

# DISCOVERY COLLEGE 2012 JANUARY LUNCH MENU

Monday		Tuesday		Wednesday		Thursday		Friday	
9-Jan		10-Jan		11-Jan		12-Jan		13-Jan	
<p>A) Chicken Burger with Corn on the Cob <b>or</b> B) Sole Meuniere with Potato Rosti <b>or</b> C) Pasta Pomodoro</p> <p>Fruit Salad Cup</p> <p>Sweet Corn Cup</p> <p>100% Fruit Juice</p>		<p>A) Spaghetti Bolognaise <b>or</b> B) BBQ Pork with Brown Rice <b>or</b> C) Pasta Milano Mushroom</p> <p>Whole Fresh Fruit</p> <p>Three Bean Salad</p> <p>Russian Borsch</p>		<p>A) BBQ Chicken Pizza <b>or</b> C) Grilled Pork Chop with Rosemary &amp; Idaho Potato <b>or</b> C) Pasta Basilico</p> <p>Fruit Salad Cup</p> <p>Coleslaw</p> <p>Low Fat Yogurt Drink</p>		<p>A) Bolognaise Lasagne <b>or</b> B) Fried Rice with Shredded Chicken &amp; Lettuce <b>or</b> C) 3 Cheese Pasta</p> <p>Whole Fresh Fruit</p> <p>Sweet Corn Cup</p> <p>Cream of Broccoli Soup</p>		<p>A) Grilled Ham &amp; Cheese Sandwich <b>or</b> B) Teriyaki Fish with Brown Rice <b>or</b> C) Pasta Peperonata</p> <p>Fruit Salad Cup</p> <p>Apple &amp; Celery Salad</p> <p>100% Fruit Juice</p>	
16-Jan		17-Jan		18-Jan		19-Jan		20-Jan	
<p>A) Mini Pork Burger <b>or</b> B) Stir Fried Udon Noodle with Pork &amp; Vegetables <b>or</b> C) Vegetarian Bolognese Pasta</p> <p>Fruit Salad Cup</p> <p>Sweet Corn Cup</p> <p>100% Fruit Juice</p>		<p>A) Grilled Sole Fillet with Pesto &amp; Grilled Scollop Potato <b>or</b> B) Tuna Pasta Bake <b>or</b> C) Pasta Milano Mushroom</p> <p>Whole Fresh Fruit</p> <p>Chicken Waldorf Salad</p> <p>Potato &amp; Leek Soup</p>		<p>A) Meat Lover's Pizza <b>or</b> B) Roast Tomato Basil Chicken with Mashed Potato <b>or</b> C) Pasta Pomodoro</p> <p>Fruit Salad Cup</p> <p>Caesar Salad</p> <p>Low Fat Yogurt Drink</p>		<p>A) Baked Macaroni with Tuna &amp; Cheese <b>or</b> B) Japanese Sushi Combo <b>or</b> C) 3 Cheese Pasta</p> <p>Whole Fresh Fruit</p> <p>Cherry Tomato Cup</p> <p>Cream of Corn Soup</p>		<p>A) Chicken Quesadilla <b>or</b> B) Western Fried Rice <b>or</b> C) Pasta Basilico</p> <p>Fruit Salad Cup</p> <p>German Potato Salad</p> <p>100% Fruit Juice</p>	
<p><b>23rd to 27th January 2012 CHINESE NEW YEAR HOLIDAY</b></p>									
30-Jan		31-Jan							
<p>A) Chicken Parmesan Pasta <b>or</b> A) Mini Chicken Burger <b>or</b> C) Vegetarian Bolognese Pasta</p> <p>Fruit Salad Cup</p> <p>Sweet Corn Cup</p> <p>100% Fruit Juice</p>		<p>A) Grilled Pork &amp; Onion Bun <b>or</b> B) Japanese Sushi Combo <b>or</b> C) Pasta Milano Mushroom</p> <p>Whole Fresh Fruit</p> <p>Chicken Waldorf Salad</p> <p>Japanese Miso Soup</p>							






















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

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

Best eaten in moderation. These food are still important for a balanced diet.

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

# DISCOVERY COLLEGE 2012 FEBRUARY LUNCH MENU

Monday		Tuesday		Wednesday		Thursday		Friday		
				1-Feb			2-Feb	3-Feb		
				<p>A) Tuna Pizza <b>or</b> B) Braised Vermicelli with Shredded Pork &amp; Vegetables <b>or</b> C) Pasta Basilico</p>  <p>Fruit Salad Cup</p> <p>Coleslaw</p> <p>Low Fat Yogurt Drink</p>		<p>A) Vegetarian Lasagne <b>or</b> B) Cajun Grilled Fish with Herbed Potato <b>or</b> C) 3 Cheese Pasta</p>  <p>Whole Fresh Fruit</p> <p>Sweet Corn Cup</p> <p>Cream of Broccoli Soup</p>		<p>A) Grilled Pork Chop with Apricot Gravy &amp; Mashed Potato <b>or</b> B) Chicken Caesar Ciabatta <b>or</b> C) Pasta Peperonata</p>  <p>Fruit Salad Cup</p> <p>Apple &amp; Celery Salad</p> <p>100% Fruit Juice</p>		
6-Feb		7-Feb		8-Feb		9-Feb		10-Feb		
<p>A) Mini Beef Burger <b>or</b> B) Macaroni &amp; Cheese <b>or</b> C) Vegetarian Bolognese Pasta</p>  <p>Fruit Salad Cup</p> <p>Sweet Corn Cup</p> <p>100% Fruit Juice</p>		<p>A) Grilled Chicken Steak with Scallop Potato <b>or</b> B) BBQ Pork Fried Rice <b>or</b> C) Pasta Milano Mushroom</p>  <p>Whole Fresh Fruit</p> <p>Chicken Waldorf Salad</p> <p>Potato &amp; Leek Soup</p>		<p>A) Pepperoni Pizza <b>or</b> B) Japanese Sushi Combo <b>or</b> C) Pasta Pomodoro</p>  <p>Fruit Salad Cup</p> <p>Caesar Salad</p> <p>Low Fat Yogurt Drink</p>		<p>A) Bolognese Lasagne <b>or</b> B) Chicken Salad Ciabatta <b>or</b> C) 3 Cheese Pasta</p>  <p>Whole Fresh Fruit</p> <p>Cherry Tomato Cup</p> <p>Cream of Corn Soup</p>		<p>A) Tossed Pasta with Chicken &amp; Pesto Sauce <b>or</b> B) Baked Rice with Pork Chop &amp; Fresh Tomato <b>or</b> C) Pasta Basilico</p>  <p>Fruit Salad Cup</p> <p>German Potato Salad</p> <p>100% Fruit Juice</p>		
13-Feb		14-Feb		15-Feb		16-Feb		17-Feb		
<p>A) Grilled Mini Chicken Burger <b>or</b> B) Cheesy Broccoli Pasta Bake <b>or</b> C) Vegetarian Bolognese Pasta</p>  <p>Fruit Salad Cup</p> <p>Carrot &amp; Celery Stick with Yogurt Dip</p> <p>100% Fruit Juice</p>		<p>A) Honey Roast Gammon Ham &amp; Mashed Potato <b>or</b> B) Jacket Potato with Bolognese Sauce <b>or</b> C) Pasta Milano Mushroom</p>  <p>Whole Fresh Fruit</p> <p>Chicken Waldorf Salad</p> <p>Minestrone Soup</p>		<p>A) Hawaiian Pizza <b>or</b> B) Fried Rice with Minced Beef &amp; Vegetables <b>or</b> C) Pasta Pomodoro</p>  <p>Fruit Salad Cup</p> <p>Coleslaw</p> <p>Low Fat Yogurt Drink</p>		<p>A) Mushroom &amp; Cheese Frittata <b>or</b> B) Italian Sausage Calzone <b>or</b> C) 3 Cheese Pasta</p>  <p>Whole Fresh Fruit</p> <p>Sweet Corn Cup</p> <p>Cream of Cauliflower Soup</p>		<p>A) Grilled Honey Balsamic Vinegar Chicken with Baked Scallop Potato <b>or</b> B) Stir Fry Udon Noodle with Vegetables Japanese Style <b>or</b> C) Pasta Basilico</p>  <p>Fruit Salad Cup</p> <p>Apple &amp; Celery Salad</p> <p>100% Fruit Juice</p>		
20-Feb		21-Feb		22-Feb		23-Feb		24-Feb		
<p>A) Mini Cheese Burger <b>or</b> B) Baked Pasta with Tuna &amp; Cheese <b>or</b> C) Vegetarian Bolognese Pasta</p>  <p>Fruit Salad Cup</p> <p>Sweet Corn Cup</p> <p>100% Fruit Juice</p>		<p>A) Tossed Pasta with Chicken &amp; Mushroom <b>or</b> B) Fried Rice Yeung Chow Style <b>or</b> C) Pasta Milano Mushroom</p>  <p>Whole Fresh Fruit</p> <p>Chicken Waldorf Salad</p> <p>Japanese Miso Soup</p>		<p>A) Vegetarian Pizza <b>or</b> B) Fish Teriyaki with Brown Rice <b>or</b> C) Pasta Pomodoro</p>  <p>Fruit Salad Cup</p> <p>Caesar Salad</p> <p>Low Fat Yogurt Drink</p>		<p>A) Bolognese Lasagne <b>or</b> B) Stir Fry Noodle with Shredded Chicken &amp; Vegetables <b>or</b> C) 3 Cheese Pasta</p>  <p>Whole Fresh Fruit</p> <p>Cherry Tomato Cup</p> <p>Potato Leek Soup</p>		<p>A) BBQ Chicken Steak with Steamed Potato <b>or</b> B) Grilled Ham &amp; Cheese Ciabatta <b>or</b> C) Pasta Basilico</p>  <p>Fruit Salad Cup</p> <p>German Potato Salad</p> <p>100% Fruit Juice</p>		
27-Feb		28-Feb		29-Feb						
<p>A) Mini Pork Burger <b>or</b> B) Chicken &amp; Mushroom Turnover <b>or</b> C) Vegetarian Bolognese Pasta</p>  <p>Fruit Salad Cup</p> <p>Carrot &amp; Celery Stick with Yogurt Dip</p> <p>100% Fruit Juice</p>		<p>A) Beef Pie <b>or</b> B) Japanese Sushi Combo <b>or</b> C) Pasta Milano Mushroom</p>  <p>Whole Fresh Fruit</p> <p>Three Bean Salad</p> <p>Corn Chowder</p>		<p>A) Meat Lovers Pizza <b>or</b> B) Chicken &amp; Pineapple Fried Rice Thai Style <b>or</b> C) 3 Cheese Pasta</p>  <p>Fruit Salad Cup</p> <p>Caesar Salad</p> <p>100% Fruit Juice</p>						



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Monday		Tuesday		Wednesday		Thursday		Friday	
						1-Mar			2-Mar
						A) Broccoli & Cheese Frittata or B) Italian Sausage Calzone or C) 3 Cheese Pasta Whole Fresh Fruit Sweet Corn Cup Low Fat Yogurt Drink			A) Grilled Honey Balsamic Vinegar Chicken with Baked Scallop Potato or B) Stir Fry Udon Noodle with Vegetables Japanese Style or C) Pasta Peperonata Fruit Salad Cup Apple & Celery Salad 100% Fruit Juice
5-Mar		6-Mar		7-Mar		8-Mar			9-Mar
A) Chicken Burger with Corn on the Cob or B) Sole Meuniere with Mashed Potato or C) Vegetarian Bolognese Pasta Fruit Salad Cup Sweet Corn Cup 100% Fruit Juice		A) Spaghetti Bolognese or B) BBQ Pork with Brown Rice or C) Pasta Milano Mushroom Whole Fresh Fruit Chicken Waldorf Salad Low Fat Yogurt Drink		A) BBQ Chicken Pizza or C) Grilled Pork Chop with Rosemary & Idaho Potato or C) Pasta Pomodoro Fruit Salad Cup Caesar Salad 100% Fruit Juice		A) Bolognese Lasagne or B) Fried Rice with Shredded Chicken & Lettuce or C) 3 Cheese Pasta Whole Fresh Fruit Cherry Tomato Cup Low Fat Yogurt Drink			A) Grilled Ham & Cheese Sandwich or B) Teriyaki Fish with Brown Rice or C) Pasta Basilico Fruit Salad Cup German Potato Salad 100% Fruit Juice
12-Mar		13-Mar		14-Mar		15-Mar			16-Mar
A) Mini Pork Burger or B) Stir Fried Udon Noodle with Pork & Vegetables or C) Pasta Pomodoro Fruit Salad Cup Carrot & Celery Stick with Yogurt Dip 100% Fruit Juice		A) Grilled Sole Fillet with Pesto & Grilled Scallop Potato or B) Fresh Tomato Pork Chop with Brown Rice or C) Pasta Milano Mushroom Whole Fresh Fruit Chicken Waldorf Salad Low Fat Yogurt Drink		A) Meat Lover's Pizza or B) Roast Tomato Basil Chicken with Mashed Potato or C) Pasta Basilico Fruit Salad Cup Coleslaw 100% Fruit Juice		A) Baked Macaroni with Tuna & Cheese or B) Japanese Sushi Combo or C) 3 Cheese Pasta Whole Fresh Fruit Sweet Corn Cup Low Fat Yogurt Drink			A) Chicken Quesadilla or B) Western Fried Rice or C) Pasta Peperonata Fruit Salad Cup Apple & Celery Salad 100% Fruit Juice
19-Mar		20-Mar		21-Mar		22-Mar			23-Mar
A) Mini Hamburger or B) Chicken & Mushroom Turnover or C) Vegetarian Bolognese Pasta Fruit Salad Cup Sweet Corn Cup 100% Fruit Juice		A) Beef Pie or B) Japanese Sushi Combo or C) Pasta Milano Mushroom Whole Fresh Fruit Chicken Waldorf Salad Low Fat Yogurt Drink		A) Hawaiian Pizza or B) Chicken & Pineapple Fried Rice Thai Style or C) Pasta Pomodoro Fruit Salad Cup Caesar Salad 100% Fruit Juice		A) Spaghetti Bolognese or B) Grilled Sole Fillet with Fresh Herbs & Garlic Served with Baked Potato Cubes or C) 3 Cheese Pasta Whole Fresh Fruit German Potato Salad Low Fat Yogurt Drink			A) Roast Gammon Ham with Mashed Potato or B) Braised E-Fu Noodle with Mushrooms or C) Pasta Basilico Fruit Salad Cup Cherry Tomato Cup 100% Fruit Juice
26-Mar		27-Mar		28-Mar		29-Mar			30-Mar
A) Chicken Parmesan Pasta or B) Western Fried Rice or C) Pasta Pomodoro Fruit Salad Cup Carrot & Celery Stick with Yogurt Dip 100% Fruit Juice		A) Gammon Ham & Cheese Penne Pasta Bake or B) Vegetable Frittata with Potatoes or C) Pasta Milano Mushroom Whole Fresh Fruit Three Bean Salad Low Fat Yogurt Drink		A) Tuna Pizza or B) Braised Vermicelli with Shredded Pork & Vegetables or C) Pasta Basilico Fruit Salad Cup Caesar Salad 100% Fruit Juice		A) Honey Roast Chicken with Lyonnaise Potato or B) Grilled Sole Fillet with Tomato Salsa & Mashed Potato or C) Macaroni & Cheese Whole Fresh Fruit Sweet Corn Cup Low Fat Yogurt Drink			A) Cajun Chicken Melt or B) Jacket Potato with Bacon & Cheese or C) Pasta Peperonata Fruit Salad Cup Apple & Celery Salad 100% Fruit Juice



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