



## 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

**Bamboo**

School Holiday

Stirred Fried Noodle served with Sliced Chicken, Vegetables in Homemade Sze 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



**Licious**

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



**Saver**

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



**Chim & Tu**

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



**The Deli**

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



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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

Chim & Tu

Tossed Honey Chicken	Baked Light Teriyaki Plant Base Chicken (Vegetarian)	Char Siew Chicken Rice	Asian Fried Fish with Lemon Coriander Sauce	Sliced Beef with Ginger & Spring Onion in Vegetarian Oyster Sauce
Steamed Rice	Steamed Rice, Asian Broccoli & Carrot	Flavour Rice	Steamed Rice	Glass Noodles
Oven Baked Eggplant and Zucchini		Stir Fried Xiao Bai Cai	Long Cabbage and Mushroom	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
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The Chicken Shop

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
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Casa Loco

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
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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 Grilled Fish Bap Marinated Grilled Fish + Tartare + Lettuce + Pickled Onions
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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/ Ala-Carte Options

#### The Good Catch

Plain Grilled Fish of the Day	Tofu-ish and Chips (Vegetarian) Plant Tartare Sauce	Indian Spiced Battered Fish Spiced Chips + Smashed Edamame Beans + Masala Mayo	Fish Finger Ciabatta Peppery Watercress + Tartare Sauce	Baked Spice Crumb Fish Fillet Extra: Sweet Potato Fries, Mushy Peas, Garden Peas, Baked Beans, Pickled Onions, Gherkins
Extra: Rustic Mash, Mushy Peas/Garden Peas, Baked Bean, Pickled Onion, Gherkins	Extra: Chunky Chips, Mushy Peas / Garden Peas, Baked Beans, Pickled Onions, Gherkins	Extras: Sweet Potato Fries, Mushy Peas / Garden Peas, Baked Beans, Pickled Onions, Gherkins	Extras: Chunky Chips, Mushy Peas / Garden Peas, Baked Beans, Pickled Onions, Gherkins	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
Quinoa, Sweet Potato, Carrots, Pickled Onions, Avocado, Ranch dressing	Buffalo Chicken Bowl	House Baked Jacket Potato Choice of toppings Baked Beans, Shredded Cheese, Sour Cream, Turkey Bacon Bits, Spring Onion, Diced Tomato, Baked 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 feta, Hummus, Yoghurt Dressing

#### 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, Baked 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 feta, Hummus, Yoghurt Dressing
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

#### 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
Garden fresh wrap	Garden fresh wrap	Garden fresh wrap	Garden fresh wrap	Garden fresh wrap

#### 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
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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)

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
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#### Chim Tu

Asian Sautéed 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
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#### 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 RiceTantanmen Ramen  
Spicy Chicken topper, Savory Soup, Noodles,  
Bok Choy, EggVegetables in Hot Garlic Sauce (Vegetarian)  
Steamed Rice and Chilli JamSweet & Sticky Orange Chicken  
Fragrant rice & Fried Shallot  
Stir Fried Xiao Bai CaiStirred Fried Noodle served with Sliced  
Chicken, Vegetables in Homemade Sze  
Chuan sauce**Licious**Pasta – Pennei Pasta  
tomato sauce & Rich cream sauce  
Protein – Beef meatballPasta – Spaghetti Pasta  
tomato sauce & Rich cream sauce  
Protein – Roasted Cajun ChickenPasta – Fusilli pasta  
tomato sauce & Rich cream sauce  
Protein – Seared FishPasta – Linguine pasta  
tomato sauce & Rich cream sauce  
Protein – Chicken MeatballsBraised Beef Soup  
Yellow Noodle  
Sio Pei Chye**Saver**  
(Super Saver Bowls)Teriyaki Chicken Rice Bowl  
Grilled chicken, Roasted Red Capsicum,  
Edamame, Brown Rice, Teriyaki SauceCrispy Buffalo Chicken Bowl  
Jasmine Rice, Celery, Carrot, Avocado, Green  
Onion, Ranch DressingSweet Chili Chicken Meatball Bowl  
Cabbage, Jasmine Rice, Spring onionGinger Beef & Broccoli Bowl  
Carrot, Capsicum, Jasmine Rice, Spring OnionBeef Curry Rice Burger Bowl  
Beef Pattie, Scented Rice  
Cauliflower and Corn**Chim & Tu**Sichuan Sliced Beef with Onion and Dried  
Chilli  
Steamed Rice  
White Cabbage with Beancurd SkinSweet & Sour Fish  
Fried Kuay Teow  
Stir Fried Cabbage and CarrotTeriyaki Seabass Fillet  
Steamed Rice  
Steamed Broccoli and CarrotChinese Noodle with Braised Chicken and  
Mushroom  
Stir Fried Xiao Bai Cai  
Fried Vegetable GyozaAssorted Yong Tao Fu with Chilli Black Bean  
Sauce  
Steamed Rice  
Nai Bai Vegetables**The Deli**salad Bowl  
Garden fresh wrapBig Mac Crunch Wrap  
Mac Sauce, Ground Beef, American Cheese,  
Pickles, Lettuce, Onions  
Curry Chickpea Salad Sandwichsalad Bowl  
Garden fresh wrapItalian Sub  
Turkey Ham, Beef Salami, Provolone,  
Roasted Peppers, Oregano, Italian Dressing  
Giro Sandwich  
Shawarma Chicken, Lettuce, Tomato, Garlic  
Sauce, Fresh PitaChar 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

Japanese Donburi Rice Bowls  
Te-ri-yak-ee Glazed Shrooms  
Katsu Chicken + Pickled Cucumber



Okonomiyaki  
Japanese Cabbage Pancake with Fish  
Okonomiyaki Sauce, Bonito Flakes



Soy & Lime Chicken Yakisoba  
Soba noodles, Nori, Cabbage



Japanese Rice Bowl with Fried Egg, Citrus  
Radish Salad, Baked Miso Seabass



Chicken Katsu Curry  
Carrot, potato, Japanese rice, pickles



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)

Turkey Burrito Bowl  
Roasted Turkey, Slaw, Beans, Avocado, Roasted Peppers, Guac and Sour Cream, Corn Chips



Greek Inspired Beef Meatball Bowl  
Greek Salad, Herb meatballs, Pitta, Tzatziki Dressing



Vegetable Lasagna, Garlic Bread (Vegetarian)  
Vegetable Lasagna Topped with Tomato Sauce, served with Garlic Bread



Korean Ground Beef Bowl  
Rice, Seasoned Beef, Pickled carrot and onion, Fried egg, Sriracha



Mediterranean Ground Beef  
Spiced pumpkin, Hummus, Yoghurt Sauce, Cucumber, Tomatoes, pickled Onion, Crumbled Feta, Brown Rice



Chim & Tu

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



Char Siew Chicken  
Flavour Rice  
Stir Fried Xiao Bai Cai



Thai Roasted Sliced Beef  
Steamed Rice  
Broccoli and Carrot



Black Pepper Chicken  
Steamed Rice  
Cauliflower and Cherry Tomato



Korean Chicken  
Glass Noodles  
Stir Fried Cabbage and Carrot

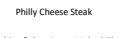


The Deli

salad Bowl  
Garden fresh wrap



Crispy Chicken Wrap  
Cos Lettuce, Pickles, Lettuce, Tomato, Honey Mustard Dressing  
Philly Cheese Steak



salad Bowl  
Garden fresh wrap



Chicken Pesto Panini  
Grilled Chicken, Tomato, Mozzarella, Basil, Nut Free Pesto  
Tuna Melt



Turkey Lavash Wrap  
Slice Roast Turkey, Rocket, Goats' Cheese, Red Peppers, Cucumber, Greek Yoghurt Dressing  
Grilled Chicken Mojo Cubano



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Allergen:  
Dairy Fish/Molasses Soy Eggs Gluten Sulphite Crustaceans





## 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



Bulgogi Beef

Beef + Rice + Crunchy vegetables



Sweet and Sour Fish

Steamed Jasmine Rice + pineapple + peppers + onions



Chicken Chow Mein

Egg noodles + Sliced chicken + Carrots + Cabbage + Spring onions



#### 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)

Mixed Vegetable, Chickpea Tagine

Tabbouleh (Vegetarian)



Citrus Chicken

Egg Fried Rice, Broccoli and Carrot



Thai Veggie Noodle Bowl (Vegetarian)

Yoghurt Garlic Sauce, Spinach and Onion



Chicken Shawarma, Grain Couscous

Sweet & Sour Tofu Bowl (Vegetarian)



#### 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



#### The Deli

salad Bowl

Cos Lettuce, Italian Cheese



Chicken Caesar Wrap

Beef Pastrami Sub Roll



salad Bowl

Monterey Jack Cheese, Pickle



Roast Beef & Caramelised Onion Sandwich

Sliced Roast Beef, Caramelised Onions, Baby Spinach, Mayo



Mozzarella, Tomato & Basil Panini

Fresh Mozzarella, Sliced Tomato, Pesto, Basil



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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 Sautéed 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
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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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**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 <b>(Vegetarian)</b> 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 Potato, Pit Beans, Red Cabbage Salad
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**Casa Loco**

Herb Roasted Cauliflower Taco Herb Roasted Cauliflower, Slaw, Paprika Roasted Corn, Smashed Avo Guac, Sour Cream, Grated Cheese	Huevos Rancheros Wrap <b>(Vegetarian)</b> Scrambled Egg, Black Beans, Salsa, Cheese	'Plant Milk' Soya fillet <b>(Vegetarian)</b> 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 Roasted Chicken, Slaw, Paprika Roasted Corn, Smashed Avo Guac, Sour Cream, Grated Cheese
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**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 Bag Marinated Grilled Fish + Tartare + Lettuce + Pickled Onions
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Allergen:





# 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 Sautéed 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



salad Bowl

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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\*Our allergen-controlled meal does not contain dairy, egg and gluten.

\*Menu is subjected to changes due to products' availability.

Allergen:





## 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	Baked Light Teriyaki Plant Base Chicken (Vegetarian)	Char Siew Chicken Rice	Asian Fried Fish with Lemon Coriander Sauce	Sliced Beef with Ginger & Spring Onion in Vegetarian Oyster Sauce
Steamed Rice	Steamed Rice, Asian Broccoli & Carrot	Flavour Rice	Steamed Rice	Glass Noodles
Oven Baked Eggplant and Zucchini		Stir Fried Xiao Bai Cai	Long Cabbage and Mushroom	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
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The Chicken Shop

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
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Casa Loco

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
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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 Grilled Fish Bap Marinated Grilled Fish + Tartare + Lettuce + Pickled Onions
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