

# Monthly Menu - January 2026



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					01/01/26	02/01/26	03/01/26	04/01/26
Week 1	Soup							
	Main Dish							
	Vegetarian Dish							
	Side Dish							
	Fruit							
		05/01/26	06/01/26	07/01/26	08/01/26	09/01/26	10/01/26	11/01/26
Week 2	Soup	Chinese Broth	Chinese Broth	Chinese Broth	Chinese Broth	Chinese Broth		
		Carrot Soup	Broccoli Soup	Chickpea Soup	Pumpkin Soup	Vegetable Soup		
	Main Dish	Pork Stew	Chicken Wings w/ Soya Sauce	Chicken Stroganoff	Minchi	Pizza		
	Vegetarian Dish	Vegetarian Balls	Scrambled Egg w/ Veggies	Stuffed Roasted Tomato	Vegetable Curry*	Veggie Pizza		
	Side Dish	Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice		
		Green Pea Rice	-	Spaghetti	-	-		
		Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Lettuce, Tomato and Cucumber Salad		
	Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit		
		12/01/26	13/01/26	14/01/26	15/01/26	16/01/26	17/01/26	18/01/26
Week 3	Soup	Chinese Broth	Chinese Broth	Chinese Broth	Chinese Broth	Chinese Broth		
		Coriander Soup	Cauliflower Soup	Green Pea Soup	Red Bean Soup	Vegetable Soup		
	Main Dish	Chicken Curry	Beef Sauté w/ Broccoli	Pork Loin	Pork w/ Mushrooms and Soya Sauce	Chicken Wrap		
	Vegetarian Dish	Stuffed Roasted Eggplant	Cauliflower and Chickpea Curry*	Beans Stew	Vegetable Skewer	Scrambled Egg w/ Tomato		
	Side Dish	Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice		
		-	-	Penne w/ Tomato Sauce	-	French Fries		
		Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Lettuce, Tomato and Cucumber Salad		
	Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit		
		19/01/26	20/01/26	21/01/26	22/01/26	23/01/26	24/01/26	25/01/26
Week 4	Soup	Chinese Broth	Chinese Broth	Chinese Broth	Chinese Broth	Chinese Broth		
		Chickpea Soup	Leek Soup	Pumpkin Soup	Broccoli Soup	Vegetable Soup		
	Main Dish	Meat Bolognese	Pork w/ Black Beans Chinese Style	Oven Roasted Chicken	Stir Fried Eggplant, Tofu and Minced Pork	Lasagna		
	Vegetarian Dish	Couscous w/ Chickpeas and Spinach*	Steamed Egg w/ Tofu and Soya Sauce	Tofu w/ Black Pepper Sauce	Vegetable Lasagna	Chickpea Stew		
	Side Dish	Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice		
		Spaghetti	-	Rice w/ Red Beans	-	-		
		Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Lettuce, Tomato and Cucumber Salad		
	Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit		
		26/01/26	27/01/26	28/01/26	29/01/26	30/01/26	31/01/26	
Week 5	Soup	Chinese Broth	Chinese Broth	Chinese Broth	Chinese Broth	Chinese Broth		
		Green Pea Soup	Carrot Soup	Red Bean Soup	Cauliflower Soup	Vegetable Soup		
	Main Dish	Pork Chili	Noodles w/ Beef and Veggies	Shepherd's Meat Pie	Chicken Wings w/ Soya Sauce	Hamburger		
	Vegetarian Dish	Vegetable Curry*	Vegetable Pancakes	Scrambled Egg w/ Vegetables	Stuffed Roasted Bellpepper	Veggie Burger		
	Side Dish	Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice		
		-	-	-	-	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		

\* Includes Coconut Milk