

Hot meal menu: JULY 2022

Day/Date	Morning Snack / Brunch		Lunch		
	Non-Vegetarian	Vegetarian	Asian	Western	Vegetarian
Fri, 1 July, 2022	Salmon Kedgeree Summer Style with Snap Peas	Vegetarian Kedgeree Summer Style with Snap Peas (Vegetarian)			
Mon, 4 July, 2022	Kerabu Fried Rice & Fruit Juice	Cereal Bowl with Milk & Cut Fruits (Vegetarian)	Hainanese Chicken Rice with Yellow Rice	Chicken Sausage with Sauerkraut, Broccoli & Mashed Potato	Stuffed Provençal Tomato with Pilaf Rice & Tofu (Vegetarian)
Tue, 5 July, 2022	Banchan with Condiments & Cut Fruits	Banchan with Condiments & Cut Fruits (Vegetarian)	Light Fish Curry with Potato, Carrot & White Rice	Oven Roasted Fish with Bread Crumbs with Pasta	Vegetarian Gremolata Pasta & Salad (Vegetarian)
Wed, 6 July, 2022	Paratha with Curry	Paratha with Curry (Vegetarian)	Chicken Varuval with Brinjal & Corn Rice	Seared Sea-Bass with Lemon Pasta	Vegetarian Spaghetti & Carrot (Vegetarian)
Thu, 7 July, 2022	Cintan Noodles with Bean Sprouts, Egg, Tofu & Fruit Juice & Cut Fruits	Cintan Noodles with Bean Sprouts, Egg, Tofu & Fruit Juice & Cut Fruits (Vegetarian)	Teriyaki Fish with Shredded Vegetables & Fried Rice	Chicken Blanquette with Mushroom & Pasta	Brinjal Aloo Gobi & Rice (Vegetarian)
Fri, 8 July, 2022	Chicken Chorizo with Tricoloni Pasta & Salad	Vegetarian Chicken with Tricoloni Pasta & Salad (Vegetarian)			