

EAT

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# DISCOVERY COLLEGE OCTOBER & NOVEMBER 2011 LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>31-Oct</b> Roasted Pork Loin with Garlic, Rosemary & Baked Potato  Chicken Korma with Rice  Cheese & Tomato Risotto	<b>1-Nov</b> Beef Bourguignon with Steamed Potato  Seafood Fried Rice  Sauteed Vermicelli with Assorted Vegetables & Bean Curd Korean Style	<b>2-Nov</b> Meat Lovers Pizza with Corn on the Cob  Braised Chicken & Potato in Oyster Sauce Served with Brown Rice  Vegetable Paella	<b>3-Nov</b> Roast Pork loin in BBQ Sauce Served with Herb Potato  Fish Tikka with Pilaf Rice  Braised Vegetable Served with Brown Rice	<b>4-Nov</b> Chicken A La King with Pasta  Korean BBQ Beef with Brown Rice  Baked Vegetable Omelet Served with Potato
<b>7-Nov</b> Roasted Cajun Chicken Served with Mashed Potato  Sole Meuniere with Creamy Spinach Sauce & Pasta  Braised Veggies Beef with Black Bean Sauce served with Brown Rice	<b>8-Nov</b> Hungarian Pork with Pasta  Indian Beef Curry with Brown Rice  Broccoli Carrot & Cauliflower Cheese Pasta Bake	<b>9-Nov</b> Pepperoni Pizza with Corn on the Cob  Steamed Chicken with Mushroom Served with Brown Rice  Baked Mixed Pepper Risotto	<b>10-Nov</b> <b>HONG KONG THEME</b> Roasted BBQ Pork Served with Brown Rice  Chicken in Soy Sauce, Ginger & Shallots Served with Brown Rice  Braised E-Fu Noodle with Assorted Mushroom	<b>11-Nov</b> Grilled Fish with Fresh Herbs Served with Baked Potato  Portuguese Chicken with Brown Rice  Braised Tofu with Assorted Mushroom Served with Brown Rice
<b>14-Nov</b> Sole Fillet au Gratin with Lyonnaise Potato  Ma Po Tofu with Brown Rice  Lentil Burger with Salad	<b>15-Nov</b> Mexican Chili Con Carne with Brown Rice  Baked Pasta with Ham & Cheese  Ratatouille	<b>16-Nov</b> Hawaiian Pizza with Garlic Bread  Steamed Fish with Ginger, Spring Onion in Soy Sauce Served with Brown Rice  Classic Linguine with Alfredo Sauce	<b>17-Nov</b> Beef Lasagna  Stir-Fry Vermicelli Singaporean Style with Pork & Shrimp  Braised Bean Curd & Assorted Vegetables in Portuguese Sauce Served with Rice	<b>18-Nov</b> Baked Penne Pasta with Tuna & Cheese  Stir-Fry Chicken, Peppers & Onion in Black Bean Sauce with Brown Rice  Peppers & Cheese Omelet Served with Potatoes
<b>21-Nov</b> Poached fish Italian Style Served with Potato  Lemon Grass Pork Chop Served with Brown Rice  Vegetable Pasta Bake	<b>22-Nov</b> Spaghetti Carbonara  Chicken Teriyaki Served with Brown Rice  Vegetarian Lasagna	<b>23-Nov</b> Mediterranean Seafood Pizza with Corn on the Cob  BBQ Pork Fried Rice  Veggies Chicken in Black Bean Sauce Served with Brown Rice	<b>24-Nov</b> <b>INDIAN THEME</b> Chicken Tandoori  Beef Marsala  Veggies and Egg curry	<b>25-Nov</b> Spaghetti Bolognese  Chicken Cacciatore with Baked Potato  Braised Tofu with Assorted Mushroom Served with Brown Rice
<b>28-Nov</b> Grilled Pork loin in Honey Mustard Gravy Served with Potato  Braised Chicken with Oyster sauce Served with Brown Rice  Vegetarian Nasi Goreng	<b>29-Nov</b> Chicken Cacciatore with Steamed Potato  Braised Pork in Sweet Corn Sauce Served with Brown Rice  Vegetarian Mussaka	<b>30-Nov</b> Beef Goulash Served with Pasta  Steamed Fish with Ginger Shallot & Soy Sauce Served with Brown Rice  Pizza Margarita		



These foods should form the basis of your diet. So fill up on them.



Vegetarian dishes contain no meat, fish, shell fish, poultry or product derived from these sources but may contain dairy or eggs

Best eaten in moderation.

These food are still important for a balance diet



Don't have too much of these. Just treat ourselves every so often

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# DISCOVERY COLLEGE DECEMBER 2011 LUNCH MENU



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1-Dec	2-Dec		
						Pork Casserole with Mashed Potato	Meatball Spaghetti		
						Steamed Chicken & Chinese Mushroom Served with Brown Rice	Pan Fried Fish Fillet in Miso Sauce with Brown Rice		
						Classic Linguine with Alfredo Sauce	Baked Vegetable Omelet Served with Potatoes		
<b>5-Dec</b>	<b>6-Dec</b>	<b>7-Dec</b>	<b>8-Dec</b>	<b>9-Dec</b>					
Tossed Pasta with Chicken & Pesto Sauce	Old Fashioned Beef Stew Served with Steamed Potato	Crunchy Fish Crumble with Potato	Beef Lasagna	Crunchy Fish Crumble Served with Baked Potato Wedges					
Russian Beef Stew Served with Potato	Honey Glazed BBQ Pork Served with Brown Rice	Chicken Nasi Goreng	Braised Eggplant with Minced Pork Served with Brown Rice	Braised Chicken in Fresh Tomato Sauce Served with Brown Rice					
Baked Pasta with Mushroom & Cheese	Pan Fried Tofu with Teriyaki Sauce Served with Brown Rice	Assorted Mushroom Pizza with Corn on the Cob	Vegetarian Pad Thai	Fusilli & Lentil Bean Casserole					
<b>12-Dec</b>	<b>13-Dec</b>	<b>14-Dec</b>	<b>15-Dec</b>	<b>Christmas Lunch 16-Dec</b>					
Tuna Pasta Bake	Pork loin Emince Served with Pasta	BBQ Chicken Pizza with Corn on the Cob	Roast Tomato Basil Chicken Served with Lyonnaise Potato	<b>Main Plate</b> - Baked Turkey with Bacon & Apple Stuffing - Baked Honey Ham with Golden Pineapple					
Stew Chicken & Potato Korean Style Served with Brown Rice	Stir-Fry Sliced Beef with Chinese Leek Served with Brown Rice	Braised Pork Butt with Sweet Corn Sauce with Brown Rice	Fish Fillet in Teriyaki Sauce Served with Brown Rice	<b>Side Dishes</b> Creamed Scalloped Potato Buttered Pasta Steamed Broccoli & Baby Carrot					
Stir Fried Udon Noodle with Enoki Mushroom	Vege Chicken in Sweet & Sour Sauce with Brown Rice	Neapolitan Beany Pasta	Vegetable Curry with Broccoli Cauliflower & Bean Curd with Brown Rice	<b>Dessert</b> Steamed Xmas Pudding with Anglaise Sauce					
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