

Monthly Menu - May 2026



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						01/05/26	02/05/26	03/05/26
Week 1	Soup					<i>Holiday</i>		
	Main Dish							
	Vegetarian Dish							
	Side Dish							
	Fruit							
		04/05/26	05/05/26	06/05/26	07/05/26	08/05/26	09/05/26	10/05/26
Week 2	Soup	Chinese Broth Leek Soup	Chinese Broth Pumpkin Soup	Chinese Broth Coriander Soup	Chinese Broth Green Pea Soup	Chinese Broth Vegetable Soup		
	Main Dish	Minchi	Chicken Stroganoff	Steamed Pork w/ Black Beans	Chicken w/ Onion and Soya Sauce	Hot Dog		
	Vegetarian Dish	Vegetable Bolognese	Scrambled Egg w/ Tomato	Stuffed Roasted Eggplant	Tofu w/ Black Pepper Sauce	Veggie Hot Dog		
	Side Dish	Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice		
		- Boiled/Sautéed Vegetables	Spaghetti Boiled/Sautéed Vegetables	- Boiled/Sautéed Vegetables	- Boiled/Sautéed Vegetables	- Boiled/Sautéed Vegetables	French Fries Lettuce, Tomato and Cucumber Salad	
	Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit		
		11/05/26	12/05/26	13/05/26	14/05/26	15/05/26	16/05/26	17/05/26
Week 3	Soup	Chinese Broth Broccoli Soup	Chinese Broth Red Bean Soup	Chinese Broth Carrot Soup	Chinese Broth Chickpea Soup	Chinese Broth Vegetable Soup		
	Main Dish	Chicken Curry	Pork w/ Winter Melon	Noodles w/ Beef and Veggies	Pork Burger on the Plate	Pizza		
	Vegetarian Dish	Chickpea Salad	Steamed Egg w/ Tofu and Soya Sauce	Vegetable Curry	Veggie Burger on the Plate	Veggie Pizza		
	Side Dish	Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice		
		- Boiled/Sautéed Vegetables	- Boiled/Sautéed Vegetables	- Boiled/Sautéed Vegetables	- Boiled/Sautéed Vegetables	Penne Boiled/Sautéed Vegetables	- Lettuce, Tomato and Cucumber Salad	
	Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit		
		18/05/26	19/05/26	20/05/26	21/05/26	22/05/26	23/05/26	24/05/26
Week 4	Soup	Chinese Broth Pumpkin Soup	Chinese Broth Leek Soup	Chinese Broth Cauliflower Soup	Chinese Broth Chickpea Soup	Chinese Broth Vegetable Soup		
	Main Dish	Sweet and Sour Pork	Meat Bolognese	Stemed Chicken w/ Mushroom	Pork w/ Pumpkin and Black Beans	Hamburger		
	Vegetarian Dish	Stuffed Roasted Tomato	Cous Cous w/ Chickpea and Spinach	Vegetable Skewer	Scrambled Egg w/ Veggies	Veggie Burger		
	Side Dish	Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice		
		- Boiled/Sautéed Vegetables	Spaghetti Boiled/Sautéed Vegetables	- Boiled/Sautéed Vegetables	- Boiled/Sautéed Vegetables	- Boiled/Sautéed Vegetables	French Fries Lettuce, Tomato and Cucumber Salad	
	Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit		
		26/05/26	27/05/26	28/05/26	29/05/26	30/05/26	31/05/26	
Week 5	Soup	Chinese Broth Green Pea Soup	Chinese Broth Carrot Soup	Chinese Broth Broccoli Soup	Chinese Broth Coriander Soup	Chinese Broth Vegetable Soup		
	Main Dish	Chicken w/ Wook Ear Mushroom	Pork w/ Soya Sauce	Chicken Stew	Minced Pork w/ Turnip	Chicken Wrap		
	Vegetarian Dish	Beans Stew	Stuffed Roasted Zucchini	Stir Fried Eggplant with Tofu	Vegetable Lasagna	Tofu w/ Soya Sauce		
	Side Dish	Plain Rice	Plain Rice	Plain Rice	Plain Rice	Plain Rice		
		- Boiled/Sautéed Vegetables	- Boiled/Sautéed Vegetables	Fusilli Boiled/Sautéed Vegetables	- Boiled/Sautéed Vegetables	- Boiled/Sautéed Vegetables	Pasta Salad Boiled/Sautéed Vegetables	
	Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit		

* Includes Coconut Milk