

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		
	Main Dish	Carrot Soup	Broccoli Soup	Chickpea Soup	Pumpkin Soup	Vegetable Soup		
	Vegetarian Dish	Pork Stew	Chicken Wings w/ Soya Sauce	Chicken Stroganoff	Minchi	Pizza		
	Side Dish	Vegetarian Balls	Scrambled Egg w/ Veggies	Stuffed Roasted Tomato	Vegetable Curry*	Veggie Pizza		
		Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice		
		Green Pea Rice	-	Spaghetti	-	-		
	Fruit	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Lettuce, Tomato and Cucumber Salad		
		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		
	Main Dish	Coriander Soup	Cauliflower Soup	Green Pea Soup	Red Bean Soup	Vegetable Soup		
	Vegetarian Dish	Chicken Curry	Beef Sauté w/ Broccoli	Pork Loin	Pork w/ Mushrooms and Soya Sauce	Chicken Wrap		
	Side Dish	Stuffed Roasted Eggplant	Cauliflower and Chickpea Curry*	Beans Stew	Vegetable Skewer	Scrambled Egg w/ Tomato		
		Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice		
		-	-	Penne w/ Tomato Sauce	-	-		
	Fruit	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Lettuce, Tomato and Cucumber Salad		
		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		
	Main Dish	Chickpea Soup	Leek Soup	Pumpkin Soup	Broccoli Soup	Vegetable Soup		
	Vegetarian Dish	Meat Bolognese	Pork w/ Black Beans Chinese Style	Oven Roasted Chicken	Stir Fried Eggplant, Tofu and Minced Pork	Lasagna		
	Side Dish	Couscous w/ Chickpeas and Spinach*	Steamed Egg w/ Tofu and Soya Sauce	Tofu w/ Black Pepper Sauce	Vegetable Lasagna	Chickpea Stew		
		Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice		
		Spaghetti	-	Rice w/ Red Beans	-	-		
	Fruit	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Lettuce, Tomato and Cucumber Salad		
		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		
	Main Dish	Green Pea Soup	Carrot Soup	Red Bean Soup	Cauliflower Soup	Vegetable Soup		
	Vegetarian Dish	Pork Chili	Noodles w/ Beef and Veggies	Shepherd's Meat Pie	Chicken Wings w/ Soya Sauce	Hamburger		
	Side Dish	Vegetable Curry*	Vegetable Pancakes	Scrambled Egg w/ Vegetables	Stuffed Roasted Bellpepper	Veggie Burger		
		Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice		
		-	-	-	-	French Fries		
	Fruit	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables		
		Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit		

* Includes Coconut Milk