

GREENWICH VILLAGE ACCOMODATION __ MENU __ 2011

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Meat 1st choice	Gong bao chicken	Grilled lamb Chops	Satay Chicken	Salt pepper chicken wings	Chicken schnitzel	sausages, Grilled onion	Corned Silverside
Meat 2nd choice	(Lean) Beef Steak with Pepper sauce (Low Fat)	Chicken Lasagne	Beef Strogonoff	Char siu pork	Steam fish with lemon pepper	Chicken curry	Roast Pork
Vegetarian	Pesto Pasta	Pasta ,mushroom parsley and tomato	Sautéed vegetables with feta	Pasta with Cheese sauce	Vegetable Provencale	Vegetables Lasagne Garlic Bread	Hokkien Vegetable Stir Fry
Pasta							
Potatoes	Savoury Mashed Potato	Potato with onion and capsicum	wedges	Bake sliced potato with herb butter	Chips	Cheese bake potato	Roast potatoes
Vegetables	Beans, carrots	Melange vegetables	Cauliflower and beans	Broccoli, carrots	Peas, corn	Cauliflower, Beans	Brussels sprouts & carrot
Rice	White Rice	Brown Rice	White Rice	Brown Rice	White Rice	Brown Rice	Veg Fried Rice
Salad	Garden						
Dessert	Chocolate cake	Bread butter pudding	Fruit salad	Sticky date pudding	Ice cream & topping	Apple Crumble	Sponge cake
soup	Tomato soup	Pumpkin soup	Potato leek soup	Miso soup	Chicken corn soup	Vegetable soup	Tom yum soup

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Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Meat 1st choice	Stir fry chicken in Hosin sauce with celery	Country Style Lamb Stew	Chicken Nacho	Mongolian Lamb	sausages	Stew Chicken Wings	Pad Tha Chicken
Meat 2nd choice	Country Bake	Beef steak	Beef Chilli con carne	Honey mustard chicken	chicken kebabs	Beef Cottage Pie	Beef Meatballs spaghetti Sauce
Vegetarian	Vegetable Risotto (Low fat)	Shell Pasta with roasted veg in Napolitano Sauce	Beans Vegetable Nacho	Vegetable Frittata	Vegetable patties	Singapore Noodles	(Low Fat)Mushrc & Onion Risotto Chef's cho
Pasta			Taco's sour cream guacamole		Hot dog roll		
Potatoes	Savoury Mashed Potato	Potato with onion and capsicum	wedges	Bake sliced potato with herb butter	chips	Cheese bake potato	Potato scallops
Vegetables	Beans, carrots	Melange vegetables		Broccoli, carrots	Herbed zucchini	Cauliflower, Beans	Steam vegetable
Rice	White Rice	Brown Rice	White Rice	Brown Rice	White Rice	Brown Rice	Veg Frie Rice
Salad	Garden						
Dessert	Chocolate cake	Muffin	Fruit salad	Pineapple cake	Ice cream & topping	Apple Crumble	Sponge ca
soup	Tomato soup	Pumpkin soup	Potato leek soup	Miso soup	Chicken corn soup	Vegetable soup	Tom yun soup

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Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Meat 1st choice	Lamb curry	Tandoori Chicken	Baked Fish Fillets with Thai Sauce	Stir fry chicken cashew nuts	Spaghetti Bolognaise (Low fat mince)	Chicken Biriyani	(Lean) Roast Beef
Meat 2nd choice	Beef Meatloaf	Beef and Vegetable pie	Rump Steak with Dianne sauce (low fat)	Beef Lasagne	Goujon Fish	sausage	Roasted Chicken
Vegetarian Pasta	Spinach & ricotta cannelloni	Neapolitan Pasta	Sweet corn fritters with salsa	Pasta with pumpkin & eggplant	Ravioli in Napolitano Sauce	Eggplant Parmagiana	Pasta and zucchini Bake
Potatoes		Savoury Mashed Potato	Potato with onion and capsicum	wedges	Bake sliced potato with herb butter	Chips	Cheese bake potato
Vegetables	Green Beans corn cobs		Broccoli, carrots	Peas& Sweet corn	Cauliflower& baby carrot	Broccoli, corns	Medley of Vegetables
Rice	White Rice	Brown Rice	White Rice	Brown Rice	White Rice	Brown Rice	Veg Fried Rice
Salad	Garden						
soup	Tomato soup	Pumpkin soup	Potato leek soup	Miso soup	Chicken corn soup	Vegetable soup	Tom yum soup
Dessert	Chocolate cake	Bread butter pudding	Fruit Salad	Sticky date pudding	Ice cream	Apple crumble	Sponge cake

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Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Meat 1st choice	Baked Fish Fillets with ginger & shallots	Calamari salt & pepper	Chicken Pizza	Teriyaki Chicken	Beef Burgers	Chicken Marengo	Roast Lamb
Meat 2nd choice	Olive Roasted chicken drumsticks	Chicken Nuggets	Beef Pizza	Tempura Fish	Tandori Chicken Burgers	Stir fry cumin Lamb	Roast Chicken
Vegetarian	Pumpkin & spinach Curry	Mushroom Moussaka	Vegetarian Pizza	Pumpkin, Chic Pea & Potato Curry	Vegetable Burgers	Cous Cous bake with tomato, olives & Rocket Lettuce	Vegetarian Singapore Noodles
Pasta	Napolitano pasta	Spiral Pasta with Salmon, English Spinach & Olive oil	Provencale stir fry		Burger buns	Garlic Bread	
Potatoes	Savoury Mashed Potato	Potato with onion and capsicum	wedges	Bake sliced potato with herb butter	Chips	Cheese bake potato	Roast Medley Vegetables
Vegetables	Beans, carrots	Peas, Cauliflower	Medley of vegetables	Broccoli, carrots	Herbed Zucchini	Cauliflower, corn	Green Peas
Rice	White Rice	Brown Rice	White Rice	Brown Rice	White Rice	Brown Rice	Veg Fried Rice
Salad	Garden						
Dessert	Chocolate cake	Muffin	Fruits Salad	Pineapple cake	Ice cream	Apple crumble	Sponge cake