

HOT MEALS SELECTION

LUNCH - WEEK 1

	1-Mar-20	2-Mar-20	3-Mar-20	4-Mar-20	5-Mar-20
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Protein 1	Kung Pao Chicken	Thai Chicken Red Curry	Butter Chicken	Steak w/ Creamy Peppercorn Sauce	BBQ chicken dry
Ingredients	chicken, soy sauce, flour, vinegar, oil, garlic, ginger, green and red bell pepper, onion, salt	oil, ginger, garlic, curry paste, milk, chicken, lime leaves, soya sauce, sugar, basil, coriander,	chicken, water, tomatoes, onion, cream , honey, ground coriander, olive oil, turmeric, ginger, garlic, salt, fenugreek leaves, chilli powder, ground cumin, cardamon.	beef, salt, pepper, oil, heavy cream, black peppercorns	salt, herb, garlic powder, paprika, mustard, sugar, onion, black pepper.
Protein 2	Creamy Beef Stroganoff	Meat Lasagna	Crispy Fish & Chips w/ Sauce on a side	Chicken Manchurian Dry	Lamb Stew
Ingredients	beef, garlic, salt, pepper, oil, onion, mushrooms, butter, mustard.	pasta sheet, garlic, oregano, ground beef, cheese, egg tomato sauce salt & pepper.	fish, olive oil, flour, salt, black pepper, egg.	chicken, egg, pepper, soya sauce, flour, salt, oil, garlic, ginger, onion, vinegar, capcicum, scallions	lamb, okra, vegetable oil, onion, garlic, coriander, cumin, pepper, tomatoes, ginger, salt.
Vegetarian	Pasta Arabiatta	Vegetable Paella	Vegetable Lasagne	Mac & Cheese	Vegetable Noodles
Ingredients	pasta, water, tomatoes, onion, tomatoe paste, parmesan cheese olives, garlic, olive oil, salt, parsley	chicken, onion, eggplant, cauliflower, rice, garlic, seasoning, oil.	pasta sheet, mix vegetables, onion, tomato, flour, milk, butter, cheese, seasoning.	Pasta, Milk, Cheddar Cheese, Cream , Wholemeal Wheat Flour, Butter, Parmesan Cheese, Basil, Salt, Black Pepper.	noodles, cabbage, carrots, green peppers, onion, garlic, spring onion, salt, olive oil, black pepper.
Carbohydrates	Steamed Rice	Steamed Rice	Steamed Rice	Creamy Mashed Potato	Potato Wedges
Ingredients	potato, onion, water, garlic, celery, butter , parsley, salt, black pepper.	water, rice, salt.	water, rice, salt.	potato, water, milk, butter , salt, pepper.	potato, garlic, olive oil, oregano, black pepper, salt.
Vegetable	Buttered Veg	Braised Winter Veg	Grilled Veg	Basil scented veggies	Pesto Twist
Arabic Food	Chicken Mandi	Chicken Maklooba	Chicken Biryani	Chicken Kabsa	Chicken Machboos
Ingredients	water, chicken, basmati rice, onion, tomatoes, lemon, lemon juice, olive oil, butter ghee , tomatoe paste, salt, garlic, ginger, turmeric, black pepper, cardomon, cinnamon, cloves, bay leaf.	chicken, onion, eggplant, cauliflower, rice, garlic, seasoning, oil.	water, chicken, basmati rice, onion, tomatoes, butter ghee ,yoghurt, ground coriander, coriander leaves, mint, sunflower oil, salt, ginger, garlic, turmeric, chilli powder, garam masala, green chilli, ground cumin, cardomon, cloves, cinnamon, nutmeg, mace, fennel seeds, bay leaf.	water, chicken, basmati rice, onion, tomatoes, butter ghee , ground coriander, coriander leaves, carrot mint, sunflower oil, salt, ginger, garlic, turmeric, chilli powder, garam masala, green chilli, ground cumin, cardomon, cloves, cinnamon, nutmeg, mace, fennel seeds, bay leaf.	water, chicken, rice, green peppers, carrots, onion, olive oil, lemon peel, tomato paste, ground coriander, yogurt, coriander leaves, salt, mint, garlic, ginger, mixed spices, turmeric, black pepper, cardamon, cinnamon, cloves.

HOT MEALS SELECTION

LUNCH - WEEK 2

	8-Mar-20	9-Mar-20	10-Mar-20	11-Mar-20	12-Mar-20
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Protein 1	Slow Roast Beef w/ Mushroom Sauce	Creamy Tuscan Chicken	Butter Chicken	Meat Lasagna	Ranch Cornflake Chicken
Ingredients	beef, water, worcestershire sauce , wholemeal wheat flour, butter , mushroom,mustard, salt, black pepper, rosemary.	chicken, oil, heavy cream, garlic, seasong, cheese, spinach, dried tomato	chicken, water, tomatoes, onion, cream , honey, ground coriander, olive oil, turmeric, ginger, garlic, salt, fenugreek leaves, chilli powder, ground cumin, cardomon.	pasta sheet, garlic, oregano, ground beef, cheese, egg tomato sauce salt & pepper.	chicken, runch dressing, cornflakes, seasoning, garlic, paprika, salt and pepper
Protein 2	Teriyaki Fish with Broccoli Rabe	Steak Tips & Mushrooms	Mediterranean Baked Fish	Chicken Fried Steak w/ Gravy	Big Batch Chinese Beef
Ingredients	oil, salt, pepper, soya sauce, fish	oil, beef, butter, pepper, mushrooms, onion, garlic, soy sauce, parsley	Fish, butter, coriander, paprika, lemon, garlic, salt pepper, cillantro	milk, egg, flour, salt, pepper, paprika, cayenne pepper, chicken, salt, olive oil, butter.	oil, beef, flour, salt, pepper, onion, garlic, ginger, saoy sauce, sugar spring onion, mushroom
Vegetarian	Penne Arabiatta	Spaghetti Carbonara	Veggie Packed Balls in tomato sauce	Vegetable Au Gratin	Fettuccine Alfredo
Ingredients	pasta, water, tomatoes, onion, tomatoe paste, parmesan cheese olives, garlic, olive oil, salt, parsley	oil, bacon, garlic, egg, cheese, pasta, salt and pepper	lentil, oil, carrot, onion, celery, garlic, thyme, salt, tomato, mushroom, egg, cheese, bread crumbs, parsley	Beans, cauliflower, mushrooms. Oil, onion, salt, milk & cheese	fettuccine, buuter, heavy cream, salt, pepper, cheese
Carbohydrates	Creamy Mashed Potato	Cajun spiced Potatoes	Steam Rice	Tandoori Potatoes	Potato Wedges
Ingredients	potato, water, milk, butter , salt, pepper.	potato, garlic, olive oil, oregano, cajun spices,black pepper, salt.	water, rice, salt.	potato, garlic, olive oil, oregano, black pepper, salt.	potato, garlic, olive oil, oregano, black pepper, salt.
Vegetable	Steamed Greens	Honeyd carrots and Corn	Braised Roots	Grilled Veg	Glazed Veggies
Arabic Food	Chicken Mandi	Chicken Maklooba	Chicken Biryani	Chicken Kabsa	Chicken Machboos
Ingredients	water, chicken, basmati rice, onion, tomatoes, lemon, lemon juice, olive oil, butter ghee , tomatoe paste, salt, garlic, ginger, turmeric, black pepper, cardomon, cinnamon, cloves, bay leaf.	chicken, onion, eggplant, cauliflower, rice, garlic, seasoning, oil.	water, chicken, basmati rice, onion, tomatoes, butter ghee ,yoghurt, ground coriander, coriander leaves, mint, sunflower oil, salt, ginger, garlic, turmeric, chilli powder, garam masala, green chilli, ground cumin, cardomon, cloves, cinnamon, nutmeg, mace, fennel seeds, bay leaf.	water, chicken, basmati rice, onion, tomatoes, butter ghee , ground coriander, coriander leaves, carrot mint, sunflower oil, salt, ginger, garlic, turmeric, chilli powder, garam masala, green chilli, ground cumin, cardomon, cloves, cinnamon, nutmeg, mace, fennel seeds, bay leaf.	water, chicken, rice, green peppers, carrots, onion, olive oil, lemon peel, tomato paste, ground coriander, yogurt, coriander leaves, salt, mint, garlic, ginger, mixed spices, turmeric, black pepper, cardamon, cinnamon, cloves.

HOT MEALS SELECTION

LUNCH - WEEK 3

	15-Mar-20	16-Mar-20	17-Mar-20	18-Mar-20	19-Mar-20
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Protein 1	Meat Lasagna	Meat Balls	Butter Chicken	Braised Beef w/ Autumn Vegetables	One Pan Fajita Chicken
Ingredients	pasta sheet, garlic, oregano, ground beef, cheese, egg tomato sauce salt & pepper.	beef, onion, yogurt, spices, oil, seasoning	chicken, water, tomatoes, onion, cream , honey, ground coriander, olive oil, turmeric, ginger, garlic, salt, fenugreek leaves, chilli powder, ground cumin, cardamon.	beef, salt, pepper, oil, onion, thyme, bay leaves, garlic, cinnamon, carrot, tomato, pumpkin, green onion, fresh mint	cumin, oregano, paprika, pepper, onion, garlic, oil, cilantro, lime juice.
Protein 2	Chicken Korma	Chicken Piccata	Pan Roasted Fish Fillet w/ Roasted Butter	Honey Butter Garlic Chicken	Chicken crunchy fingers
Ingredients	chicken, turmeric, yoghurt, garlic, garam masala, oil, cardamon, onion, bay leaves, cinnamon, salt, coriander	chicke, salt, pepper, butter, flour, oil, lemon juice, capers, parsley	fish, salt, pepper, oil, butter, thyme, parsely, lemon wedges	chicken, oil, salt, pepper, butter, garlic, honey, vinegar, parsley	chicken, breadcrumbs, salt, pepper, egg, cooking oil.
Vegetarian	Vegetable enchillada	Cajun Pasta Bake	Sweet Potato and Tomato Dauphinoise	Baked Penne pasta in pink Sauce	Vegetable Noodles
Ingredients	oil, onion, celery, tomato, onion, maple syrup, butter, parsley, rice flour, baking power, milk, egg, salt	pasta, oil, onion, pepper, cream, mushrooms, milk, seasoning.	swet potato, egg, sugar, salt, butter, milk, vanilla, pecans	pasta, lemon, sugar, salt, butter, tomato, pepper, flour.	egg noodles, garlic, onion, cabbage, carrot, spring onion, coriander leaves
Carbohydrates	Parmentier Potatoes	Steam Rice	Steam Rice	Creamy Mashed Potato	Paleo Chicken Alfredo
Ingredients	olive oil, potato, thyme, garlic, rosemary.	water, rice, salt.	water, rice, salt.	potato, water, milk, butter , salt, pepper.	potato, garlic, olive oil, oregano, black pepper, salt.
Vegetable	Ginger Honey Glazed Veg	Buttered Veg	Saute vegetables	Grilled Veggies	Veg Saute
Arabic Food	Chicken Mandi	Chicken Maklooba	Chicken Biryani	Chicken Kabsa	Chicken Machboos
Ingredients	water, chicken, basmati rice, onion, tomatoes, lemon, lemon juice, olive oil, butter ghee , tomatoe paste, salt, garlic, ginger, turmeric, black pepper, cardomon, cinnamon, cloves, bay leaf.	chicken, onion, eggplant, cauliflower, rice, garlic, seasoning, oil.	water, chicken, basmati rice, onion, tomatoes, butter ghee ,yoghurt, ground coriander, coriander leaves, mint, sunflower oil, salt, ginger, garlic, turmeric, chilli powder, garam masala, green chilli, ground cumin, cardomon, cloves, cinnamon, nutmeg, mace, fennel seeds, bay leaf.	water, chicken, basmati rice, onion, tomatoes, butter ghee , ground coriander, coriander leaves, carrot mint, sunflower oil, salt, ginger, garlic, turmeric, chilli powder, garam masala, green chilli, ground cumin, cardomon, cloves, cinnamon, nutmeg, mace, fennel seeds, bay leaf.	water, chicken, rice, green peppers, carrots, onion, olive oil, lemon peel, tomato paste, ground coriander, yogurt, coriander leaves, salt, mint, garlic, ginger, mixed spices, turmeric, black pepper, cardamon, cinnamon, cloves.

HOT MEALS SELECTION

LUNCH - WEEK 4

	22-Mar-20	23-Mar-20	24-Mar-20	25-Mar-20	26-Mar-20
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Protein 1	Persia Honey Glazed Chicken	Fish Florentine	Butter Chicken	Meat Lasagna	Chicken Cordon Bleu
Ingredients	oil, chicken, turmeric, cumin, garlic, cinnamon, salt, pepper,	fish, olive oil, bell pepper, garlic, baby spinach, cream cheese, parmesan cheese, salt & pepper.	chicken, water, tomatoes, onion, cream , honey, ground coriander, olive oil, turmeric, ginger, garlic, salt, fenugreek leaves, chilli powder, ground cumin, cardomon.	pasta sheet, garlic, oregano, ground beef, cheese, egg tomato sauce salt & pepper.	Chicken, Bread Crumbs, egg, wholemeal wheat flour, salt, mustard, lemon peel, garlic, black pepper, oregano, cheese, tomato basi;
Protein 2	Beef & Broccoli	Creamy Herb Chicken w/ Sundried Tomato	Crispy Fish & Chips w/ Sauce on a side	Chicken Stroganoff	Beef Stew
Ingredients	beef, broccoli, ginger, garlic, oil, salt, pepper, oyster sauce, sugar	chicken, butter, seasoning, garlic, tomato, heavy cream, cheese, basil, thyme, salt and pepper	fish, olive oil, flour, salt, black pepper, egg.	chicken, garlic, salt, pepper, olive oil, onion, mushrooms, butter, flour, mustard, sour cream , parsley.	onion, bacon, carrot, celery, flour, tomato paste, thyme, bay leaves, flour, garlic.
Vegetarian	Pasta Arabiatta	Mac and Cheese	Vegetable Lasagne	Pommes Gratin	Vegetable Noodles
Ingredients	pasta, water, tomatoes, onion, tomatoe paste, parmesan cheese olives, garlic, olive oil, salt, parsley	Pasta, Milk, Cheddar Cheese, Cream , Wholemeal Wheat Flour, Butter, Parmesan Cheese, Basil, Salt, Black Pepper.	pasta sheet, mix vegetables, onion, tomato, flour, milk, butter, cheese, seasoning.	butter, cream, thyme, garlic, salt, pepper, potato, cheese.	noodles, cabbage, carrots, green peppers, onion, garlic, spring onion, salt, olive oil, black pepper.
Carbohydrates	Creamy Mashed Potato	Steam Rice	Potato Layonnaise	Steam Rice	Potato Wedges
Ingredients	potato, water, milk, butter , salt, pepper.	water, rice, salt.	potato, onion, water, garlic, celery, butter , parsley, salt, black pepper.	water, rice, salt.	potato, garlic, olive oil, oregano, black pepper, salt.
Vegetable	Glazed Vegetables	Buttered Peas and Corn	Saute Veggies	Grilled Veggies	Tossed Broccoli And Baby carrot
Arabic Food	Chicken Mandi	Chicken Maklooba	Chicken Biryani	Chicken Kabsa	Chicken Machboos
Ingredients	water, chicken, basmati rice, onion, tomatoes, lemon, lemon juice, olive oil, butter ghee , tomatoe paste, salt, garlic, ginger, turmeric, black pepper, cardomon, cinnamon, cloves, bay leaf.	chicken, onion, eggplant, cauliflower, rice, garlic, seasoning, oil.	water, chicken, basmati rice, onion, tomatoes, butter ghee ,yoghurt, ground coriander, coriander leaves, mint, sunflower oil, salt, ginger, garlic, turmeric, chilli powder, garam masala, green chilli, ground cumin, cardomon, cloves, cinnamon, nutmeg, mace, fennel seeds, bay leaf.	water, chicken, basmati rice, onion, tomatoes, butter ghee , ground coriander, coriander leaves, carrot mint, sunflower oil, salt, ginger, garlic, turmeric, chilli powder, garam masala, green chilli, ground cumin, cardomon, cloves, cinnamon, nutmeg, mace, fennel seeds, bay leaf.	water, chicken, rice, green peppers, carrots, onion, olive oil, lemon peel, tomato paste, ground coriander, yogurt, coriander leaves, salt, mint, garlic, ginger, mixed spices, turmeric, black pepper, cardamon, cinnamon, cloves.

HOT MEALS SELECTION

LUNCH - WEEK 5

	29-Mar-20	30-Mar-20	31-Mar-20	1-Apr-20	2-Apr-20
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Protein 1	Beef Steak With Mushroom Sauce	Chicken n Veg Stew	Butter Chicken	Chicken Cordon Bleu	Wok tossed fish with Garlic Sauce
Ingredients	Beef, Water, Worcestershire Sauce , Wholemeal Wheat Flour, Butter , Mushroom, Mustard, Salt, Black Pepper, Rosemary.	Chicken, salt pepper, carrots, garlic, olive oil, onion, potatoes.	Chicken, Water, Tomatoes, Onion, Cream , Honey, Ground Coriander, Olive Oil, Turmeric, Ginger, Garlic, Salt, Fenugreek Leaves, Chilli Powder, Ground Cumin, Cardamon.	Chicken, Bread Crumbs, egg, wholemeal wheat flour, salt, mustard, lemon peel, garlic, black pepper, oregano, cheese, tomato basi;	Fish, garlic, seasoning, tomato ketchup, spring onion, capsicum, onion salt pepper, vinegar, brown sugar, wheat flour, cornflour, egg
Protein 2	Fish n Chips	Beef Bourguignon	Baked Fish with Potatoes and Sundried tomato sauce	Meat Lasagna	Chicken Tandoori
Ingredients	Fish, salt pepper, bread crumbs.	oil, bacon, beef, carrot, onion, garlic, salt, pepper, tomato paste, thyme, parsley, bay leaves, mushrooms, butter	Fish Fillet, Herbs, Spices, Fresh Tomato Sauce, Seasoning.	pasta sheet, garlic, oregano, ground beef, cheese, egg tomato sauce salt & pepper.	Chicken, salt, pepper, olive oil, coriander, cumin, yoghurt, lemon juice, garlic, ginger, onion,
Vegetarian	Spaghetti in Tomato Sauce	Pasta Carbonara	Stir fried tofu w/ vegg	Penne Arabiatta	Vegetables Fajitas
Ingredients	pasta, olive oil, salt, garlic, onion, tomato, bell peppers, oregano	Pasta, Milk, Cheddar Cheese, Cream , Wholemeal Wheat Flour, Butter, Parmesan Cheese, Basil, Salt, Black Pepper.	Tofu, green beans, carrots, bell pepper, soya sauce, ginger,	Pasta, Water, Tomatoes, Onion, Mushrooms, Tomatoe Paste, Parmesan Cheese Olives, Garlic, Olive Oil, Salt, Parsley	Tortilla Bread, Mixed vegetables , onion, capsicum, Seasoning
Carbohydrates	Mashed Potato	Cajun spiced Potatoes	Roasted Potato Wedges	White Rice	Hakka Noodles
Ingredients	Potato, Water, Milk, Butter , Salt, Pepper.	Potato, Garlic, Olive Oil, Oregano, Cajun Spices, Black Pepper, Salt.	Potato, Garlic, Olive Oil, Oregano, Black Pepper, Salt.	Water, Rice, Salt.	Noodles, Onions, Oil, Carrots, French Beans, Green Beans, Cabbage, Seasoning.
Vegetable	Glazed Vegetables	Grilled Zucchini and Carrots	Braised Roots	Grilled vegetables	Broccoli And Baby carrot
Arabic Food	Chicken Mandi	Chicken Maklooba	Chicken Biryani	Chicken Kabsa	Chicken Machboos
Ingredients	Water, Chicken, Basmati Rice, Onion, Tomatoes, Lemon, Lemon Juice, Olive Oil, Butter Ghee , Tomatoe Paste, Salt, Garlic, Ginger, Turmeric, Black Pepper, Cardomon, Cinnamon, Cloves, Bay Leaf.	Chicken, Onion, Eggplant, Cauliflower, Rice, Garlic, Seasoning, Oil.	Water, Chicken, Basmati Rice, Onion, Tomatoes, Butter Ghee , Yoghurt, Ground Coriander, Coriander Leaves, Mint, Sunflower Oil, Salt, Ginger, Garlic, Turmeric, Chilli Powder, Garam Masala, Green Chilli, Ground Cumin, Cardomon, Cloves, Cinnamon, Nutmeg, Mace, Fennel Seeds, Bay Leaf.	Water, Chicken, Basmati Rice, Onion, Tomatoes, Butter Ghee , Ground Coriander, Coriander Leaves, Carrot Mint, Sunflower Oil, Salt, Ginger, Garlic, Turmeric, Chilli Powder, Garam Masala, Green Chilli, Ground Cumin, Cardomon, Cloves, Cinnamon, Nutmeg, Mace, Fennel Seeds, Bay Leaf.	Water, Chicken, Rice, Green Peppers, Carrots, Onion, Olive Oil, Lemon Peel, Tomatoe Paste, Ground Coriander, Yoghurt, Coriander Leaves, Salt, Mint, Garlic, Ginger, Mixed Spices, Turmeric, Black Pepper, Cardamon, Cinnamon, Cloves.