato  
Chicken Sausage, Baked Sliced Potato with Onion, Cream and topped with Cheese



#### Licious

Pasta – Pennel Pasta  
tomato sauce & Rich cream sauce  
Protein – Beef meatball



Pasta – Spaghetti Pasta  
tomato sauce & Rich cream sauce  
Protein – Roasted Cajun Chicken



Pasta – Fusilli pasta  
tomato sauce & Rich cream sauce  
Protein – Seared Fish



Pasta – Linguine pasta  
tomato sauce & Rich cream sauce  
Protein – Chicken Meatballs



Braised Beef Soup  
Yellow Noodle  
Sio Pei Chye



#### Saver (Super Saver Bowls)

Roasted sweet potato & Chickpea bowl  
(Vegetarian)  
Avocado, Brown Rice, Garlic Spinach,  
Chipotle dressing



Crunchy Roll bowl (Vegetarian)  
Edamame, Brown Rice, Fried Tofu, Avocado,  
Cucumber, Jalapeno, Teriyaki Dressing



Hot Honey Chicken Bowl  
Roasted marinated Chicken, Slaw, Roasted  
Sweet potato, Tangy dressing



Thai Coconut Quinoa Bowl (Vegetarian)  
Coconut Quinoa, Roasted Sweet Potato,  
Cabbage salad, Thai Spicy dressing



Japanese Teriyaki Sliced Beef Rice Bowl  
Steamed Broccoli, Carrots, Edamame



#### Chim Tu

Asian Sauteed Chicken with Mushroom in  
Vegetarian Oyster Sauce  
Steamed Rice  
Charred Broccoli and Cauliflower



Taiwanese Style Beef  
Bee Hoon with Vegetables  
Asian Cauliflower, Carrot and Capsicum



Tso Chicken  
Eggless Fried Rice  
Local Cauliflower & Mushroom



Thai Basil Minced Chicken  
Steamed Rice  
Cabbage and Long Beans



Sticky Fish with Honey Soy Sauce  
Steamed Rice  
Stir Fried Long Cabbage and Carrot



#### The Deli

salad Bowl  
Garden fresh wrap



Chicken Tikka Wrap  
Cos Lettuce, pickled Red Onion, Yogurt  
Dressing  
Caprese Sandwich  
Tomato, Mozzarella, Basil, Nut free pesto



salad Bowl  
Garden fresh wrap



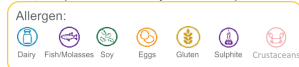
Mexican Torta  
Crispy chicken, Tomato, Avocado, Cheese, Pit,  
Bean Spread, Jalapeno  
Tuscan Chicken Wrap  
Roasted chicken, Mozzarella, Basil, Ripe  
tomato, creamy Italian dressing



Chicken Banh Mi  
Marinated Chicken, Crunchy Veg, Pickled Chili,  
Coriander  
Grilled Fish Bap  
Marinated Grilled Fish, Tartare, Lettuce, Pickled  
Onions



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## Menu Week 5



**Monday**  
9-Feb-26






































































































**Tuesday**  
10-Feb-26

**Wednesday**  
11-Feb-26

**Thursday**  
12-Feb-26

**Friday**  
13-Feb-26

### Meal Plan/ Ala-Carte Options

Bamboo	Thai Green Curry (Vegetarian) Chickpeas + Roasted Squash + Aubergine + Steamed Jasmine Rice   	Tantanmen Ramen Spicy Chicken topper, Savory Soup, Noodles, Bok Choy, Egg   	Vegetables in Hot Garlic Sauce (Vegetarian) Steamed Rice and Chilli Jam   	Sweet & Sticky Orange Chicken Fragrant rice & Fried Shallot Stir Fried Xiao Bai Cai   	Stirred Fried Noodle served with Sliced Chicken, Vegetables in Homemade Sze Chuan sauce   
	Pasta – Penne Pasta tomato sauce & Rich cream sauce Protein – Beef meatball    	Pasta – Spaghetti Pasta tomato sauce & Rich cream sauce Protein – Roasted Cajun Chicken    	Pasta – Fusilli pasta tomato sauce & Rich cream sauce Protein – Seared Fish    	Pasta – Linguine pasta tomato sauce & Rich cream sauce Protein – Chicken Meatballs   	Braised Beef Soup Yellow Noodle Sio Pei Chye    
Saver (Super Saver Bowls)	Teriyaki Chicken Rice Bowl Grilled chicken, Roasted Red Capsicum, Edamame, Brown Rice, Teriyaki Sauce    	Crispy Buffalo Chicken Bowl Jasmine Rice, Celery, Carrot, Avocado, Green Onion, Ranch Dressing      	Sweet Chilli Chicken Meatball Bowl Cabbage, Jasmine Rice, Spring onion   	Ginger Beef & Broccoli Bowl Carrot, Capsicum, Jasmine Rice, Spring Onion  	Beef Curry Rice Burger Bowl Beef Pattie, Scented Rice Cauliflower and Corn  
	Sichuan Sliced Beef with Onion and Dried Chilli Steamed Rice White Cabbage with Beancurd Skin    	Sweet & Sour Fish Fried Kuay Teow Stir Fried Cabbage and Carrot      	Teriyaki Seabass Fillet Steamed Rice Steamed Broccoli and Carrot    	Chinese Noodle with Braised Chicken and Mushroom Stir Fried Xiao Bai Cai Fried Vegetable Gyoza   	Assorted Yong Tao Fu with Chilli Black Bean Sauce Steamed Rice Nai Bai Vegetables    
The Deli	salad Bowl Garden fresh wrap 	Big Mac Crunch Wrap Mac Sauce, Ground Beef, American Cheese, Pickles, Lettuce, Onions       Curry Chickpea Salad Sandwich Aromatic Chickpea Salad, Crunchy Lettuce  	salad Bowl Garden fresh wrap 	Italian Sub Turkey Ham, Beef Salami, Provolone, Roasted Peppers, Oregano, Italian Dressing     Giro Sandwich Shawarma Chicken, Lettuce, Tomato, Garlic Sauce, Fresh Pita     	Char Siew Chicken Sub Chicken, Pickled Veg, Char Siew Sauce     Classic BLT Turkey Bacon, Tomato, Lettuce, Cheese, Paprika Mayo      

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## Menu Week 6



**Monday**  
23-Feb-26

**Tuesday**  
24-Feb-26

**Wednesday**  
25-Feb-26

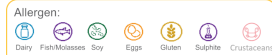
**Thursday**  
26-Feb-26

**Friday**  
27-Feb-26

### Meal Plan/ Ala-Carte Options

Ton Kat	<p>Japanese Donburi Rice Bowls</p> <p>Te-ri-yak-ee Glazed Shrooms Katsu Chicken + Pickled Cucumber</p>	<p>Okonomiyaki</p> <p>Japanese Cabbage Pancake with Fish Okonomiyaki Sauce, Bonito Flakes</p>	<p>Soy &amp; Lime Chicken Yakisoba</p> <p>Soba noodles, Nori, Cabbage</p>	<p>Japanese Rice Bowl with Fried Egg, Citrus Radish Salad, Baked Miso Seabass</p>	<p>Chicken Katsu Curry</p> <p>Carrot, potato, Japanese rice, pickles</p>
	<p>Pasta – Pennel Pasta</p> <p>tomato sauce &amp; Rich cream sauce</p> <p>Protein – Beef meatball</p>	<p>Pasta – Spaghetti Pasta</p> <p>tomato sauce &amp; Rich cream sauce</p> <p>Protein – Roasted Cajun Chicken</p>	<p>Pasta – Fusilli pasta</p> <p>tomato sauce &amp; Rich cream sauce</p> <p>Protein – Seared Fish</p>	<p>Pasta – Linguine pasta</p> <p>tomato sauce &amp; Rich cream sauce</p> <p>Protein – Chicken Meatballs</p>	<p>Braised Beef Soup</p> <p>Yellow Noodle</p> <p>Sio Pei Chye</p>
	<p>Turkey Burrito Bowl</p> <p>Roasted Turkey, Slaw, Beans, Avocado, Roasted Peppers, Guac and Sour Cream, Corn Chips</p>	<p>Greek Inspired Beef Meatball Bowl</p> <p>Greek Salad, Herb meatballs, Pita, Tzatziki Dressing</p>	<p>Vegetable Lasagna, Garlic Bread (Vegetarian)</p> <p>Vegetable Lasagna Topped with Tomato Sauce, served with Garlic Bread</p>	<p>Korean Ground Beef Bowl</p> <p>Rice, Seasoned Beef, Pickled carrot and onion, Fried egg, Sriracha</p>	<p>Mediterranean Ground Beef</p> <p>Spiced pumpkin, Hummus, Yoghurt Sauce, Cucumber, Tomatoes, pickled Onion, Crumbled Feta, Brown Rice</p>
	<p>Asian Fried Fish with Lemon Coriander Sauce</p> <p>Steamed Rice</p> <p>Long Cabbage with Carrot and Mushroom</p>	<p>Char Siew Chicken</p> <p>Flavour Rice</p> <p>Stir Fried Xiao Bai Cai</p>	<p>Thai Roasted Sliced Beef</p> <p>Steamed Rice</p> <p>Broccoli and Carrot</p>	<p>Black Pepper Chicken</p> <p>Steamed Rice</p> <p>Cauliflower and Cherry Tomato</p>	<p>Korean Chicken</p> <p>Glass Noodles</p> <p>Stir Fried Cabbage and Carrot</p>
	<p>salad Bowl</p> <p>Garden fresh wrap</p>	<p>Crispy Chicken Wrap</p> <p>Cos Lettuce , Pickles, Lettuce, Tomato, Honey Mustard Dressing</p> <p>Philly Cheese Steak</p> <p>Sautéed Beef, Capsicum, Melted Cheese</p>	<p>salad Bowl</p> <p>Garden fresh wrap</p>	<p>Chicken Pesto Panini</p> <p>Grilled Chicken, Tomato, Mozzarella, Basil, Nut Free Pesto</p> <p>Tuna Melt</p> <p>Rich Tuna Filling, Melted Cheese, Toasted Sourdough</p>	<p>Turkey Lavash Wrap</p> <p>Slice Roast Turkey, Rocket, Goats' Cheese, Red Peppers, Cucumber, Greek Yoghurt Dressing</p> <p>Grilled Chicken Mojo Cubano</p> <p>Chicken, Beef Salami, Swiss Cheese, Mustard, Pickle</p>
Chim & Tu					
The Deli					

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## Menu Week 7



**Monday**  
2-Mar-26

**Tuesday**  
3-Mar-26

**Wednesday**  
4-Mar-26

**Thursday**  
5-Mar-26

**Friday**  
6-Mar-26

### Meal Plan/ Ala-Carte Options

#### Bamboo

Japanese Donburi Rice Bowls Te-ri-yak-ee Glazed Shrooms Baked Teriyaki Salmon + Pickled Cucumber 	Thai Yellow Curry (Vegetarian) Coconut + Turmeric + Butternut + Soya Steamed Rice Broccoli and Carrot 	Bulgogi Beef Beef + Rice + Crunchy vegetables 	Sweet and Sour Fish Steamed Jasmine Rice + pineapple + peppers + onions Cabbage and Long Beans 	Chicken Chow Mein Egg noodles + Sliced chicken + Carrots + Cabbage + Spring onions 
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#### Licious

Pasta – Pennei Pasta tomato sauce & Rich cream sauce Protein – Beef meatball 	Pasta – Spaghetti Pasta tomato sauce & Rich cream sauce Protein – Roasted Cajun Chicken 	Pasta – Fusilli pasta tomato sauce & Rich cream sauce Protein – Seared Fish 	Pasta – Linguine pasta tomato sauce & Rich cream sauce Protein – Chicken Meatballs 	Braised Beef Soup Yellow Noodle Sio Pei Chye 
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#### Saver (Super Saver Bowls)

Mixed Vegetable, Chickpea Tagine Tabbouleh (Vegetarian) 	Citrus Chicken Egg Fried Rice, Broccoli and Carrot 	Thai Veggie Noodle Bowl (Vegetarian) 	Chicken Shawarma, Grain Couscous Yoghurt Garlic Sauce, Spinach and Onion 	Sweet & Sour Tofu Bowl (Vegetarian) Stir Fried Cabbage and Carrot 
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#### Chim & Tu

Honey Glaze Chicken Steamed Rice Oven Baked Eggplant and Zucchini 	Teriyaki Fish Steamed Rice Broccoli and Carrot 	Hainanese Chicken Rice Flavour Rice Stir Fried Xiao Bai Cai 	Thai Basil Minced Chicken Steamed Rice Cabbage and Long Beans 	Korean Braised Sliced Beef Steamed Rice Stir Fried Cabbage and Carrot 
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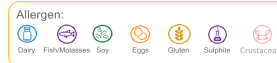
#### The Deli

salad Bowl Garden fresh wrap 	Chicken Caesar Wrap Cos Lettuce, Italian Cheese  Beef Pastrami Sub Roll Monterey Jack Cheese, Pickle 	salad Bowl Garden fresh wrap 	Roast Beef & Caramelised Onion Sandwich Sliced Roast Beef, Caramelised Onions, Baby Spinach, Mayo  Tuna Melt Toastie Tuna Mayo, Sweetcorn, Cheese 	Mozzarella, Tomato & Basil Panini Fresh Mozzarella, Sliced Tomato, Pesto, Basil  BBQ Chicken Toastie Shredded BBQ Chicken, Red Onion, Cheese 
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## Menu Week 8



**Monday**  
9-Mar-26

**Tuesday**  
10-Mar-26

**Wednesday**  
11-Mar-26

**Thursday**  
12-Mar-26

**Friday**  
13-Mar-26

### Meal Plan/ Ala-Carte Options

**Chim & Tu**

Asian BBQ Beef Balls  
Eggs Fried Rice  
Sauteed Spinach and Carrot



Chinese Noodle with Braised Chicken and Mushroom  
Stir Fried Xiao Bai Cai  
Fried Vegetable Gyoza



Char Siew Chicken Rice  
Flavour Rice  
Stir Fried Xiao Bai Cai



Asian Fried Fish with Lemon Coriander Sauce  
Steamed Rice  
Long Cabbage and Mushroom



Sliced Beef with Ginger & Spring Onion in Vegetarian Oyster Sauce  
Glass Noodles  
Stir Fried Cabbage and Carrot



**Licious**

Pasta – Pennei Pasta  
tomato sauce & Rich cream sauce  
Protein – Beef meatball



Pasta – Spaghetti Pasta  
tomato sauce & Rich cream sauce  
Protein – Roasted Cajun Chicken



Pasta – Fusilli pasta  
tomato sauce & Rich cream sauce  
Protein – Seared Fish



Pasta – Linguine pasta  
tomato sauce & Rich cream sauce  
Protein – Chicken Meatballs



Braised Beef Soup  
Yellow Noodle  
Sio Pei Chye



**The Chicken Shop**

South Texan Rubbed Chicken Thigh  
Sides; Roasted Sweet Potato, Pit Beans, Red Cabbage Salad

Hawaiian Beef Burger  
Teriyaki-glazed Beef Patty, grilled pineapple, lettuce, mayo



Crispy Chicken Taco  
Crispy Chicken, Slaw, Paprika Roasted Corn, Smashed Avo Guac, Sour Cream, Grated Cheese



Spicy Texas Veggie Burger **(Vegetarian)**  
Chipotle Mayo + Jalapenos + Cheddar Cheese  
Sides; Sweet Pot Fries, Crunchy Courgette Fries



South Texan Rubbed Chicken Thigh  
Sides; Roasted Sweet Pots, Pit Beans, Red Cabbage Salad



**Casa Loco**

Herb Roasted Cauliflower Taco  
Herb Roasted Cauliflower, Slaw, Paprika Roasted Corn, Smashed Avo Guac, Sour Cream, Grated Cheese



Huevos Rancheros Wrap **(Vegetarian)**  
Scrambled Egg, Black Beans, Salsa, Cheese



'Plant Milk' Soya fillet **(Vegetarian)**  
Mango Relish & Chipotle Sauce  
Sides; Buttermilk Fennel & Corn Slaw  
Potato Wedges, Charred Corn Cob



Braised Beef Burritos  
Spiced Braised Beef, Mexican beans, Lettuce, Tomatoes, Avocado, Signature Sauce



Lime Roasted Chicken Taco  
Lime Toasted Chicken, Slaw, Paprika Roasted Corn, Smashed Avo Guac, Sour Cream, Grated Cheese



**The Deli**

salad Bowl



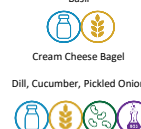
Teriyaki Beef Wrap  
Asian Slaw, chili  
Lemon Chicken Sub Roll  
Sundried Tomato + Rocket Lettuce+ Lemon Mustard dressing



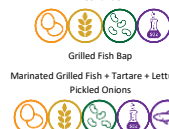
salad Bowl



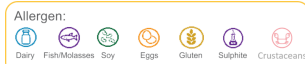
Lightly Toasted Panini  
Beef Salami, Sundried Tomato, Mozzarella, Basil  
Cream Cheese Bagel  
Dill, Cucumber, Pickled Onion



Chicken Banh Mi  
Marinated Chicken + Crunchy Veg + Pickled Chili + Coriander  
Grilled Fish Bap  
Marinated Grilled Fish + Tartare + Lettuce + Pickled Onions



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# Menu Week 9



**Monday**  
**16-Mar-26**

**Tuesday**  
**17-Mar-26**

**Wednesday**  
**18-Mar-26**

**Thursday**  
**19-Mar-26**

**Friday**  
**20-Mar-26**

## Meal Plan/ Ala-Carte Options

### The Good Stuff

Beef & Mushroom Stroganoff Baked

Chicken, mushrooms, creamy paprika sauce, rice



Lentil Shepherd's Pie **(Vegetarian)**

Lentils, Tomato-based gravy, Creamy Mashed Potato



Beef Goulash

Beef Stew, Paprika, Onions, Bell Peppers, Potatoes

Baked Chicken Sausage & Gratin Potato

Chicken Sausage, Baked Sliced Potato with Onion, Cream and topped with Cheese



Mediterranean Vegetable Gratin **(Vegetarian)**

Zucchini, eggplant, tomatoes, potatoes, herbs, cheese



### Licious

Pasta – Pennei Pasta

tomato sauce & Rich cream sauce

Protein – Beef meatball



Pasta – Spaghetti Pasta

tomato sauce & Rich cream sauce

Protein – Roasted Cajun Chicken



Pasta – Fusilli pasta

tomato sauce & Rich cream sauce

Protein – Seared Fish



Pasta – Linguine pasta

tomato sauce & Rich cream sauce

Protein – Chicken Meatballs



Braised Beef Soup

Yellow Noodle

Sio Pei Chye



### Saver (Super Saver Bowls)

Summer grain Bowl with Green Goddess Dressing **(Vegetarian)**

Farro, cucumber, Sweet Corn, Peach, Cherry tomatoes, Basil, Coriander



Sweet Soy Glazed Fish Bowl

Steamed Bok Choy, Julienned Carrots, Edamame, Steamed Rice



Ratatouille With Cheese-topped Polenta **(Vegetarian)**

Stewed Zucchini, Eggplant, Bell Peppers, Tomato Sauce, Baked Polenta Rounds, Cheese Crust.



Japanese Teriyaki Sliced Beef Rice Bowl

Steamed Broccoli, Carrots, Edamame



Sliced Chicken Baked Mac & Cheese With Broccoli

Baked Mac & Cheese With Broccoli Elbow Pasta, Creamy Cheese Sauce, Chopped Broccoli



### Chim & Tu

Teriyaki Baked Chicken

Egg Fried Rice

Sauteed Spinach and Carrot



Baked Chicken Satay Skewer with Satay Sauce

Coconut Rice

Sayur Lodeh



Thai Basil Minced Chicken

Steamed Rice

Cabbage and Long Beans



Sticky Fish with Honey Soy Sauce

Steamed Rice

Stir Fried Long Cabbage and Carrot



Assorted Yong Tao Fu with Chilli Black Bean Sauce

Steamed Rice

Nai Bai Vegetables



The Deli






salad Bowl

Garden fresh wrap





Teriyaki Beef Wrap

Asian Slaw, Chili




Lemon Chicken Sub Roll

Sundried Tomato, Rocket Lettuce, Lemon Mustard Dressing





salad Bowl

Garden fresh wrap







Lightly Toasted Panini

Beef Salami, Sundried Tomato, Mozzarella, Basil







Cream Cheese Bagel

Dill, Cucumber, Pickled Onion








Chicken Banh Mi

Marinated Chicken, Crunchy Veg, Pickled Chili, Coriander



Grilled Fish Bap

Marinated Grilled Fish, Tartare, Lettuce, Pickled Onions










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Allergen:



Dairy Fish/Molasses Soy Eggs Gluten Sulphite Crustaceans





## Menu Week 2



**Monday**  
23-Mar-26





























**Tuesday**  
24-Mar-26

**Wednesday**  
25-Mar-26

**Thursday**  
26-Mar-26

**Friday**  
27-Mar-26

### Meal Plan/ Ala-Carte Options

Chim & Tu	Tossed Honey Chicken  Steamed Rice  Oven Baked Eggplant and Zucchini 	Baked Light Teriyaki Plant Base Chicken (Vegetarian)  Steamed Rice, Asian Broccoli & Carrot 	Char Siew Chicken Rice  Flavour Rice  Stir Fried Xiao Bai Cai 	Asian Fried Fish with Lemon Coriander Sauce  Steamed Rice  Long Cabbage and Mushroom 	Sliced Beef with Ginger & Spring Onion in Vegetarian Oyster Sauce  Glass Noodles  Stir Fried Cabbage and Carrot 
	Pasta – Penne! Pasta  tomato sauce & Rich cream sauce  Protein – Beef meatball 	Pasta – Spaghetti Pasta  tomato sauce & Rich cream sauce  Protein – Roasted Cajun Chicken 	Pasta – Fusilli pasta  tomato sauce & Rich cream sauce  Protein – Seared Fish 	Pasta – Linguine pasta  tomato sauce & Rich cream sauce  Protein – Chicken Meatballs 	Braised Beef Soup  Yellow Noodle  Sio Pei Chee 
	Buttermilk Chicken Burger  Slaw, Pickles, Spicy Mayonaise, Root Veg Chips 	Pollo a La Brasa  Chicken Drumstick Marinated in an Authentic Peruvian Sauce, Spiced Corn Salsa  Steamed Rice 	Crispy Chicken Taco  Crispy Chicken, Slaw, Paprika Roasted Corn, Smashed Avo Guac, Sour Cream, Grated Cheese 	Spicy Texas Veggie Burger (Vegetarian)  Chipotle Mayo + Jalapenos + Cheddar Cheese Sides; Sweet Pot Fries, Crunchy Courgette Fries 	South Texan Rubbed Chicken Thigh  South Texan Rubbed Chicken Thigh Sides; Roasted Sweet Pots, Pit Beans, Red Cabbage Salad 
	Herb Roasted Cauliflower Taco  Roasted Cauliflower, Slaw, Paprika Roasted Corn, Smashed Avo Guac, Sour Cream, Grated Cheese (Vegetarian) 	Nacho Loco  Corn Chips, Braised Beef Chilli, Onion, Tomato, Scallions, Melted Cheese & Sour Cream 	'Plant Milk' Soya Fillet (Vegetarian)  Mango Relish & Chipotle Sauce Sides; Buttermilk Fennel & Corn Slaw Potato Wedges, Charred Corn Cob 	Braised Beef Burritos  Spiced Braised Beef, Mexican beans, Lettuce, Tomatoes, Avocado, Signature Sauce 	Lime Roasted Chicken Taco  Lime Toasted Chicken, Slaw, Paprika Roasted Corn, Smashed Avo Guac, Sour Cream, Grated Cheese 
	salad Bowl    Garden fresh wrap 	Teriyaki Beef Wrap  Asian Slaw, chili  Lemon Chicken Sub Roll Sundried Tomato + Rocket Lettuce+ Lemon Mustard dressing 	salad Bowl    Garden fresh wrap 	Lightly Toasted Panini Beef Salami, Sundried Tomato, Mozzarella, Basil  Cream Cheese Bagel Dill, Cucumber, Pickled Onion 	Chicken Banh Mi Marinated Chicken + Crunchy Veg + Pickled Chili + Coriander  Grilled Fish Bap Marinated Grilled Fish + Tartare + Lettuce + Pickled Onions 

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