









HOT DISH menu


Feb 2012


			1 Feb Wednesday	2 Feb Thursday	3 Feb Friday
Western			Lamb w/ Wholegrain Mustard served w/ Brown Rice	Paprika Chicken Leg w/ Coriander Pesto Sauce served w/ Mashed Potato	 Sole Fish Chickpea Lasagna w/ Potato Salad
Asian			  Roasted Pumpkin Tofu served w/ Steamed Rice	 Oriental Pork & Chilli Noodle	 Teriyaki Chicken served w/ Steamed Rice

Served w/ Seasonal Vegetable

SMART EATER LUNCH TIPS

-  Always look for Nourish Recommendation
- Obtain 2 portions of fruit / vegetables for vitamins, minerals & antioxidants
- Select low fat dairy portion for calcium
- A drink for hydration all the time

 Nourish Recommendation

 Vegetarian

NUTRITIONAL ANALYSIS PER SERVING SIZE:

	Asian	Western	Asian	Western	Asian	Western	Asian	Western	Asian	Western
Energy (Kcal)					470	780	430	550	550	570
Protein (g)					17	28	28	24	31	30
Fat (g)					11	35	14	32	17	13
Saturated Fat (g)					1	12	2.5	9	4.5	3.5
Fiber (g)					7	4	7	8	4	9



HOT DISH menu

Feb 2012

			1 Feb Wednesday	2 Feb Thursday	3 Feb Friday
Pasta			Farfalle A. ★ Spinach & Tomato Sauce	Spaghetti A. 🍅 Fresh Salmon Tomato Dill Sauce	Penne A. Bolognaise Sauce
			B. 🍅 Chicken Alfredo Sauce	B. Carbonara Sauce	B. 🍅 ★ Sweet Pepper Sauce
Rice			Stir-fried Udon in Shanghai Style	★ Curry Fried Rice w/ Mixed Vegetable	🍅 Chicken & Taro Fried Rice

Served w/ Seasonal Vegetable



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- Obtain 2 portions of fruit / vegetables for vitamins, minerals & antioxidants
- Select low fat dairy portion for calcium
- A drink for hydration all the time



Nourish Recommendation



Vegetarian

NUTRITIONAL ANALYSIS PER SERVING SIZE:

	Pasta		Rice		Pasta		Rice		Pasta		Rice	
	A	B	A	B	A	B	A	B	A	B	A	B
Energy (Kcal)	270	490	660		510	680	410		660	490	520	
Protein (g)	5	26	39		22	21	11		33	13	32	
Fat (g)	22	17	17		21	20	6		24	17	6	
Saturated Fat (g)	3	8	4.5		3.5	4.5	1		8	3.5	1.5	
Fiber (g)	5	3	8		7	5	7		8	6	7	



HOT DISH menu

Feb 2012

	6 Feb Monday	7 Feb Tuesday	8 Feb Wednesday	9 Feb Thursday	10 Feb Friday
Western	★ Dhal Cottage Pie w/ French Bread	Paprika Chicken Leg w/ Coriander Pesto Sauce w/ Mashed Potato	🍎 Beef Stroganoff served w/ Steamed Rice	Dill & Lemon Fish Pie served w/ Roasted Potato	★ Stuffed Courgette w/ Cream Cheese & Spinach served w/ Mashed Potato
Asian	🍎 Japanese Ginger Pork w/ Steamed Rice	Pan-fried Beef Fillet in Chinese Style served w/ Steamed Rice	🍎 Egg Foo Yong w/ Shrimp served w/ Steamed Rice	🍎 Sichuan Pepper Chicken served w/ Steamed Rice	Beef Strips in Pepper Sauce w/ Steamed Rice

Served w/ Seasonal Vegetable



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Nourish Recommendation



Vegetarian

NUTRITIONAL ANALYSIS PER SERVING SIZE:

	Asian	Western	Asian	Western	Asian	Western	Asian	Western	Asian	Western
Energy (Kcal)	530	690	710	560	530	570	460	670	660	600
Protein (g)	26	32	23	23	32	23	28	22	33	13
Fat (g)	9	7	38	33	16	21	10	32	24	41
Saturated Fat (g)	3	1.5	14	9	4	6	1.5	10	8	16
Fiber (g)	5	22	4	7	3	3	5	12	6	10



HOT DISH menu

Feb 2012

	6 Feb Monday	7 Feb Tuesday	8 Feb Wednesday	9 Feb Thursday	10 Feb Friday
Pasta	Fusilli A. Roasted Vegetable & Pumpkin Sauce B. Beef Stroganoff & Mushroom Sauce	Linguini A. Duck in Red Wine Sauce B. Chicken & Sweet Corn Sauce	Farfalle A. Roasted Vegetable & Pumpkin Sauce B. Chicken Alfredo Sauce	Spaghetti A. Bolognese Sauce B. Spinach & Tomato Sauce	Penne A. Tuna & Sweet Corn Sauce B. Mixed Mushroom & Onion Sauce
	Rice	Braised E-Fu Noodle w/ Homemade BBQ Pork Vegetarian Egg Fried Rice	Stir-fried Udon in Shanghai Style	Vietnamese Pork Fried Rice	Indonesian Stir-fried Spicy Beef Flat Noodle

Served w/ Seasonal Vegetable



SMART EATER LUNCH TIPS

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Nourish Recommendation



Vegetarian

NUTRITIONAL ANALYSIS PER SERVING SIZE:

	Pasta		Rice	Pasta		Rice	Pasta		Rice	Pasta		Rice			
	A	B		A	B		A	B		A	B				
Energy (Kcal)	400	610	670	630	400	500	390	500	670	730	440	540	710	620	530
Protein (g)	13	27	33	32	12	15	12	26	39	33	15	27	35	19	19
Fat (g)	9	22	34	11	8	16	10	17	17	29	5	19	14	12	19
Saturated Fat (g)	2	6	8	2	3.5	3	2	9	5	9	0.5	3.5	4	3.5	7
Fiber (g)	7	10	4	5	5	4	5	3	8	7	5	7	8	6	7

sodexo





HOT DISH menu

Feb 2012

	13 Feb Monday	14 Feb Tuesday	15 Feb Wednesday	16 Feb Thursday	17 Feb Friday
Western	🍎 Cajun Fish served w/ Steamed Rice	🍎 Paprika Honey Lime Chilli Chicken served w/ Mashed Potato	🍎★ French Onion Sweet Potato Tofu Enoki served w/ Brown Rice	🍎 Moroccan Chicken served w/ Whipped Sweet Potato	Beef Lasagna served w/ Roasted Potato
Asian	Beef Rendang served w/ Steamed Rice	🍎★ Braised Egg Tofu Enoki Mushroom served w/ Steamed Rice	🍎 Teriyaki Chicken served w/ Steamed Rice	Beef Salipcao served w/ Steamed Rice	Honey Soy & 5-Spice Chicken served w/ Steamed Rice

Served w/ Seasonal Vegetable



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Nourish Recommendation



Vegetarian

NUTRITIONAL ANALYSIS PER SERVING SIZE:

	Asian	Western	Asian	Western	Asian	Western	Asian	Western	Asian	Western
Energy (Kcal)	680	410	530	570	650	640	630	590	680	720
Protein (g)	44	23	19	42	40	17	33	41	55	27
Fat (g)	23	6	16	19	21	9	26	22	12	29
Saturated Fat (g)	10	3.5	1.5	6	5	1.5	9	5	3	7
Fiber (g)	5	4	6	7	3	9	6	12	4	11



HOT DISH menu

Feb 2012

	13 Feb Monday	14 Feb Tuesday	15 Feb Wednesday	16 Feb Thursday	17 Feb Friday
Pasta	Fusilli A. ★ Mixed Bean Sauce	Linguini A. ★ Mushroom Sauce	Farfalle A. ★ Spinach & Tomato Sauce	Spaghetti A. 🍎 Fresh Salmon Tomato Dill Sauce	Penne A. Bolognese Sauce
	B. Chicken Mushroom Cajun Cream Sauce	B. Fish w/ Tomato Basil Cream Sauce	B. 🍎 Chicken Alfredo Sauce	B. Carbonara Sauce	B. 🍎 ★ Sweet Pepper Sauce
Rice	🍎 Singapore Vermicelli	🍎 Fried Rice in Yeung Chow Style	Stir-fried Udon in Shanghai Style	★ Curry Fried Rice w/ Mixed Vegetable	🍎 Chicken & Taro Fried Rice

Served w/ Seasonal Vegetable



SMART EATER LUNCH TIPS

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- A drink for hydration all the time



Nourish Recommendation



Vegetarian

NUTRITIONAL ANALYSIS PER SERVING SIZE:

	Pasta		Rice	Pasta		Rice	Pasta		Rice	Pasta		Rice	Pasta		Rice
	A	B		A	B		A	B		A	B		A	B	
Energy (Kcal)	520	810	650	730	660	560	270	490	660	510	680	410	660	490	520
Protein (g)	14	35	37	20	32	26	5	26	39	22	21	11	33	13	32
Fat (g)	27	15	19	24	16	18	22	17	17	21	20	6	24	17	6
Saturated Fat (g)	6	4	6	9	2	3.5	3	8	4.5	3.5	4.5	1	8	3.5	1.5
Fiber (g)	7	10	4	5	5	4	5	3	8	7	5	7	8	6	7

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HOT DISH menu

Feb 2012

	20 Feb Monday	21 Feb Tuesday	22 Feb Wednesday	23 Feb Thursday	24 Feb Friday
Western	Baked Fish Pommery Mustard Sauce served w/ Mashed Potato	Chicken Meatballs w/ Tomato Sauce served w/ Spaghetti	Lamb Souvlaki w/ Tzatziki served with Baked Potato	Hummus & Mixed Bean Lasagna served w/ Pasta Salad	Beef Cottage Pie Cheddar Cheese w/ Vegetables
Asian	Japanese Ginger Pork served w/ Steamed Rice	Coconut Fish Curry served with Steamed Rice	Pork in Black Pepper Sauce served with Steamed Rice	Asian Style Chicken Meatball served with Steamed Rice	Roast Vegetable w/ Sesame Sauce served w/ Wild Rice

Served w/ Seasonal Vegetable



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Nourish Recommendation



Vegetarian

NUTRITIONAL ANALYSIS PER SERVING SIZE:

	Asian	Western	Asian	Western	Asian	Western	Asian	Western	Asian	Western
Energy (Kcal)	530	420	450	470	560	600	520	640	470	550
Protein (g)	26	25	26	35	34	28	31	17	11	27
Fat (g)	9	14	8	13	12	35	8	36	14	23
Saturated Fat (g)	3	6	1	2	3	13	1.5	8	4	10
Fiber (g)	5	7	6	5	6	5	5	9	7	10



HOT DISH menu

Feb 2012

	20 Feb Monday	21 Feb Tuesday	22 Feb Wednesday	23 Feb Thursday	24 Feb Friday
Pasta	Fusilli A. ★ Roasted Vegetable & Pumpkin Sauce	Linguini A. Duck in Red Wine Sauce	Farfalle A. ★ Roasted Vegetable & Pumpkin Sauce	Spaghetti A. Bolognese Sauce	Penne A. Tuna & Sweet Corn Sauce
	B. Beef Stroganoff & Mushroom Sauce	B. Chicken & Sweet Corn Sauce	B. Chicken Alfredo Sauce	B. ★ Spinach & Tomato Sauce	B. ★ Mixed Mushroom & Onion Sauce
Rice	Braised E-Fu Noodle w/ Homemade BBQ Pork	★ Vegetarian Egg Fried Rice	Stir-fried Udon in Shanghai Style	Vietnamese Pork Fried Rice	Indonesian Stir-fried Spicy Beef Flat Noodle

Served w/ Seasonal Vegetable



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Nourish Recommendation



Vegetarian

NUTRITIONAL ANALYSIS PER SERVING SIZE:

	Pasta		Rice	Pasta		Rice	Pasta		Rice	Pasta		Rice			
	A	B		A	B		A	B		A	B				
Energy (Kcal)	400	610	670	630	400	500	390	500	670	730	440	540	710	620	530
Protein (g)	13	27	33	32	12	15	12	26	39	33	15	27	35	19	19
Fat (g)	9	22	34	11	8	16	10	17	17	29	5	19	14	12	19
Saturated Fat (g)	2	6	8	2	3.5	3	2	9	5	9	0.5	3.5	4	3.5	7
Fiber (g)	7	6	6	5	4	7	5	4	8	9	7	6	8	9	7



HOT DISH menu

Feb 2012

	27 Feb Monday	28 Feb Tuesday	29 Feb Wednesday		
Western	Herb & Sundried Tomato Crusted Sole Fillet w/ Wild Rice	★ Sweet Potato Shepherd Pie served w/ Brown Rice	Lamb w/ Wholegrain Mustard served w/ Brown Rice		
Asian	🍎 Beef Strips in Black Pepper Sauce served w/ Steamed Rice	🍎 Kyushu Chicken Capsicums served w/ Steamed Rice	🍎 ★ Roasted Pumpkin Tofu served w/ Steamed Rice		

Served w/ Seasonal Vegetable



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Nourish Recommendation



Vegetarian

NUTRITIONAL ANALYSIS PER SERVING SIZE:

	Asian	Western	Asian	Western	Asian	Western		
Energy (Kcal)	480	770	470	470	470	780		
Protein (g)	17	35	17	10	17	28		
Fat (g)	15	13	11	11	11	35		
Saturated Fat (g)	7	6	1	3	1	12		
Fiber (g)	5	10	7	9	7	4		

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HOT DISH menu

Feb 2012

	27 Feb Monday	28 Feb Tuesday	29 Feb Wednesday		
Pasta	Fusilli A. ★ Mixed Bean Sauce	Linguini A. ★ Mushroom Sauce	Farfalle A. ★ Spinach & Tomato Sauce		
	B. Chicken Mushroom Cajun Cream Sauce	B. Fish w/ Tomato Basil Cream Sauce	B. 🍎 Chicken Alfredo Sauce		
Rice	🍎 Singapore Vermicelli	🍎 Fried Rice in Yeung Chow Style	Stir-fried Udon in Shanghai Style		

Served w/ Seasonal Vegetable

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🍎 Nourish Recommendation
★ Vegetarian

NUTRITIONAL ANALYSIS PER SERVING SIZE:

	Pasta		Rice	Pasta		Rice	Pasta		Rice			
	A	B		A	B		A	B				
Energy (Kcal)	520	810	650	730	660	560	270	490	660			
Protein (g)	14	35	37	20	32	26	5	26	39			
Fat (g)	27	15	19	24	16	18	22	17	17			
Saturated Fat (g)	6	4	6	9	2	3.5	3	8	4.5			
Fiber (g)	7	10	4	5	5	4	5	3	8			