

Monday	Tuesday	Wednesday	Thursday	Notes/Soup ,sandwich and side for the week
3. Chicken Burger (white meat) and salad	4. Stir fry Yaki Udon with Teriyaki Chicken and steam veg	5. Chicken cordon blue with salad and sweet potato fries.	6. Butter chicken on rice with steam veg	Ciabatta Ham and cheese sandwich
10. Honey Garlic Spare ribs on rice with steam veg.	11. Szechuan noodles with chicken dumpling and steam veg	12. Chicken Nuggets (Breast) with sweet potato fries and salad	13. No Classes	Ciabatta Ham and cheese sandwich
17. No Classes	18. Italian meatball w/ sweet potato fries and mixed green salad	19. Beef bulgogi (Korean BBQ) on rice With steam veg	20. Beef Lasagna with garlic toast and salad	Ciabatta Roast beef sandwich
24. Chicken fingers with sweet potato and salad	25. Korean Stir fry noodles with beef bulgogi dumpling	26. Chicken taquitos with sweet potato fries and Salad.	27. Sweet & sour chicken with steam veg	Ciabatta Ham and cheese sandwich