



	Monday 03/02	Tuesday 04/02	Wednesday 05/02	Thursday 06/02	Friday 07/02
Hot Dish	Roast Pork Loin in Mushroom Sauce with Pasta	Sole Fish Florentine with Penne	La Reine Pizza (Ham & Mushroom)	Roasted Rosemary Chicken (skinless) with Mashed Potatoes	Spaghetti Bolognese
A					
B	Korean Braised Chicken & Potato with Rice	Teriyaki Beef with Assorted Vegetable with Rice	Japanese Chicken Curry with Rice	Lemongrass Pork with Red Rice	Pan Fried Fish Fillet in Fresh Sweetcorn & Egg Sauce with Rice
C	Braised Vegetables in Lo Hon Style with Rice	Baked Aubergine in Tomato Lentil Sauce with Red Rice	Korean Veg. Glass Noodle (Carrot, Shiitake Mushroom and Snow Pea)	Gungjung Tteokbokki (Stir Fried Korean Rice Cake with Mix Vegetable)	Vegetabrian Ma Po Tofu with Corn Rice
Vegetables	Garlic Long Beans	Garlic Cabbage	Cauliflower & Broccoli	Steamed Zucchini & Carrot	Stir Fried Seasonal Vegetables
	Green Monday 10/02	11/02	12/02	13/02	14/02
Hot Dish	Ratatouille Pasta	Braised Pork Fillet in Onion Gravy with Roasted Potato	Tuna & Sweetcorn Pizza	Baked Fish with Salsa Verde & Penne	Roasted Chicken with Mashed Potato
A					
B	Stir Fried Rice Vermicelli with Vegetables (incl. bean sprout) & Mushroom (Less Oil)	Korean Miso & Honey Glazed Chicken with Rice	Korean Beef Bibimbap Rice	Taiwanese Style Minced Pork & Braised Egg with Rice	Korean Cha Jang Noodle (Jia Jang Myun)
C	Mac & Cheese	Steamed Egg with Shiitake Mushroom & Rice	Stir Fried Ho Fan & Vegetarian Chicken	Korean Kimchi Tofu Stew with Red Rice	Tomato Chickpea Curry with Rice
Vegetables	Sweet Corn & Carrot	Stir Fried Seasonal Vegetables	Romaine Lettuce Salad	Cabbage	Garlic Mushrooms
	17/02	18/02	19/02	20/02	21/02
Hot Dish	Baked Tuna in Spinach Sauce with Pasta	Pasta Carbonara	Italian Pizza (Beef)	Orange Thyme Fish Fillet with Rice	Fish Burger and Potato Wedge
A					
B	Stir Fried Pork with Mixed Bell Pepper & Rice	Steamed Fish in Spring Onion & Soy Sauce with Rice	Korean Kimchi & Chicken Fried Rice (less Oil)	Stir Fried Korean Glass Noodle with Pork Slices and Carrot	Korean Pork Bulgogi with Rice
C	Korean Style Marinated Tofu with Red Rice	Cheesy Green Peas and Roasted Zucchini Risotto	Chickpea in Fresh Pumpkin Sauce with Red Rice	Teriyaki Bean Curd with Sweetcorn Rice	Fried Rice Vermicelli with Mixed Vegetable (Less Oil)
Vegetables	Roasted Vegetable	Garlic Bak Choy	Cauliflower & Broccoli	Garlic Long bean	Garlic Zucchini



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



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



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





Eat Global
24/02

Monday

24/02

Japanese Chicken Noodle Stir Fry (Yakisoba) (Less Oil)

A

B

Japanese Beef Rice Bowl (Gyudon)

C

Japanese Vegetarian Sushi Roll (Egg, Cucumber, shiitake Mushroom)

Vegetables

Braised Vegetables (Lotus Root, Snow Pea, Eggplant)

Tuesday

25/02

Baked Sole Fish with Lemon, Basil and Garlic & Roasted Potato

Korean Pork Bibimbap Rice

Braised Tofu & Bean Sprout with Red Rice

Roasted Vegetable

Wednesday

26/02

BBQ Pork Pizza

Marinated Beef with Turnip Served with Rice

Tomato Penne with Red Kidney Bean & Chickpea

Romaine Lettuce Salad

Thursday

27/02

Honey Lemon Roasted Pork Loin with Rice

Korean Chicken Glass Noodle

Cauliflower, Chickpea & Spinach Korma with Rice

Garlic Bak Choy

Friday

28/02

Hot Dog with Fries

Korean Kimchi Beef with Red Rice

Steamed Egg with Tomato & Corn served with Rice

Cabbage & Carrot

02/03

Hot Dish

A

Chicken Breast Pasta in Fresh Tomato Sauce

B

Korean Kimchi Pork Stew with Red Rice

C

Stir Fried Udon with Assorted Vegetables (Less Oil)

Vegetables

Veg Medley

03/03

Grilled Garlic Pork Chop with Parsley & Mashed Potato

Steamed Sole Fish in Fresh Pumpkin Sauce with Rice

Korean Vegetable Pancake (Yachaejeon) with Red Rice

Steamed Broccoli

04/03

Ham & Sweetcorn Pizza

Stir Fried Chicken with Red Bell Pepper & Snow Pea with Rice

Japanese Vegetable and Mushroom Sauté with Corn Rice

Garlic Seasonal Vegetables

05/03

Chicken A La King with Penne

Korean Beef Bulgogi with Rice

HK Pan Fried Noodle with Tofu and Straw Mushroom

Cauliflower & Carrot

06/03

Pork Burger with Fries

Braised Rice Vermicelli with Chicken and Eggplant in Garlic Sauce

Teriyaki Tofu with Red Rice

Asian Green

09/03

Hot Dish

A

Baked Cheesy Tuna with Macaroni

B

Korean Cha Jang Noodle (Jia Jang Myun)

C

Grilled Zucchini in Tomato Lentil Sauce with Spaghetti

Vegetables

Garden Green Salad

10/03

Roasted Pork Fillet in Mushroom Sauce with Mashed Potato

Steamed Chicken (Skinless) with Black Fungus & Green Onion with Rice

Vegetarian Singapore Noodle (Less Oil)

Asian Green

11/03

BBQ Chicken Pizza

Korean Style Marinated Pork with Red Rice (Spicy Pork Bulgogi)

North Indian Bean Masala Stew and Rice

Cabbage & Broccoli

12/03

Beef Stew with Vegetable and Potato in Fresh Tomato Paste

Teriyaki Chicken with Mushroom Rice

Ratatouille Pasta

Stir Fried Seasonal Vegetables

13/03

Ginger Soy Chicken Wing with Rice

Sautéed Korean Rice Cake with Pork Slices

Stir Fried Udon with Vegetable (incl. Bean Sprout and Shiitake Mushroom (Less Oil))

Garlic Long Bean

EAT MORE

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EAT MODERATELY

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EAT LESS

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green monday

Chartwells



	Green Monday 16/03	Tuesday 17/03	Wednesday 18/03	Thursday 19/03	Friday 20/03
Hot Dish A	Ratatouille Pasta	Spaghetti Bolognese	White Chicken Pizza	Grilled Fish Fillet with Basil & Lemon with Mashed Potato	Pork Lasagna
B	Vegetarian Singapore Noodle (Less Oil)	Haemul Pajeon (Korean Seafood Pancake) with Rice	Korean Pork Bibimbap Rice	Stir Fried Beef with Onion and Bell Pepper in Black Pepper Sauce with Rice	Braised chicken (skinless) with Mushroom & Rice
C	Korean Style Spicy Sautéed Tofu with Rice	Chickpea & Mushroom in Spinach Sauce with Pasta	Braised Veg. Meatball & Cucumber with Pasta	Stir Fried Ho Fan with Bean Sprout (Less Oil)	Pumpkin Risotto with Green Pea
Vegetables	Cauliflower & Carrot	Steamed Broccoli	Roasted Vegetable	Garlic Cabbage	Garlic Zucchini
	23/03	24/03	25/03	26/03	27/03
Hot Dish A	Roasted Pork Loin with Garlic and Rosemary with Roasted Potato	Steamed Fish in Lemon Chesy Sauce with Linguine	Hawaiian Pizza	Braised Pork Fillet in Apple Sauce with Spaghetti	Baked Honey Chicken Drumstick with Rice
B	Korean Style Marinated Chicken with Rice	Pork Fried Rice with Green Pea, Carrot and Sweetcorn (Less Oil)	Korean Glass Noodle with Chicken and Assorted Veg	Chicken, Pumpkin and Sweet Potato Stew with Rice	Korean Kimchi Pork Stew with Rice
C	Chinese Style Steamed Egg with Rice	Vegetable Paella	Japanese Style Vegetable and Chickpea Curry with Rice	Braised Tofu with Mixed Vegetable with Rice	Mac & Cheese
Vegetables	Veg Medley	Asian Green	Stir Fried Seasonal Vegetables	Cauliflower & Broccoli	Roasted Vegetable
	30/03	31/03			
Hot Dish A	Italian Meatball Marinara Pasta	Honey Lemon Roasted Chicken (Skinless) with Baked Potato			
B	Scrambled Egg with Crab Meat & Green Onion and Rice	Korean Beef Bibimbap with Rice			
C	Braised E Fu Noodle with Mushroom	Steamed Egg with Shiitake Mushroom with Sweetcorn Rice			
Vegetables	Garlic Cabbage	Stir Fried Seasonal Vegetables			

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