

EAT

LEARN

LIVE

RENAISSANCE COLLEGE JANUARY 2012 LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3/1/2012	4/1/2012	5/1/2011	6/1/2012
	Spaghetti Bolognese	Seafood Linguine with Tomato Sauce	Italian Chicken Pasta	Hungarian Pork with Smashed Potato
	Tuna Fish Casserole with Mashed Potato	Roasted Pork in Black Pepper Sauce with Rice	Spaghetti Carbonara	Roast Chicken Tandoori with Rice
	Stir Fried Udon Noodle with Assorted Mushroom	Sundried Tomato & Cheese Pizza with Corn on the Cob	Vegetarian Lasagne	Teriyaki To-Fu with Rice
9/1/2012	10/1/2012	11/1/2012	12/1/2012	13/1/2012
Baked Fish on Spinach Florentine with Mashed Potato	Grilled Pork Chop with Honey Gravy & Roast Potato	Chicken Steak Provencale with Potato	Grilled Chicken Breast with Potato	Beef Stroganoff with Potato
Thai Chicken & Pineapple Fried Rice	Chicken A La King with Rice	Hawaiian Pizza with Corn on the Cob	"Char Siu" Fried Rice	Cuban Fish Adobo with Rice
Baked Eggplant & Tomatoes Cheese with Pasta	Baked Mixed Vegetable with Pumpkin Sauce & Pasta	Braised Egg & Fresh Tomato with Pasta	Spinach & Mushroom Lasagne	Sauteed Vermicelli with Vegetables & Bean Curd
16/1/2012	17/1/2012	18/1/2012	19/1/2012	20/1/2012
Braised Mixed Seafood with Napolitano Sauce & Pasta	Chicken Lasagne	BBQ Chicken Pizza with Corn on the Cob	Honey Glazed BBQ Pork with Rice	Roasted Chicken with Mashed Potato
Thai Green Chicken Curry with Rice	Spicy Pork Curry with Rice	Sweet & Sour Fish with Rice	Braised Chicken in Black Bean Chili Sauce with Rice	Pork Goulash with Pasta
Ratatouille with Roast Potato	Stir Fried Eggplant with Garlic & Basil Served with Rice	Baked Broccoli & Carrot with Cheese & Mashed Potato	Braised E-Noodles with Mixed Mushroom	Steamed To-Fu with Chinese Mushroom & Rice
30/1/2012	31/1/2012			
Grilled Fish Meuniere Boiled Potato	Beef Stew with Steamed Potato			
Tarragon Chicken Steak with Rice	Thai Red Chicken Curry with Rice			
Penne Al Fungi	Vegetarian Ma Po Tofu with Rice			

23rd to 27th January 2012 CHINESE NEW YEAR HOLIDAY



Vegetarian dishes contain no meat, fish, shell fish, poultry or product derived from these sources but may contain dairy or eggs



These foods should form the basis of your diet. So fill up on them.



Best eaten in moderation. These food are still important for a balanced diet.



Don't have too much of these. Just treat ourselves every so often.

EAT

LEARN

LIVE

RENAISSANCE COLLEGE FEBRUARY 2012 LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1/2/2012	2/2/2012	3/2/2012
		Grilled Sole Fillet with Tomato Salsa Served with Roasted Potato	Thai Green Chicken Curry with Rice	Beef Stroganoff with Herbed Potato
		BBQ Chicken Pizza with Corn on the Cob	Lemon Grass Pork Chop with Rice	Steamed Fish with Ginger & Shallots in Soy Sauce Served with Rice
		Vegetarian Nasi Goreng	Red Curry Bean Curd & Vegetables with Rice	Vegetable Paella
6/2/2012	7/2/2012	8/2/2012	9/2/2012	10/2/2012
Roasted Pork with Honey Mustard Gravy Served with Herbed Potato	Grilled Sole with Lemon Pepper Creamy Sauce Served with Scallop Potato	Pepperoni Pizza with Corn on the Cob	Spaghetti Bolognese	Cajun Grilled Fish with Lyonnaise Potato
Indian Curry Chicken with Rice	Roasted Chinese BBQ Pork with Rice	Chicken Korma with Rice	Portuguese Chicken with Rice	Braised Spare Ribs in Plum Sauce with Rice
Neapolitan Beany Pasta	Fried Noodles with Vegetable & Bean Curd "Shanghai Style"	Tofu Teriyaki with Rice	Spinach & Mushroom Lasagne	Braised Bean Curd "Country Style" with Rice
13/2/2012	14/2/2012	15/2/2012	16/2/2012	17/2/2012
Oven Baked Crumbed Chicken Served with Mashed Potato	Baked Pasta Mushroom & Chicken	Grilled Fish with Tomato Concasse & Potato Rosti	Chicken Teriyaki with Rice	Seafood Casserole with Potato
Sweet & Sour Fish with Rice	Braised Pork with Sweet Corn Egg Drop Sauce & Rice	Steamed Chicken & Chinese Mushroom with Rice	Japanese Curry Pork Chop with Rice	Chicken A La King with Rice
Spaghetti Neapolitan	Braised Vermicelli with Bean Curd & Assorted Vegetables	Mushroom & Cheese Pizza with Corn on the Cob	Japanese Udon with Mixed Vege	Lo-Hon Vegetarian with Rice
20/2/2012	21/2/2012	22/2/2012	23/2/2012	24/2/2012
Mexican Pork Stew with Rice	Irish Beef Stew & Mashed Potato	Meat Lovers Pizza with Corn on the Cob	Chicken Cacciatore with Baked Potato	Baked Pasta with Tuna & Cheese
Steamed Fish with Chinese Mushroom Served with Rice	Tarragon Chicken with Rice	Fried Rice Yeung Chow Style	Spicy Pork Curry with Rice	Braised Chicken & Pepper in Black Bean Sauce with Rice
Sauteed Glass Noodle with Assorted Vegetables Korean Style	Vegetarian Lasagne	Vegetarian Mussaka	Braised E-Fu Noodle with Assorted Mushroom	Vegetable Ma Po Tofu with Rice
27/2/2012	28/2/2012	29/2/2012		
Chicken Carbonara with Pasta	Roasted Pork with Rosemary & Herbed Potato	Baked Honey Mustard Chicken & Mashed Potato		
Steamed Fish with Coriander and Spring Onion with Rice	Spaghetti Meatballs	Mediterranean Seafood Pizza with Corn on the Cob		
Chick Pea Aloo Gobi with Rice	Seasonal Vegetable Curry with Rice	Ratatouille with Pasta		

Vegetarian dishes contain no meat, fish, shell fish, poultry or product derived from these sources but may contain dairy or eggs



These foods should form the basis of your diet. So fill up on them.



Best eaten in moderation. These food are still important for a balanced diet.



Don't have too much of these. Just treat ourselves every so often.

EAT

LEARN

LIVE

RENAISSANCE COLLEGE MARCH 2012 LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1/3/2012	2/3/2012
			MEXICAN THEME	
			Chicken Fajita with Rice	Roasted Chicken with Potato
			Chilli Con Carne with Rice	Stir Fried Sliced Beef with Chinese Leek & Rice
			Stuffed Tomato with Mexican Rice	Thai Tofu Curry with Rice
5/3/2012	6/3/2012	7/3/2012	8/3/2012	9/3/2012
Spaghetti Bolognaise	Poach Sole Fillet Italian Style & Roasted Potato	BBQ Chicken Pizza with Corn on the Cob	Chicken & Broccoli Pasta Bake	Hungarian Pork with Steamed Potato
Fish Fillet in Sweet Corn Sauce with Rice	Braised Chicken & Potato in Garlic Oyster Sauce with Rice	BBQ Pork Fried Rice	Pork Masala with Rice	Chicken Leg in Swiss Soy Sauce with Rice
Vegetarian Lasagne	Indian Fried Rice	Fettucine in Creamy Mushroom and Sage Sauce	Japanese Veggie Fish Curry with Rice	Grilled Tofu in Oyster Sauce with Rice
12/3/2012	13/3/2012	14/3/2012	15/3/2012	16/3/2012
Seafood Casserole with Herbed Potato	Beef Goulash with Herbed Potato	Roast Paprika Chicken with Steamed Potato	Honey Glazed BBQ Pork with Rice	Roasted Garlic Chicken with Lyonnaise Potato
Stir Fried Chicken Celery & Broccoli with Rice	Grilled Pork Chop with Lemon Grass & Rice	Hawaiian Pizza with Corn on the Cob	Kung Po Chicken with Rice	Sweet and Sour Pork with Rice
Ratatouille with Pasta	Mushroom Lasagne	Vegetable Casserole with Pasta	Steamed To-Fu with Mixed Vegetable and Ginger	Spanish Vegetable Omelet with Herbed Potato
19/3/2012	20/3/2012	21/3/2012	22/3/2012	23/3/2012
Roast Chicken with Sage & Onion Served with Mashed Potato	Mixed Pepper Fish Stew with Mashed Potato	Chicken Provancale with Roasted Potato	Grilled Chicken Breast with Concasse & Herbed Potato	Braised Seafood with Mushroom
Baked Pork Chop w/Fried Rice	BBQ Pork & Chinese Chives Scramble Egg with Rice	Japanese Curry Beef with Rice	Braised Spare Ribs & Potato with Rice	Malaysian Curry Chicken with Rice
Vegetarian Pad Thai	Stir-fried Japanese Udon with Wild Mushroom	Margherita Pizza with Corn on the Cob	Spinach & Mushroom Lasagne	Grilled To-Fu Lemon Grass Sauce with Rice
26/3/2012	27/3/2012	28/3/2012	29/3/2012	30/3/2012
Pork Fillet with Honey & Ginger Served with Roasted Potato	Chicken & Spinach Lasagne	Pepperoni Pizza with Corn on the Cob	Mexican Pork & Vegetable Stew with Mixed Beans Served with Rice	Stew Beef with Steamed Potato
Beef Teriyaki with Rice	Cuban Adobo Fish with Rice	Fish Crumble with Lyonnaise Potato	Oven Baked Macaroni with Tuna Fish & Cheese	Chicken a la King with Rice
Stir Fried Vermicelli with Assorted Vegetables Singaporean Style	Lentil Bean Casserole with Steamed Potato	Indian Vegetable Curry with Rice	Vegetarian Ma Po Tofu with Rice	Baked Broccoli & Carrot with Mashed Potato

Vegetarian dishes contain no meat, fish, shell fish, poultry or product derived from these sources but may contain dairy or eggs



These foods should form the basis of your diet. So fill up on them.



Best eaten in moderation. These food are still important for a balanced diet.



Don't have too much of these. Just treat ourselves every so often.