

# Monthly Menu - December 2025



|        |                 | Monday                      | Tuesday                            | Wednesday                  | Thursday                                  | Friday                             | Saturday   | Sunday     |
|--------|-----------------|-----------------------------|------------------------------------|----------------------------|-------------------------------------------|------------------------------------|------------|------------|
|        |                 | 01/12/2025                  | 02/12/2025                         | 03/12/2025                 | 04/12/2025                                | 05/12/2025                         | 06/12/2025 | 07/12/2025 |
| Week 1 | Soup            | Chinese Broth               | Chinese Broth                      | Chinese Broth              | Chinese Broth                             | Chinese Broth                      |            |            |
|        |                 | Pumpkin Soup                | Broccoli Soup                      | Carrot Soup                | Red Bean Soup                             | Vegetable Soup                     |            |            |
|        | Main Dish       | Pork Loin                   | Chicken Wings w/ Soya Sauce        | Meatballs w/ Tomato Sauce  | Pork w/ Mushrooms and Soya Sauce          | Chicken Wrap                       |            |            |
|        | Vegetarian Dish | Stuffed Roasted Bell Pepper | Cauliflower and Chickpea Curry*    | Tofu w/ Black Pepper Sauce | Chickpea Stew                             | Scrambled Egg w/ Veggies           |            |            |
|        | Side Dish       | Plain Rice                  | Plain Rice                         | Plain Rice                 | Plain Rice                                | Plain Rice                         |            |            |
|        |                 | Rice with Red Beans         | -                                  | Spaghetti                  | -                                         | French Fries                       |            |            |
|        |                 | Boiled/ Sautéed Vegetables  | Boiled/ Sautéed Vegetables         | Boiled/ Sautéed Vegetables | Boiled/ Sautéed Vegetables                | Boiled/ Sautéed Vegetables         |            |            |
|        | Fruit           | Seasonal Fruit              | Seasonal Fruit                     | Seasonal Fruit             | Seasonal Fruit                            | Seasonal Fruit                     |            |            |
|        |                 | 08/12/2025                  | 09/12/2025                         | 10/12/2025                 | 11/12/2025                                | 12/12/2025                         | 13/12/2025 | 14/12/2025 |
| Week 2 | Soup            | Chinese Broth               | Chinese Broth                      | Chinese Broth              | Chinese Broth                             | Chinese Broth                      |            |            |
|        |                 | Chickpea Soup               | Leek Soup                          | Coriander Soup             | Green Pea Soup                            | Vegetable Soup                     |            |            |
|        | Main Dish       | Meat Bolognese              | Noodles w/ Beef and Veggies        | Chicken Curry              | Stir Fried Eggplant, Tofu and Minced Pork | Hamburger                          |            |            |
|        | Vegetarian Dish | Vegetable Skewer            | Steamed Egg w/ Tofu and Soya Sauce | Stuffed Roasted Eggplant   | Scrambled Egg w/ Tomato                   | Vegetable Burguers                 |            |            |
|        | Side Dish       | Plain Rice                  | Plain Rice                         | Plain Rice                 | Plain Rice                                | Plain Rice                         |            |            |
|        |                 | Spaghetti                   | -                                  | -                          | -                                         | French Fries                       |            |            |
|        |                 | Boiled/ Sautéed Vegetables  | Boiled/ Sautéed Vegetables         | Boiled/ Sautéed Vegetables | Boiled/ Sautéed Vegetables                | Boiled/ Sautéed Vegetables         |            |            |
|        | Fruit           | Seasonal Fruit              | Seasonal Fruit                     | Seasonal Fruit             | Seasonal Fruit                            | Seasonal Fruit                     |            |            |
|        |                 | 15/12/2025                  | 16/12/2025                         | 17/12/2025                 | 18/12/2025                                | 19/12/2025                         | 20/12/2025 | 21/12/2025 |
| Week 3 | Soup            | Chinese Broth               | Chinese Broth                      | Chinese Broth              | Chinese Broth                             | Chinese Broth                      |            |            |
|        |                 | Red Bean Soup               | Pumpkin Soup                       | Vegetable Soup             | Broccoli Soup                             | Vegetable Soup                     |            |            |
|        | Main Dish       | Chicken Stroganoff          | Minchi                             | Pork Stew                  | Chicken w/ Onion and Soya Sauce           | Lasagna                            |            |            |
|        | Vegetarian Dish | Stuffed Roasted Tomato      | Vegetable Curry*                   | Vegetable Bolognese        | Scrambled Egg w/ Veggies                  | Cous Cous w/ Chickpea and Spinach* |            |            |
|        | Side Dish       | Plain Rice                  | Plain Rice                         | Plain Rice                 | Plain Rice                                | Plain Rice                         |            |            |
|        |                 | Spaghetti                   | -                                  | Fusilli                    | -                                         | Potato Salad                       |            |            |
|        |                 | Boiled/ Sautéed Vegetables  | Boiled/ Sautéed Vegetables         | Boiled/ Sautéed Vegetables | Boiled/ Sautéed Vegetables                | Boiled/ Sautéed Vegetables         |            |            |
|        | Fruit           | Seasonal Fruit              | Seasonal Fruit                     | Seasonal Fruit             | Seasonal Fruit                            | Seasonal Fruit                     |            |            |
|        |                 | 22/12/2025                  | 23/12/2025                         | 24/12/2025                 | 25/12/2025                                | 26/12/2025                         | 27/12/2025 | 28/12/2025 |
| Week 4 | Soup            | Holiday                     | Holiday                            | Holiday                    | Holiday                                   | Holiday                            |            |            |
|        | Main Dish       |                             |                                    |                            |                                           |                                    |            |            |
|        | Vegetarian Dish |                             |                                    |                            |                                           |                                    |            |            |
|        | Side Dish       |                             |                                    |                            |                                           |                                    |            |            |
|        | Fruit           |                             |                                    |                            |                                           |                                    |            |            |
|        |                 | 29/12/2025                  | 30/12/2025                         | 31/12/2025                 |                                           |                                    |            |            |
| Week 5 | Soup            | Holiday                     | Holiday                            | Holiday                    | Holiday                                   | Holiday                            |            |            |
|        | Main Dish       |                             |                                    |                            |                                           |                                    |            |            |
|        | Vegetarian Dish |                             |                                    |                            |                                           |                                    |            |            |
|        | Side Dish       |                             |                                    |                            |                                           |                                    |            |            |
|        | Fruit           |                             |                                    |                            |                                           |                                    |            |            |

\*Include Coconut Milk