



Prep Canteen Menu (Y1-Y2)



May	Monday 6 th	Tuesday 7 th	Wednesday 8 th	Thursday 9 th	Friday 10 th
Morning Snack	Milk / Pork bun Allergen: gluten, pork	Milk / Banana Allergen: dairy, gluten, tropical fruit	Milk / Shaomai Allergen: dairy, gluten, pork	Milk / Ham cheese sandwich Allergen: dairy, gluten	Milk / vegetable bun Allergen: dairy, gluten, mushroom
Asian	Steamed chicken and mushroom with black bean sauce Chinese lettuce, carrot, mushroom Rice Allergen: gluten, chicken, tofu, mushroom	Mushroom fried slice lamb Sweet pea, carrot, green pea Rice Allergen: gluten, lamb, mushroom	Yuxiang bean curd with vegetable Tomato egg Black rice Allergen: gluten, mushroom, tofu, egg	Braised meat balls Chinese green Tomato rice Allergen: gluten, pork	Lotus root with beef stew Chinese green Quinoa corn rice Allergen: gluten, beef
Western	Slow cook pork with gravy Baked zucchini with sweet pea Mixed rice with beans Allergen: gluten, pork, dairy	Chicken nugget Baked cauliflower Fires Allergen: gluten, chicken	Z-Rou beef balls with Italian tomato sauce pasta Finger carrot zucchini Allergen: gluten, tofu, mushroom	Seafood with tomato sauce Broccoli Pasta Allergen: gluten, seafood, dairy	Butter chicken Spinach Baked potato Allergen: gluten, chicken
Vegetarian Option	Vegetarian chow mien with mushroom Boiled bean curd Allergen: gluten, mushroom, tofu	Morocco vegetable with tofu tagine Allergen: gluten, tofu	Tofu and vegetable fried bread dough Allergen: gluten, tofu, mushroom	Shanghai style bean curd Cabbage with mushroom Vegetable fried noodle Allergen: gluten, mushroom, dairy, tofu	Z-rou pineapple rice with spring roll Allergen: gluten, tropical fruit, mushroom
Fruit	Water melon Allergen: gluten	Pear Allergen: gluten	Water melon Allergen: gluten	Honey melon Allergen: gluten	Cheese cake Allergen: gluten, egg, dairy
Salad bar & Drink	Daily selection				
Afternoon snack	Honey melon Allergen: gluten	Croissant Allergen: dairy, gluten	Banana Allergen: gluten, tropical fruit	Pear Allergen: gluten	Honey melon Allergen: gluten

Nutritional readings over the week

Red meat: 8%

Fish: 11%

White meat/lean protein: 13%

Vegetables: 44%

Starch: 21%

Deep fried: 3%





Prep Canteen Menu (Y1-Y2)



May	Monday 13 th	Tuesday 14 th	Wednesday 15 th	Thursday 16 th	Friday 17 th
Morning Snack	Milk / Pork bun Allergen: gluten, pork	Milk / Banana Allergen: dairy, gluten, tropical fruit	Milk / Shaomai Allergen: dairy, gluten, pork	Milk / Ham cheese sandwich Allergen: dairy, gluten	Milk / vegetable bun Allergen: dairy, gluten, mushroom
Asian	Steamed chicken with mushroom and bean curd Chinese lettuce, carrot, mushroom Rice Allergen: gluten, chicken, tofu ,mushroom	Shanghainese pork with bean curd Chinese green Tomato rice Allergen: gluten, pork	Stir fried beef with celery tofu Cabbage with carrot Rice Allergen: gluten, beef, dairy, tofu	Taiwanese braised mince pork Chinese green Black rice Allergen: gluten, pork, egg	Braised lamb with potato vegetable Yam, carrot, green pea Rice Allergen: gluten, lamb
Western	Grilled sausage Sweet pea, carrot Mashed potato Allergen: gluten, pork, dairy	Buffalo chicken Purple cabbage, okra, corn Roasted potato Allergen: gluten, chicken	Hawaii chicken katsu Grill pineapple and vegetable Parsley potato Allergen: gluten, chicken, dairy, tropical fruit	Crispy duck breast with orange sauce Cauliflower carrot Mushroom rice Allergen: gluten, duck, dairy, mushroom	Roasted beef tomato basil sauce Spinach Macaroni Allergen: gluten, beef
Vegetarian Option	Northeastern style aubergine, potato, green pepper Allergen: gluten, tofu	Chickpeas stew Fried vegetable Rice Allergen: gluten	Hawaii seafood taste vegetarian burger Green salad Roasted potato Allergen: gluten, egg, tropical fruit	Cheese croquette Green pea corn carrot with tofu Roasted potato Allergen: gluten, dairy, tofu	Falafel in pita bread with hummus Allergen: gluten
Fruit	Water melon Allergen: gluten	Pear Allergen: gluten	Hawaii crispy cookies Allergen: gluten, egg, dairy	Honey melon Allergen: gluten	Egg tart Allergen: gluten, egg, dairy
Salad bar & Drink	Daily selection				
Afternoon snack	Honey melon Allergen: gluten	Croissant Allergen: dairy, gluten	Banana Allergen: gluten, tropical fruit	Pear Allergen: gluten	Honey melon Allergen: gluten

Nutritional readings over the week

Red meat: 8%	Vegetables: 44%
Fish: 11%	Starch: 21%
White meat/lean protein: 13%	Deep fried: 3%



Prep Canteen Menu (Y1-Y2)



May	Monday 20 th	Tuesday 21 st	Wednesday 22 nd	Thursday 23 rd	Friday 24 th
Morning Snack	Milk / Pork bun Allergen: gluten, pork	Milk / Banana Allergen: dairy, gluten, tropical fruit	Milk / Shaomai Allergen: dairy, gluten, pork	Milk / Ham cheese sandwich Allergen: dairy, gluten	Milk / Vegetable bun Allergen: dairy, gluten, mushroom
Asian	Nanjing style steamed duck Egg mushroom carrot Rice Allergen: gluten, duck, mushroom	Sweet sour pork stick Chinese green Rice Allergen: gluten, pork	Japanese curry chicken leg Cabbage with mushroom Rice Allergen: gluten, chicken, egg, dairy, mushroom	Hong Kong style beef stew Celery bean curd Rice Allergen: gluten, beef ,tofu	Fried chicken leg with ginger sauce Eggplant with long bean Quinoa corn rice Allergen: gluten, chicken
Western	Homemade Italian style pork meatloaf with gravy Garlic long bean with mushroom Herb roast potato dice Allergen: gluten, pork, dairy, mushroom	Chicken nugget Baked cauliflower Fires Allergen: gluten, chicken	Beef cheese burger Vegetable salad Potato wedges Allergen: gluten, beef, dairy	Moroccan lamb tagine Broccoli , couscous Roasted potato Allergen: gluten, lamb	Fish & chips Mushy peas Allergen: gluten, fish, dairy
Vegetarian Option	Vegetable and tofu fried koay teow Allergen: gluten, tofu	Stuffed zucchini with cheese tomato, bell pepper Rice Allergen: gluten, dairy	Indian Z-rou vegetable masala Indian rice Allergen: gluten, tofu, mushroom	Homemade beans vegetable patties burger chips Allergen: gluten, mushroom	Zucchini and tofu gnocchi with meat free chicken nugget Allergen: gluten, mushroom, dairy, tofu
Fruit	Water melon Allergen: gluten	Pear Allergen: gluten	Water melon Allergen: gluten	Honey melon Allergen: gluten	Banana bread Allergen: gluten, egg, dairy
Salad bar & Drink	Daily selection				
Afternoon snack	Honey melon Allergen: gluten	Croissant Allergen: dairy, gluten	Banana Allergen: gluten, tropical fruit	Pear Allergen: gluten	Honey melon Allergen: gluten

Nutritional readings over the week

Red meat: 8%

Fish: 11%

White meat/lean protein: 13%

Vegetables: 44%

Starch: 21%

Deep fried: 3%



Prep Canteen Menu (Y1-Y2)



May	Monday 27 th	Tuesday 28 th	Wednesday 29 th	Thursday 30 th	Friday 31 st
Morning Snack	Milk / Pork bun Allergen: gluten, pork	Milk / Banana Allergen: dairy, gluten, tropical fruit	Milk / Shaomai Allergen: dairy, gluten, pork	Milk / Ham cheese sandwich Allergen: dairy, gluten	Milk / Vegetable bun Allergen: dairy, gluten, mushroom
Asian	Taiwanese chicken with basil Chinese green with mushroom Oatmeal rice Allergen: gluten, chicken, mushroom	Thai seafood salad Thai green Thai fried rice noodle Allergen: gluten, seafood	Taiwanese braised mince pork Chinese green Black rice Allergen: gluten, pork	Fried duck slice with mushroom Chinese green Black rice Allergen: gluten, duck, mushroom	Hainan chicken rice Pak choi Chicken rice Allergen: gluten, chicken
Western	Bolognese sauce Broccoli Spaghetti Allergen: gluten, pork, beef, dairy	Salami pizza Pizza Margherita Roasted tomato eggplant Allergen: gluten, pork, dairy	Beef stroganoff Snow peas carrot Steamed rice Allergen: gluten, beef, dairy, egg, mushroom	Chicken parmesan with cherry tomato sauce Spinach Pasta Allergen: gluten, chicken, dairy	Crispy parmesan fish fillet with lemon butter sauce Grilled long bean zucchini Quinoa rice Allergen: gluten, fish, dairy
Vegetarian Option	Mixed beans and onion wrap Tomato salsa Broccoli Allergen: gluten, dairy	Curry meat free beef balls Cabbage with tofu Pita bread Allergen: gluten, dairy, tofu	Stuffed zucchini with cheese tomato, bell pepper Rice Allergen: gluten, dairy	Vegetarian chow mien with mushroom Boiled bean curd Allergen: gluten, mushroom, tofu	Vegetable bolognese Cauliflower Pasta Allergen: gluten, mushroom
Fruit	Water melon Allergen: gluten	Pear Allergen: gluten	Water melon Allergen: gluten	Honey melon Allergen: gluten	Egg tart Allergen: gluten, egg, dairy
Salad bar & Drink	Daily selection				
Afternoon snack	Honey melon Allergen: gluten	Croissant Allergen: dairy, gluten	Banana Allergen: gluten, tropical fruit	Pear Allergen: gluten	Honey melon Allergen: gluten

Nutritional readings over the week

Red meat: 8%

Fish: 11%

White meat/lean protein: 13%

Vegetables: 44%

Starch: 21%

Deep fried: 3%