

Monthly Menu - June 2026



| | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|---------------------------|-----------------------------------|-----------------------------------|------------------------------|----------------------------------|------------------------------------|-----------------|-----------------|
| | | <i>01/06/26</i> | <i>02/06/26</i> | <i>03/06/26</i> | <i>04/06/26</i> | <i>05/06/26</i> | <i>06/06/26</i> | <i>07/06/26</i> |
| Week 1 | Soup | Chinese Broth | Chinese Broth | Chinese Broth | Chinese Broth | Chinese Broth | | |
| | | Green Pea Soup | Carrot Soup | Broccoli Soup | Coriander Soup | Vegetable Soup | | |
| | Main Dish | Chicken Curry | Rice Noodles w/ Beef and Sprouts | Pork Burger on the Plate | Tuna Lasagna | Homemade Chicken Nuggets | | |
| | Vegetarian Dish | Tomato Stew w/ Poached Egg | Scrambled Egg w/ Veggies | Chickpea and Rice Burger | Stir Fried Eggplant with Tofu | Steamed Mix Mushroom w/ Ginger | | |
| | Side Dish | Plain Rice | Plain Rice | Plain Rice | Plain Rice | Plain Rice | | |
| | | - | - | - | Coleslaw Salad | French Fries | | |
| Fruit | Boiled/Sautéed Vegetables | Boiled/Sautéed Vegetables | Boiled/Sautéed Vegetables | Boiled/Sautéed Vegetables | Boiled/Sautéed Vegetables | Boiled/Sautéed Vegetables | | |
| | | <i>08/06/26</i> | <i>09/06/26</i> | <i>10/06/26</i> | <i>11/06/26</i> | <i>12/06/26</i> | <i>13/06/26</i> | <i>14/06/26</i> |
| Week 2 | Soup | Chinese Broth | Chinese Broth | Chinese Broth | | Chinese Broth | | |
| | | Pumpkin Soup | Leek Soup | Cauliflower Soup | Chickpea Soup | Vegetable Soup | | |
| | Main Dish | Steamed Chicken w/ Mushroom | Beef Sautéed w/ Broccoli | Chicken Stroganoff | Pork w/ Mushrooms and Soya Sauce | Pizza | | |
| | Vegetarian Dish | Pasta Salad w/ Broccoli and Beans | Vegetable Curry* | Stuffed Roasted Sweet Potato | Scrambled Egg w/ Tomato | Veggie Pizza | | |
| | Side Dish | Plain Rice | Plain Rice | Spaghetti | Plain Rice | Plain Rice | | |
| | | - | - | Penne | - | - | | |
| Fruit | Boiled/Sautéed Vegetables | Boiled/Sautéed Vegetables | Boiled/Sautéed Vegetables | Boiled/Sautéed Vegetables | Boiled/Sautéed Vegetables | Lettuce, Tomato and Cucumber Salad | | |
| | | <i>15/06/26</i> | <i>16/06/26</i> | <i>17/06/26</i> | <i>18/06/26</i> | <i>19/06/26</i> | <i>20/06/26</i> | <i>21/06/26</i> |
| Week 3 | Soup | Chinese Broth | Chinese Broth | Chinese Broth | Chinese Broth | Holiday | | |
| | | Red Bean Soup | Leek Soup | Pumpkin Soup | Vegetable Soup | | | |
| | Main Dish | Chicken w/ Onion and Soya Sauce | Stir-Fried Beef w/ Green Peas | Oven Roasted Chicken | Lasagna | | | |
| | Vegetarian Dish | Tofu w/ Soya Sauce | Chickpea Salad | Black Beans and Rice Burger | Beans Stew w/ Poached Egg | | | |
| | Side Dish | Plain Rice | Plain Rice | Plain Rice | Plain Rice | | | |
| | | - | - | Mac and Cheese | - | | | |
| Fruit | Boiled/Sautéed Vegetables | Boiled/Sautéed Vegetables | Boiled/Sautéed Vegetables | Boiled/Sautéed Vegetables | Boiled/Sautéed Vegetables | | | |
| | | <i>22/06/26</i> | <i>23/06/26</i> | <i>24/06/26</i> | <i>25/06/26</i> | <i>26/06/26</i> | <i>27/06/26</i> | <i>28/06/26</i> |
| Week 4 | Soup | Chinese Broth | Chinese Broth | Chinese Broth | Chinese Broth | Chinese Broth | | |
| | | Chickpea Soup | Leek Soup | Vegetable Soup | Pumpkin Soup | Vegetable Soup | | |
| | Main Dish | Chicken Wings w/ Soya Sauce | Pork Lasagna | Noodles w/ Beef and Veggies | Sweet and Sour Chicken | Hot Dog | | |
| | Vegetarian Dish | Spinach and Mushroom Quiche | Green Eggs | Rice Balls w/ Beans | Tofu w/ Scrambled Egg | Veggie Hot Dog | | |
| | Side Dish | 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 | Lettuce, Tomato and Cucumber Salad | | |
| | | <i>29/06/26</i> | <i>30/06/26</i> | | | | | |
| Week 5 | Soup | Chinese Broth | Chinese Broth | | | | | |
| | | Green Pea Soup | Carrot Soup | | | | | |
| | Main Dish | Noodles w/ Pork and Veggies | Chicken Meatballs w/ Tomato Sauce | | | | | |
| | Vegetarian Dish | Quinoa Salad | Chickpea Stew w/ Poached Egg | | | | | |
| | Side Dish | Plain Rice | Plain Rice | | | | | |
| | | - | - | | | | | |
| Fruit | Boiled/Sautéed Vegetables | Boiled/Sautéed Vegetables | | | | | | |

* Includes Coconut Milk