

Monthly Menu - March 2026



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		02/03/2026	03/03/2026	04/03/2026	05/03/2026	06/03/2026	07/03/2026	08/03/2026
Week 1	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	Oven Roasted Chicken	Beef Sauteéd w/ Broccoli	Pork Burger on the Plate	Pork w/ Mushrooms and Soya Sauce	Hamburger		
	Vegetarian Dish	Scrambled Egg w/ Veggies	Vegetable Skewer	Vegetable Curry*	Stuffed Roasted Tomato	Veggie Burger		
	Side Dish	Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice		
		Fusilli	-	Potato Salad	-	French Fries		
Fruit	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Lettuce, Tomato and Cucumber Salad	Seasonal Fruit		
		09/03/2026	10/03/2026	11/03/2026	12/03/2026	13/03/2026	14/03/2026	15/03/2026
Week 2	Soup	Chinese Broth	Chinese Broth	Chinese Broth	Chinese Broth	Chinese Broth		
		Pumpkin Soup	Broccoli Soup	Chickpea Soup	Coriander Soup	Vegetable Soup		
	Main Dish	Lasagna	Noodles w/ Chicken and Veggies	Chicken Stroganoff	Minchi	Pizza		
	Vegetarian Dish	Stuffed Roasted Eggplant	Tofu w/ Black Pepper Sauce	Steamed Eggs w/ Veggies	Beans Stew	Veggie Pizza		
	Side Dish	Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice		
		Quinoa with Veggies	-	Spaghetti	-	-		
Fruit	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Lettuce, Tomato and Cucumber Salad	Seasonal Fruit		
		16/03/2026	17/03/2026	18/03/2026	19/03/2026	20/03/2026	21/03/2026	22/03/2026
Week 3	Soup	Chinese Broth	Chinese Broth	Chinese Broth	Chinese Broth	Chinese Broth		
		Red Bean Soup	Pumpkin Soup	Broccoli Soup	Green Pea Soup	Vegetable Soup		
	Main Dish	Chicken Curry	Sweet and Sour Pork	Meat Bolognese	Stir-Fried Beef w/ Green Peas	Chicken Wrap		
	Vegetarian Dish	Stir Fried Eggplant with Tofu	Scrambled Egg w/ Tomato	Vegetarian Balls w/ Tomato Sauce	Stuffed Roasted Bell Pepper	Veggie Wrap		
	Side Dish	Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice		
		-	-	Spaghetti	-	French Fries		
Fruit	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Lettuce, Tomato and Cucumber Salad	Seasonal Fruit		
		23/03/2026	24/03/2026	25/03/2026	26/03/2026	27/03/2026	28/03/2026	29/03/2026
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	Pork Chili	Chicken w/ Orange and Soya Sauce	Chicken Stew w/ Veggies	Noodles w/ Pork and Veggies	Hot Dog		
	Vegetarian Dish	Vegetable Quiche	Couscous w/ Chickpeas and Spinach*	Vegetable Curry*	Vegetable Pancakes	Veggie Hot Dog		
	Side Dish	Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice		
		-	-	Cous Cous with Veggies	-	French Fries		
Fruit	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables	Lettuce, Tomato and Cucumber Salad	Seasonal Fruit		
		30/03/2026	31/03/2026					
Week 5	Soup	Chinese Broth	Chinese Broth					
		Green Pea Soup	Carrot Soup					
	Main Dish	Meatballs w/ Tomato Sauce	Chicken Wings w/ Soya Sauce					
	Vegetarian Dish	Scrambled Eggs w/ Vegetables	Vegetable Lasagna					
	Side Dish	Plain Rice	Plain Rice					
		Spaghetti	-					
Fruit	Boiled/ Sautéed Vegetables	Boiled/ Sautéed Vegetables						

* Includes Coconut Milk