

# Monthly Menu - February 2026



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
								01/02/26
Week 1	Soup							
	Main Dish							
	Vegetarian Dish							
	Side Dish							
	Fruit							
		02/02/26	03/02/26	04/02/26	05/02/26	06/02/26	07/02/26	08/02/26
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	Chicken Stroganoff	Stir Fry Beef w/ Green Peas	Meatballs w/ Tomato Sauce	Sweet and Sour Pork	Hot Dog		
	Vegetarian Dish	Vegetarian Balls w/ Tomato Sauce	Tofu w/ Black Pepper Sauce	Stuffed Roasted Eggplant	Scrambled Egg w/ Tomato	Vegetarian Hot Dog		
	Side Dish	Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice		
		Penne	-	Spaghetti	-	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		
		09/02/26	10/02/26	11/02/26	12/02/26	13/02/26	14/02/26	15/02/26
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 Stew w/ Veggies	Noodles w/ Chicken and Veggies	Pork Burger in the Plate	Chicken Wings w/ Soya Sauce	Pizza		
	Vegetarian Dish	Stuffed Roasted Tomato	Vegetable Curry*	Steamed Egg w/ Veggies	Vegetable Skewer	Veggie Pizza		
	Side Dish	Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain 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		
		16/02/26	17/02/26	18/02/26	19/02/26	20/02/26	21/02/26	22/02/26
Week 4	Soup							
	Main Dish							
	Vegetarian Dish							
	Side Dish							
	Fruit							
		23/02/26	24/02/26	25/02/26	26/02/26	27/02/26	28/02/26	
Week 5	Soup							
	Main Dish							
	Vegetarian Dish							
	Side Dish							
	Fruit							

\* Includes Coconut Milk