

NOV 2011		MENU	RICE	
1	TUE	Fresh tomato & minced beef & Chicken fillet w/ pumpkin sauce	Corn rice	
2	WED	Celery, mushroom & chicken & Italian (Ketchup, onion) pork chop	Red rice	
9	WED	Winter melon & chicken & Mushroom & waterchestnut in meat patty	Corn rice	
10	THU	Celery, carrot & pork & Chicken fillet w/ onion sauce	Vegetables rice	Fruit
11	FRI	Vegetables, minced pork in steamed egg & Garlic & pork chop	Corn rice	
14	MON	Fresh tomato & sliced pork & Lotus root & waterchestnut in meat patty	Vegetables rice	
15	TUE	Red kidney bean & minced beef & Pork chop w/ onion sauce	Corn rice	
16	WED	Potato, carrot & diced pork & Chicken fillet w/ zedoary sauce	Red rice	
17	THU	Zucchini, mushroom & shredded pork & Chicken fillet w/ mushroom sauce	Oat rice	Fruit
18	FRI	Pumpkin, carrot & chicken & Fresh tomato & pork chop	Vegetables rice	
21	MON	Sliced pork corn r w/ tomato sauce & Fish fillet w/ pumpkin sauce	Corn rice	
22	TUE	Celery and chicken & Pork chop w/ curry sauce(no coconut sauce)	Corn rice	
23	WED	Baked bean, carrot & diced pork & Chicken fillet w/ mushroom sauce	Red rice	
24	THU	Shredded chicken w/ low fat corn white sauce & Goji berries & mushroom meat in patty	Oat rice	Fruit
25	FRI	Rice vermicelli & minced meat in steamed egg & Italian (ketchup, onion) chicken fillet	Vegetables rice	
28	MON	Fresh tomato & beef & Chicken wings w/ herbs sauce	Corn rice	
29	WED	Sliced pork w/ pumpkin sauce & Chicken fillet w/ Italian sauce (ketchup, onion, green pepper)	Red rice	

A

(A)

(A)

(A)

(A)

(A)

(A)

(A)

(A)

(A)

(A)

(A)

(A)

(A)

(A)

(A)

(A)

(A)