

Canteen Menu



Week day	Monday	Tuesday	Wednesday	Thursday	Friday
Bread	Pain de Campagne	Baguette	Multigrain Roll	Pumpkin Seed Roll	Whole Wheat Roll
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Starter	Assorted Greens, Vegetables & Marinated Salads	Assorted Greens, Vegetables & Marinated Salads	Assorted Greens, Vegetables & Marinated Salads	Assorted Greens, Vegetables & Marinated Salads	Assorted Greens, Vegetables & Marinated Salads
Soup	Minestrone	Mushroom Cream Soup & Garlic Croutons	Pumpkin Cream Soup	Bouillon with Pancake Julienne	Carrot-Apple Cream Soup
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Noodles	Egg Noodles with Chicken	Egg Noodles with Soy Glazed Pork	Rice Noodles with Red Pork	Udon Noodles with Chicken	Thai Boat Noodles with Pork
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Main Dish	Honey Mustard Chicken, Rosemary Jus, Garden Veggies & Pommes Sautee'	Pork Schnitzel, Vichy Carrots & Fried Potatoes	Chicken-Vegetable Casserole & Roast Potatoes	Pork-Paprika Stew with Green Peas & Mashed Potatoes	Battered Fish, French Fries, Sauce Tartare
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Main Dish	Penne Puttanesca	Chicken Fricassee & Risi Bisi	Spaghetti Carbonara	Penne & Basil Pesto	Roasted Pork Loin with Green Pepper Sauce, Steamed Broccoli & Parsley Potatoes
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Main Dish	Chinese Orange Chicken & Steamed Rice	3 Flavor Dory Fish & Steamed Rice	Stir fried Pork & Bell Peppers, Steamed Rice	Hainanese Chicken & Steamed Rice	Phad Thai with Shrimps
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Vegetarian	Pumpkin-Spinach Lasagna	Vegetarian Mexican Bean Chili	Stuffed and Baked Bell Peppers with Tomato Sauce	Stir fried Hong Kong Noodles with Vegetables & Tofu	Vegetable Tempura
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Fruits	Assortment of Seasonal Fruits	Assortment of Seasonal Fruits	Assortment of Seasonal Fruits	Assortment of Seasonal Fruits	Assortment of Seasonal Fruits
Dessert	Mini Chocolate Muffin	Vanilla or Strawberry Ice Cream	Mixed Berries Cake	Carrot-Lemon Muffin	Fruit Salad
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Please be aware that items on this menu may change or be unavailable at certain times.





Gluten Free

Sesame Seeds

Soybeans

Celery