



Monday August 29

Penne Pasta Alfredo

seasoned tender chicken, fresh herbs & fresh vegetables simmered in creamy alfredo sauce

(v) Penne Pasta Alfredo w/ garlic mushrooms

Cucumber Tomato Salad GF & Breadstick

Tuesday August 30

Tangerine Ginger Chicken GF, DF

Middle eastern inspired marinated grilled chicken finished with tangerine ginger glaze

(v) ChickPea Roasted Vegetable Fritter GF, DF

chickpeas roasted vegetables, fresh herbs & spices.

Israeli cous cous, DF Flatbread & Yoghurt dip GF

Wednesday August 31

Hong Kong BBQ Flank Steak GF, DF

Marinated & grilled char sui style

(v) Hong Kong BBQ Tofu & Portobello Stir fry GF, DF

Sticky coconut rice, GF, DF Bok choy GF, DF

Thursday September 1

Prawn w/ Citrus Garlic Apricot Lime Glaze GF, DF

Large white marinated prawns, smothered in apricot citrus garlic glaze

Polenta Roasted Vegetable Napoleon GF

Layers of polenta, roasted vegetables & cheese

Mediterranean Orzo Salad DF & Spinach Sauté GF, DF

Friday September 2

Grilled Chicken Breast topped w/caramelized onion Artichoke &

Heirloom Tomato GF, Df

(v) Artichoke & Mozzarella Stuffed Tomato GF, DF,

Rosemary roasted red potato, GF, Df

Green bean salad w/ Roasted Red Pepper and Sweet Vidalia onion GF, DF
