

Weekly Menu



Weekly Menu				
Monday 14-Jan	Tuesday 15-Jan	Wednesday 16-Jan	Thursday 17-Jan	Friday 18-Jan
New Salad	New Salad	New Salad	New Salad	New Salad
MUSHROOM SOUP	CORN SOUP	MINCED MEAT AND TOFU SOUP	TOMATO SOUP	MINESTRONE SOUP
Energy: 29Kcal Protein: 2g Carbohydrate: 3g Fat: 1g	Energy: 33 Kcal Protein: 1g Carbohydrate: 5 g Fat: 1g	Energy: 58Kcal Protein: 4g Carbohydrate: 6g Fat: 2g	Energy: 29Kcal Protein: 2g Carbohydrate: 3g Fat: 1g	Energy: 45Kcal Protein: 2g Carbohydrate: 7g Fat: 1g
ROASTED CHICKEN BREAST	BEef QUESADILLA	BIG CHICKEN LEG LEMON & FRESH THYME	GRATINATED SUFFED EGGPLANT TOMATO SAUCE	GRILLED FISH LEMON
Energy: 204 Kcal Protein: 30g Carbohydrate: 0 g Fat: 9g	Energy: 287Kcal Protein: 18g Carbohydrate: 20g Fat: 15g	Energy: 199Kcal Protein: 25g Carbohydrate: 0g Fat: 11g	Energy: 160Kcal Protein: 9g Carbohydrate: 15g Fat: 7g	Energy: 182Kcal Protein: 23g Carbohydrate: 0g Fat: 10g
SAUTEED PORK	MEAT BALL TOMATO SAUCE	ROASTED FISH in tomato sauce with olive	MARINATED DUCK BREAST	HACHI PARMENTIER
Energy: 238Kcal Protein: 23g Carbohydrate: 5g Fat: 14g	Energy: 242 Kcal Protein: 21g Carbohydrate: 2 g Fat: 16g	Energy: 175Kcal Protein: 23 g Carbohydrate: 5g Fat: 7g	Energy: 219Kcal Protein: 25g Carbohydrate: 5g Fat: 11 g	Energy: 272 Kcal Protein: 13g Carbohydrate: 28 g Fat: 12g
ROASTED SWEET ORANGE POTATO	RICE with CORN GRITS	PASTA COUSCOUS OLIVE OIL	MACARONI OLIVE OIL	MASH POTATO with CARROT
Energy: 220 Kcal Protein: 4g Carbohydrate: 38 g Fat: 7g	Energy: 190Kcal Protein: 5g Carbohydrate: 40g Fat: 1g	Energy: 194 Kcal Protein: 12g Carbohydrate: 20 g Fat: 8g	Energy: 194 Kcal Protein: 12g Carbohydrate: 20 g Fat: 8g	Energy: 193 Kcal Protein: 4g Carbohydrate: 38 g Fat: 4g
STEAMED VEGETABLE BOUQUETIERE	BAKED MIXED VEGETABLE	GLAZED CARROTS	ZUCHINI	CAULIFLOWER&BROCCOLI
Energy: 47cal Protein: 1g Carbohydrate: 8 g Fat: 1 g	Energy: 54 Kcal Protein: 1g Carbohydrate: 8 g Fat: 2 g	Energy: 46Kcal Protein: 1g Carbohydrate: 6g Fat: 2g	Energy: 43 Kcal Protein: 1g Carbohydrate: 3 g Fat: 3g	Energy: 59 Kcal Protein: 2g Carbohydrate: 6 g Fat: 3g
YOGURT	CHEESE	YOGURT	CHEESE	YOGURT
Energy: 99 Kcal Protein: 4g Carbohydrate: 19 g Fat: 1g	Energy: 108 Kcal Protein: 7g Carbohydrate: 2 g Fat: 8g	Energy: 99 Kcal Protein: 4g Carbohydrate: 19 g Fat: 1g	Energy: 108 Kcal Protein: 7g Carbohydrate: 2 g Fat: 8g	Energy: 99 Kcal Protein: 4g Carbohydrate: 19 g Fat: 1g
HAMIMELON CUT	CHURROS CANELLA	WATERMELON CUT	TANGERINE	INDIVIDUAL MINI CAKE
Energy: 32Kcal Protein: 1g Carbohydrate: 7g Fat: 0g	Energy: 92Kcal Protein: 1g Carbohydrate: 13 g Fat: 4 g	Energy: 15Kcal Protein: 1g Carbohydrate: 4 g Fat: 0 g	Energy: 40Kcal Protein: 1g Carbohydrate: 9g Fat: 0g	Energy: 102Kcal Protein: 1g Carbohydrate: 13 g Fat: 5 g
<p>SET MEALS COMPOSITION: Free Flow of Salad Bar Soup Choice between 2 main course Vegetables Starch Dessert Water and yoghurt</p> <p>* MENU SUBJECT TO CHANGE KDG MENUS</p>				
			<p>Nutritional reading: *</p> <p>Red Meat 11% Fish 5% White Meat 9% Vegetables 47% Starch 28% Deep Fried 5%</p>	

Weekly Menu



Monday 22-Jan	Tuesday 23-Jan	Wednesday 24-Jan	Thursday 25-Jan	Friday 26-Jan
New Salad	New Salad	New Salad	New Salad	New Salad
CHICKEN BROTH	BROCCOLI SOUP	MISO SOUP	EGG TOMATO SOUP	GREEN PEA SOUP
Energy: 33Kcal Protein: 2g Carbohydrate: 4g Fat: 1g	Energy: 25 Kcal Protein: 1g Carbohydrate: 3 g Fat: 1 g	Energy: 29 Kcal Protein: 2g Carbohydrate: 3 g Fat:1 g	Energy: 35 Kcal Protein: 2g Carbohydrate: 4g Fat: 1g	Energy: 33Kcal Protein: 2g Carbohydrate: 4g Fat: 1g
WHITE SAUSAGE	ROASTED CHICKEN LEG with LEMON/THYME	BEEF HONG XIAO ROU	SLICED DUCK WOK LEMON GRASS	FISH MEUNIERE WITH LEMON
Energy: 234 Kcal Protein: 22g Carbohydrate: 5 g Fat: 14g	Energy: 199Kcal Protein: 25g Carbohydrate: 0g Fat: 11g	Energy: 240 Kcal Protein: 28g Carbohydrate: 5 g Fat: 12g	Energy: 207 Kcal Protein: 24g Carbohydrate: 3 g Fat: 11 g	Energy: 177Kcal Protein: 23g Carbohydrate: 2g Fat: 8g
FISH FINGER TOMATO SAUCE	PORK GOULASH	MEAT BALL TOMATO SAUCE (on side)	CHICKEN STEW MUSHROOM IN VELOUTE	LASAGNA
Energy: 203 Kcal Protein: 16g Carbohydrate: 9 g Fat: 11 g	Energy: 305Kcal Protein: 17g Carbohydrate: 30g Fat: 13g	Energy: 242 Kcal Protein: 21g Carbohydrate: 2 g Fat: 16g	Energy: 210Kcal Protein: 27g Carbohydrate: 9g Fat: 7g	Energy: 235Kcal Protein: 11g Carbohydrate: 32g Fat: 7g
PASTA	ROASTED SWEET POTATO	STEAMED RICE	BIG WHITE BEANS	STEAMED POTATO PARSLEY
Energy: 194 Kcal Protein: 12g Carbohydrate: 20 g Fat: 8g	Energy: 220 Kcal Protein: 4g Carbohydrate: 38 g Fat: 7g	Energy: 194 Kcal Protein:5g Carbohydrate:42 g Fat: 0g	Energy: 193Kcal Protein: 9g Carbohydrate: 37 g Fat: 1g	Energy: 213 Kcal Protein: 4g Carbohydrate: 38 g Fat: 5g
ZUCHINI CAKE	GREEN PEAS	CHINESE VEGETABLE	SPINACH WITH CREAM AND GARLIC	BROCCOLI
Energy: 192 Kcal Protein: 2g Carbohydrate: 28g Fat: 8g	Energy: 63 Kcal Protein: 3g Carbohydrate:6 g Fat: 3 g	Energy: 47cal Protein: 1g Carbohydrate:8 g Fat: 1 g	Energy: 80Kcal Protein: 4g Carbohydrate: 7g Fat: 4g	Energy: 59 Kcal Protein: 2g Carbohydrate: 6 g Fat: 3g
YOGURT	CHEESE	YOGURT	CHEESE	YOGURT
Energy: 99 Kcal Protein: 4g Carbohydrate: 19 g Fat: 1g	Energy: 108 Kcal Protein: 7g Carbohydrate: 2 g Fat: 8g	Energy: 99 Kcal Protein: 4g Carbohydrate: 19 g Fat: 1g	Energy: 108 Kcal Protein: 7g Carbohydrate: 2 g Fat: 8g	Energy: 99 Kcal Protein: 4g Carbohydrate: 19 g Fat: 1g
APPLE MINT SALAD	CUT ORANGE	MIXED SEASONAL FRUIT CUT	ICE CREAM	BANANA
Energy: 100 Kcal Protein: 2g Carbohydrate: 12 g Fat: 4g	Energy: 24 Kcal Protein: 1g Carbohydrate: 6 g Fat: 0g	Energy: 44 Kcal Protein: 0g Carbohydrate: 11 g Fat: 0g	Energy: 133 Kcal Protein: 2g Carbohydrate: 16 g Fat: 7g	Energy: 92Kcal Protein: 1g Carbohydrate: 22g Fat: 0g
<p>SET MEALS COMPOSITION: Free Flow of Salad Bar Soup Choice between 2 main course Vegetables Starch Dessert Water and yoghurt</p> <p>* MENU SUBJECT TO CHANGE KDG MENUS</p>				
			<p>Nutritional reading: *</p> <p>Red Meat 14%</p> <p>Fish 5%</p> <p>White Meat 8%</p> <p>Vegetables 46%</p> <p>Starch 27%</p> <p>Deep Fried 3%</p>	

Weekly Menu



Monday 29-Jan	Tuesday 30-Jan	Wednesday 31-Jan	Thursday 1-Feb	Friday 2-Feb
LETTUCE TOMATO	HAM PASTA SALAD	SHAVED CARROT	QUICHE VEGETABLE	CUCUMBER VINEGAR
MUSHROOM SOUP	TOMATO SOUP	GREEN VEGETABLE SOUP	CARROT SOUP	ONION SOUP
Energy: 29Kcal Protein: 2g Carbohydrate: 3g Fat: 1g	Energy: 29Kcal Protein: 2g Carbohydrate: 3g Fat: 1g	Energy: 25 Kcal Protein: 1g Carbohydrate: 3 g Fat: 1 g	Energy: 29 Kcal Protein: 1g Carbohydrate: 4 g Fat: 1 g	Energy: 25 Kcal Protein: 1g Carbohydrate: 3 g Fat: 1 g
MUSHROOM HAM & CHEESE OMELETTE	BEEF STEW	SAUTEED PORK CELERY	CHICKEN LEGG TERRYAKI (No bones)	SPECIAL VACANCES BEEF PATTIE
Energy: 257 Kcal Protein: 20g Carbohydrate: 10 g Fat: 15 g	Energy: 227Kcal Protein: 27g Carbohydrate: 5g Fat: 11g	Energy: 164Kcal Protein: 12g Carbohydrate: 11g Fat: 8g	Energy: 206 Kcal Protein: 29g Carbohydrate:0 g Fat: 9g	Energy: 269Kcal Protein: 18g Carbohydrate: 20g Fat: 13g
STEAMED FISH IN SOY SAUCE	BAKED DUCK BREAST ORANGE SAUCE	SAUTEED SLICED CHICKEN	PARMENTIER DE POISSON	DOUBLE CHEESE HAMBURGER
Energy: 167Kcal Protein:21 g Carbohydrate: 5g Fat: 7g	Energy: 208Kcal Protein: 25g Carbohydrate: 0 g Fat: 12 g	Energy: 215 Kcal Protein: 26g Carbohydrate: 3 g Fat: 11 g	Energy: 248Kcal Protein: 16g Carbohydrate:28g Fat: 8 g	Energy: 319Kcal Protein: 15g Carbohydrate: 31g Fat: 15g
BAKED POTATO CUBE	WHITE LENTILS with RICE	COUSOUS	MASH POTATOES	HOME MADE FRIES
Energy: 220 Kcal Protein: 4g Carbohydrate: 38 g Fat: 7g	Energy: 188 Kcal Protein:7g Carbohydrate:40 g Fat: 0g	Energy: 194 Kcal Protein: 12g Carbohydrate: 20 g Fat: 8g	Energy: 193 Kcal Protein: 4g Carbohydrate: 38 g Fat: 4g	Energy: 246 Kcal Protein: 4g Carbohydrate:35 g Fat: 10 g
CAULIFLOWER GRATINATED	SPINACH	CHICK PEAS & RATATOUILLE	GREEN BEANS WITH CARROT	SALAD & TOMATO
Energy: 67Kcal Protein: 3g Carbohydrate: 7 g Fat: 3g	Energy:46 Kcal Protein: 2g Carbohydrate: 5g Fat: 2g	Energy: 63 Kcal Protein: 3g Carbohydrate:6 g Fat: 3 g	Energy: 59 Kcal Protein: 3g Carbohydrate:8 g Fat: 2 g	Energy: 55 Kcal Protein: 2g Carbohydrate: 5 g Fat: 3g
YOGURT	CHEESE	YOGURT	CHEESE	YOGURT
Energy: 99 Kcal Protein: 4g Carbohydrate: 19 g Fat: 1g	Energy: 108 Kcal Protein: 7g Carbohydrate: 2 g Fat: 8g	Energy: 99 Kcal Protein: 4g Carbohydrate: 19 g Fat: 1g	Energy: 108 Kcal Protein: 7g Carbohydrate: 2 g Fat: 8g	Energy: 99 Kcal Protein: 4g Carbohydrate: 19 g Fat: 1g
MANDARINE	BANANA	APPLE	ORANGE	CHOCOLATE TART
Energy: 36Kcal Protein:1 g Carbohydrate: 8g Fat: 0g	Energy: 92Kcal Protein: 1g Carbohydrate: 22g Fat: 0g	Energy: 56Kcal Protein: 1g Carbohydrate: 13g Fat: 0g	Energy: 24 Kcal Protein: 1g Carbohydrate: 6 g Fat: 0g	Energy: 122 Kcal Protein: 1g Carbohydrate: 16 g Fat: 6 g
<p>SET MEALS COMPOSITION: Free Flow of Salad Bar Soup Choice between 2 main course Vegetables Starch Dessert Water and yoghurt</p> <p>* MENU SUBJECT TO CHANGE KDG MENUS</p>				
<p>Nutritional reading: *</p> <p>Red Meat 14% Fish 5% White Meat 8% Vegetables 46% Starch 27% Deep Fried 0%</p>				

Weekly Menu



Monday 18-Feb	Tuesday 19-Feb	Wednesday 20-Feb	Thursday 21-Feb	Friday 22-Feb
PINK RICE SALAD CORN GREEN PEA	TOMATO MOZZA SALAD	QUICHE VEGETABLE	GREEN MIX SALAD BREAD CROUTONS	POTATO TUNA SALAD
MUSHROOM SOUP	VEGE SOUP	CORN SOUP	PARMENTIER SOUP	GREEN PEA SOUP
Energy: 29Kcal Protein: 2g Carbohydrate: 3g Fat: 1g	Energy: 25 Kcal Protein: 1g Carbohydrate: 3 g Fat: 1 g	Energy: 33 Kcal Protein: 1g Carbohydrate: 5 g Fat: 1 g	Energy: 49Kcal Protein: 1g Carbohydrate: 9g Fat: 1g	Energy: 33Kcal Protein: 2g Carbohydrate: 4g Fat: 1g
DUCK BREAST GRAVY	PORK AIGRE DOUCE	CHCKEN LEGG LEMON GRASS	CHICKEN SPINACH RISOTTO	CHICKEN SHNITZEL
Energy: 208Kcal Protein: 25g Carbohydrate: 0 g Fat: 12 g	Energy: 237 Kcal Protein: 22g Carbohydrate: 8 g Fat: 13 g	Energy: 182Kcal Protein: 23g Carbohydrate: 0g Fat: 10g	Energy: 274 Kcal Protein: 16g Carbohydrate: 30g Fat: 10g	Energy: 216 Kcal Protein: 18g Carbohydrate: 9 g Fat: 12g
SPANISH TORTILLA VEGETABLE	FISH FINGER TATARE SAUCE	BEEF BOLOGNAISE	PIZZA CHICKEN TOMATO OLIVE	DOUBLE SLICED DUCK BREAST SAUTEED VEGETABLES
Energy: 207 Kcal Protein:8 g Carbohydrate: 27 g Fat: 7 g	Energy: 203 Kcal Protein: 16g Carbohydrate: 9 g Fat: 11 g	Energy: 290 Kcal Protein: 16g Carbohydrate:32 g Fat: 11g	Energy: 303 Kcal Protein: 15g Carbohydrate: 33g Fat: 12g	Energy: 231 Kcal Protein: 24g Carbohydrate: 9 g Fat: 11 g
CARROT GREEN PEA	RICE	SPAGHETTI	SPINACH	CHEESE MACARONI GRATINATED
Energy: 59 Kcal Protein: 3g Carbohydrate:8 g Fat: 2 g	Energy: 194 Kcal Protein:5g Carbohydrate:42 g Fat: 0g	Energy: 288 Kcal Protein:15g Carbohydrate: 30 g Fat: 12 g	Energy:46 Kcal Protein: 2g Carbohydrate: 5g Fat: 2g	Energy: 310 Kcal Protein: 12g Carbohydrate: 34 g Fat: 14 g
BROCCOLI WITH CREAM	GREEN BEAN	GRATINATED CAULIFLOWER	CARROT	GREEN MIXED SALAD
Energy: 76 Kcal Protein: 3g Carbohydrate: 7 g Fat: 4g	Energy: 63 Kcal Protein: 3g Carbohydrate:6 g Fat: 3 g	Energy: 67Kcal Protein: 3g Carbohydrate: 7 g Fat: 3g	Energy: 46Kcal Protein: 1g Carbohydrate: 6g Fat: 2g	Energy: 63 Kcal Protein: 2g Carbohydrate: 7g Fat: 3 g
YOGURT	CHEESE	YOGURT	CHEESE	YOGURT
Energy: 99 Kcal Protein: 4g Carbohydrate: 19 g Fat: 1g	Energy: 108 Kcal Protein: 7g Carbohydrate: 2 g Fat: 8g	Energy: 99 Kcal Protein: 4g Carbohydrate: 19 g Fat: 1g	Energy: 108 Kcal Protein: 7g Carbohydrate: 2 g Fat: 8g	Energy: 99 Kcal Protein: 4g Carbohydrate: 19 g Fat: 1g
MUFFIN	FRUIT SALAD	MELON	APPLE COMPOTE	INDIVIDUAL MINI CAKE
Energy: 78Kcal Protein: 3g Carbohydrate: 12g Fat: 2g	Energy: 44 Kcal Protein: 0g Carbohydrate: 11 g Fat: 0g	Energy: 49 Kcal Protein: 1g Carbohydrate: 12 g Fat: 0g	Energy: 94 Kcal Protein: 1g Carbohydrate: 18 g Fat: 2 g	Energy: 102Kcal Protein: 1g Carbohydrate: 13 g Fat: 5 g
<p>SET MEALS COMPOSITION: Free Flow of Salad Bar Soup Choice between 2 main course Vegetables Starch Dessert Water and yoghurt</p> <p>* MENU SUBJECT TO CHANGE KDG MENUS</p>				
<p>Nutritional reading: *</p> <p>Red Meat 5% Fish 3% White Meat 16% Vegetables 48% Starch 28% Deep Fried 0%</p>				