

A La Carte Menu

WEEK 1	Monday Aug. 24	Tuesday Aug. 25	Wednesday Aug. 26	Thursday Aug. 27	Friday Aug. 28
Pasta OSTERIA pizza & pasta Pizza	-	Chicken Bolognese	Swiss Elbow Gratin with Minced Beef & Apple Puree	Chicken & Bacon Alfredo Gratin with Potatoes	Mac & Cheese Sausage Sauce
		Pasta Tomato Sauce (V)	Pasta Tomato Sauce (V)	Pasta Tomato Sauce (V)	Pasta Tomato Sauce (V)
		Four-Cheese Pizza Slice	Pizza Pepperoni	Beef Pizza	Buffalo Chicken
		Pizza Margherita (V)	Pizza Margherita (V)	Pizza Margherita (V)	Pizza Margherita (V)
WOK 	-	Salt & Pepper Chicken with Rice & Vegetables	Yangzhou Fried Rice with Pork Meatballs	Sichuan Style Shredded Chicken with Rice & Vegetables	Dried Fried Pork Cumin Flavor with Rice & Vegetables
Noodles	Minced Pork with Noodle Soup	Spicy Calamari with Noodles	Mixed Noodles with Tomato, Radish & Beef	Pickle & Pork with Noodles	Steamed Chicken with Noodles
	Soy Glazed Chicken Leg, Fried Rice, Steamed Eggplant	Pork Cutlet, Onion Cream Sauce, Paprika Roasted Potatoes, Steamed Yellow Carrots	Chicken Thigh Ardennes-Style, Mashed potato, Green Beans	Porchetta, Potato Wedges, Broccoli	Beef Cheese Burger, Gherkins, Fries, Coleslaw
	Zucchini Fritter Pancakes, Tzatziki Sauce, Mixed Roasted Potatoes, Tomato Salad	Kimchi Pancake, Japanese Udo Noodle Salad, Zucchini & Mung Beans	Stuffed Breaded Eggplant, Roasted Potatoes, Green Bean Salad	Cauliflower Steaks, Couscous & Quinoa, Oven Roasted Tomatoes	Vegetarian Burrito Filled with Tomato Rice and Red Bean, Mexican Salad, Sour Cream
	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet
	-	Texas Poke Bowl, Pulled Pork, White Rice Kidney Beans, Pickled Carrots, Radish, BBQ Potato Cubes	Mexican-Style Poke Bowl, Grilled Chicken Breast, Mexican Rice, Corn, Tomato Salsa, Jalapeno Peppers, Cheese, Bell Pepper	Ahi Poke Bowl, Fresh Tuna, Quinoa, Edamame Beans, Mango, Pickled Onions, Nori Leaves	Chili Poke Bowl, Beef Chili-Con-Carne, Wild Rice, Black Olives, Cucumber Cubes, Grilled Pineapple
Poke Bowl					
Sandwich		Sandwich Bar	Sandwich Bar	Sandwich Bar	Sandwich Bar
Soup		Beef Goulash Soup	Pickled Cucumber Soup with Dill & Salmon	Beans Soup with Sausage	Thick Onion Soup, Melted Cheese Bread
	-	Mango Coconut Milk Rice	Egg Tart	Churros	Crepe
Dessert					

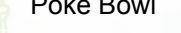
* Menu colour-coding: **Pork, Beef & Lamb**, **Chicken**, **Duck**, **Fish**, **Vegetarian**

A La Carte Menu

WEEK 2	Monday Aug. 31	Tuesday Sept. 1	Wednesday Sept. 2	Thursday Sept. 3	Friday Sept. 4
Pasta 	Chicken Spinach Tomato Sauce	Smoked Salmon & Spinach Gratin	Sausage Mac & Cheese Gratin	Beef Bolognese Sauce	Carbonara & Mushroom Sauce
	Pasta Tomato Sauce (V)	Pasta Tomato Sauce (V)	Pasta Tomato Sauce (V)	Pasta Tomato Sauce (V)	Pasta Tomato Sauce (V)
	Salmon Arugula White Pizza	Sausage & Veggies Pizza	Chicken & Mushroom Big Pizza Slice	Calzone Pizza (Ham & Cheese)	BBQ Chicken
	Pizza Margherita (V)	Pizza Margherita (V)	Pizza Margherita (V)	Pizza Margherita (V)	Pizza Margherita (V)
WOK 	Beef Stir-Fried Wide Noodles with Egg & Tomato Soup	Soy-Braised Pork & Tomato with Rice & Vegetables	Soy-Glazed Chicken with Rice & Vegetables	Sweet-and-Sour Fish Fillet with Rice & Vegetables	Chicken in Chili, Rice & Vegetables
Noodles	Honey Roasted Duck with Noodles	Noodles with Scallion Oil & Fried Chicken	Yuxiang Shredded Pork with Noodles	Duck Vermicelli Soup	Green-Pepper Pork with Dried Tofu Noodle Soup
	Soy Glazed Chicken Leg, Fried Rice, Steamed Eggplant	Meatball Gratin, Cauliflower Gratin, BBQ Roasted Potato Cubes	Chicken Thigh Puttanesca, Roasted Potato, Green Peas & Carrots	Kimchi Bacon Fried Rice, Sunny Side Egg, Broccoli	Beef Roast, BBQ Sauce, Mashed Potatoes, Corn & Yellow Carrots
	Couscous, Chickpea Caponata, Sunny Side Up Egg	Herb Frittata, Spanish-Style Spiced Potatoes, Mixed Leaf Salad with Arugula	Vegetarian Chili, Nachos, Yogurt Sauce	Indian-Style Broccoli & Cauliflower Masala, Purple Rice & Samosa	Vegetable- Mushroom Lasagna, Steamed Broccoli with Lemon Zest
	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet
	Tex-Mex-Style Poke Bowl: Chicken Popcorn, White Rice, Bell Peppers, Corn, Mozzarella Cheese, Zucchini	Arctic Poke Bowl: Smoked Salmon, White Rice, Pickled Red Radish, Beet Root, Cucumber, Seaweed	Korean Poke Bowl: Beef Stripes, Purple Rice, Kimchi, Pickled Cucumber, Spinach, Avocado	Power Poke Bowl: Fried Tofu, Brown Rice, Pickled Ginger, Cherry Tomatoes, Sweet White Radish, Avocado	Ponzu Poke Bowl: Fresh Tuna, Barley/ Rice, Bean Sprouts, Pickled Cucumber, Avocado, Pineapple, Carrot Stipes
Poke Bowl					
Sandwich	Sandwich Bar	Sandwich Bar	Sandwich Bar	Sandwich Bar	Sandwich Bar
Soup	Sausage & Cabbage Soup	Creamy Noodle & Chicken Soup	Tomato Soup with Mini Meatballs	Sour-Style Tomato & Chickpea Soup with Minced Beef	Barley and Bacon Soup
	Carrot cake	Lemon Tart	New York Cheese Cake	Marble Cake	Austrian-Style Chocolate Apricot Cake
Dessert					

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A La Carte Menu

WEEK 3	Monday Sept. 7	Tuesday Sept. 8	Wednesday Sept. 9	Thursday Sept. 10	Friday: Full Steam Ahead Sept. 11 
 Pasta 	Bacon & Elbow Pasta Gratin	Chicken Broccoli Cream Sauce	Beef-Pasta Bake	Chicken Bolognese Sauce	Pulled Pork & Tomato Sauce
	Pasta Tomato Sauce (V)	Pasta Tomato Sauce (V)	Pasta Tomato Sauce (V)	Pasta Tomato Sauce (V)	Pasta Tomato Sauce (V)
	Chicken Pesto Broccoli Cherry Tomato Pizza	Hawaiian-Style Pizza	Mini Chicken Sausage & Bell Pepper Pizza Big Slice	Anchovy Pizza. Cherry Tomato, Black Olives	Cajun Beef & Bell Pepper and Corn Pizza
	Pizza Margherita (V)	Pizza Margherita (V)	Pizza Margherita (V)	Pizza Margherita (V)	Pizza Margherita (V)
 WOK 	Soy-Braised Pork with Egg over Rice	Salt-Pepper Crispy Fish Fillet over Rice	Wok-Sautéed Diced Duck in Savory Sauce over Rice	Braised Pork Meatball with Seasoned Vegetable Rice	Beef Curry Rice
	Pan-Seared Duck Breast Noodles	Hand-Pulled Beef Noodle Soup	Stir-Fried Shredded Pork with Green Pepper & Dried Tofu Noodle Soup	Stir-Fried Chicken Slices with Asparagus Lettuce & Mushroom Noodle Soup	Soy-Braised Pork Chop Noodle Soup
 FLAME	Grilled Filipino-Style Chicken Leg, Volcanic-Style Rice, Cucumber Salad	Grilled Sausage Ring, Onion Gravy, Potato Bake	Breaded Ham-Cheese Stuffed Chicken Cutlet, Creamy Dill Potato, Glazed Carrots	Roasted Lamb Skewer, Yogurt-Herb Sauce, Flatbread, Turkish-Style Couscous, Farmer-Style Salad	<u>Steamed Salmon with Vegetables, Wild Rice, Lemon & Herbs Vinaigrette</u>
 HARVEST  FRESH	Vegetarian Burrito, Beans & Corn, Rice with Pico De Gallo Salsa	Japanese-Style Vegetable Savory Pancake, Spicy Fermented Vegetable Rice, Crab-Flavored Seafood Salad	Quinoa Burger with Avocado, Sweet Potato wedges, Beet root salad with lentils	Ratatouille Frittata with Green Salsa, Turmeric-Spiced Couscous	Stir-Fried Thai-Style Rice Noodles with Soft-Fried Egg
	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet
 SUB  Poke Bowl  Sandwich  Soup  Dessert	Mama Mia Poke Bowl: Ground Sausage, Anti Pasti, Tomato & Mozzarella, Pickled Fennel	Mediterranean Poke Bowl: Grilled Chicken, Quinoa, Feta Cheese, Cherry Tomatoes, Olives, Cucumber, Artichokes	Miso Poke Bowl: Seared Black-Sesame-Crusted Tuna, White Rice, Broccoli, Pickled Carrots & White Radish, Seaweed, Watermelon	Jamaica Poke Bowl: Jerk Chicken, Brown Rice, Black Beans, Banana Chips, Coleslaw	Gochujang Poke Bowl: Spicy Salmon, Purple Rice, Pickled Cabbage & Onions, Edame Beans, Over easy egg
	Sandwich Bar	Sandwich Bar	Sandwich Bar	Sandwich Bar	Sandwich Bar
	Mushroom & Miso Soup with Chicken	Pumpkin Soup & Sausage	Beef Goulash Soup	Mushroom Cream Soup & Ham	Moroccan Chickpea Soup with Chicken
	Apple-Filled Flaky Pastry	Banana chocolate cake	New York cheese cake	Custard Cream Puff Pastry	Bread pudding

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WEEK 4	Monday Sept. 14	Tuesday Sept. 15	Wednesday Sept. 16	Thursday Sept. 17	Friday Sept. 18
Pasta 	Chicken Caprese Gratin	Bacon Spicy Tomato Sauce	Beef Bolognese	Chicken Tikka Masala Sauce	Salmon & Dill Sauce Gratin with Broccoli
	Pasta Tomato Sauce (V)	Pasta Tomato Sauce (V)	Pasta Tomato Sauce (V)	Pasta Tomato Sauce (V)	Pasta Tomato Sauce (V)
	Hot Dog & Bell Pepper Pizza	Smoked Salmon & Broccoli Pizza	Peperoni & Bell Pepper Pizza Big Slice	Ground Beef & Corn Pizza	BBQ Chicken Pizza
	Pizza Margherita (V)	Pizza Margherita (V)	Pizza Margherita (V)	Pizza Margherita (V)	Pizza Margherita (V)
WOK 	Pork-Vegetable Tofu-Skin Parcels Rice	Scallion-Sauce Diced Chicken Rice	Spicy Wok-Roasted Diced Duck Rice	Sweet-Sour Crispy Sole Fillet Rice	Soy-Braised Chicken & Mushroom Rice
	Slow-Simmered Duck Vermicelli Soup	Spicy-Savory Shredded Pork Noodle Soup	Beef Brisket & White Radish Noodle Soup	Salt-Pepper Crispy Chicken Strips Noodle Soup	Spicy-Chili Steamed Fish Fillet Noodle Soup
	Deep Fried Chicken Nuggets, Potato Wedges, Coleslaw	Greek Pork Meatballs with Feta, Oregano Baked Potato Wedges, Greek-Style Green Leaf Salad	Soy-Glazed Chicken Leg, Stir-Fried Indonesian-Style Rice, Asian Leafy Greens & Mushrooms	Beef Nachos, Sour Cream and Mexican Tomato Salsa, Cheese Sauce	Pork Chop with Succotash, Mashed Potato with Herbs, Baked Bell Peppers
	Moroccan Couscous with Mixed Vegetables, Chickpea & Samosa	Zucchini Fritter Pancakes, Yogurt-Herb Sauce, Mixed Roasted Potatoes, Tomato Salad	Mediterranean Egg Bake, Halloumi- Chickpea & Tomato Salad with Mint	Stuffed Vegetable Pasta Parcels, Cucumber Salad with Sour Cream, Dill Potatoes	Pita Goat Cheese, Roasted Sweet Potato & Red Beetroot, Yogurt Dip
	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet
SUB licious savor every bite	Octopus Poke Bowl: Grilled Octopus, Seasoned White Rice, Wasabi-Flavored Peas, Pickled Winter Squash, Seaweed	Korean-Style Poke Bowl: Marinated Beef Cubes, Brown Rice, Spicy Radish, Edamame Beans, Pickled Zucchini, Alfalfa Sprouts	Scandinavian-Style Poke Bowl: Salmon, Wild Rice, Pickled Dill-Cucumber & Beetroot	Cuban-Style Poke Bowl: Slow-Braised Pork Loin, Rice & Beans, Corn, Avocado Cubes, Tomato-Onion-Coriander Salsa	Vietnamese-Style Poke Bowl: Tofu Patties, White Rice, Radish, Carrots, Cucumber, Mint-Herb Salad, Spicy-Lime Dressing
	Sandwich Bar	Sandwich Bar	Sandwich Bar	Sandwich Bar	Sandwich Bar
	Cajun Pork Tomato Soup	Thick Onion Soup, Melted Cheese Bread	Bean Soup & Sausage	Pickled Cucumber-Dill Salmon Soup	Beef Goulash Soup
	Carrot cake	Milk Rice with Cinammon Sugar	Egg Tart	Churros	Crepe

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A La Carte Menu

WEEK 5	Monday Sept. 21	Tuesday Sept. 22	Wednesday Sept. 23	Thursday Sept. 24	Friday Sept. 25
Pasta OSTERIA pizza & pasta Pizza	Ham & Mushroom Gratin	Pesto with Grilled Chicken Breast	Beef Lasagna	Alpler-Style Macaroni Casserole with Potato, Ham & Bacon	
	Pasta Tomato Sauce (V)	Pasta Tomato Sauce (V)	Pasta Tomato Sauce (V)	Pasta Tomato Sauce (V)	
	Chicken-Cream-Broccoli Pizza	Greek Pizza, Beef, Feta, Black Olive	Spicy Smoked Sausage & Spicy Green Chili Big-Slice Pizza	Chicken & Eggplant Pizza	
	Pizza Margherita (V)	Pizza Margherita (V)	Pizza Margherita (V)	Pizza Margherita (V)	
WOK CHINESE FLAVORS Noodles	Cumin-Roasted Duck-Strips Rice	Fermented-Black-Bean Steamed Fish Rice	Soy-Braised Beef-Brisket & Potato Rice	Sour-Broth Crispy Pork Strips over Rice	
	Dumpling Soup with Seaweed & Egg Strips	Spicy Diced Chicken Noodle Soup	Oyster-Sauce Duck-Slices Noodle Soup	Spicy Braised Chicken Wide Hand-Cut Noodle Soup	
	Portuguese-Style Chicken Leg, Garlic/Paprika Roasted Potato, Broccoli & Cherry Tomatoes	Crispy Pork Cutlet Sandwich with Tartar Sauce, Crinkle French Fries, Cucumber Salad	Spiced Yoghurt Chicken with Chickpeas and Eggplant, Couscous	Baked Beef Brisket with Horseradish Cream Sauce, Potato Wedges, glazed Carrots & Corn	
	Turkish-Style Chickpea-Tomato Wrap with Spiced Sumac Onions	Puff-Pastry Shell, French-Style Potato Salad with Dijon-Style Mustard & Fine Herbs, Grilled Tomato	California-Style Seafood Rice Roll, Marinated Cucumber Salad, Crispy Fried Pastry Chips	Ratatouille Frittata with Green Salsa, Turmeric-Spiced Couscous	
	Salad Buffet	Salad Buffet	Salad Buffet	Salad Buffet	
 licious savor every bite Poke Bowl Sandwich Soup	Soy-Glazed Salmon Poke Bowl, Salmon Cubes, Purple Rice, Avocado, Pickled Cabbage, Cucumber	Mexican-Style Poke Bowl, Grilled Chicken Breast, Mexican Rice, Corn, Tomato Salsa, Spicy Green Chili, Cheese, Bell Pepper	Texas-Style Poke Bowl: Pulled Pork, White Rice & Kidney Beans, Pickled Carrots, Radish	Ahi-Style Tuna Poke Bowl, Fresh Tuna, Quinoa, Edamame Beans, Mango, Pickled Onions	
	Sandwich Bar	Sandwich Bar	Sandwich Bar	Sandwich Bar	
	Seaweed & Salmon Soup	Carrot-Ginger Soup with Chicken	Tomato Soup with Beef Meatballs	Cauliflower Cream Soup with Chicken	
	Banana Bread	Mango Mousse	Chocolate Tart	Apple-Rose Flaky Pastry	

Happy
Mid-Autumn
Festival!

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A La Carte Menu

WEEK 6	Monday Sept. 28	Tuesday Sept. 29	Wednesday Sept. 30	Thursday Oct. 1	Friday Oct. 2
	Spicy-Smoked-Sausage & Sun-Dried Tomato Gratin	Chicken Alfredo Sauce	Swiss Elbow Gratin with Minced Beef & Apple Puree	Happy Golden Week!	
	Pasta Tomato Sauce (V)	Pasta Tomato Sauce (V)	Pasta Tomato Sauce (V)		
	Tuna & Olive, Onion Pizza	Four Cheese Pizza Slice	Pepperoni Large-Slice Pizza		
	Pizza Margherita (V)	Pizza Margherita (V)	Pizza Margherita (V)		
	Soy-Braised Chicken-Vegetable Rice	Soy-Braised Diced Duck Rice	Scallion-Sauce Pork-Chop Rice		
Noodles	Sour-Cowpea Minced-Pork Stir-Fried Rice Noodles	Spicy-Savory Shredded Chicken Noodle Soup	Hand-Pulled Beef Noodle Soup		
	Curried Chicken Thighs with Pineapple, Fragrant Rice, Spiced Green Beans	Apple-Cider-Braised Roasted Pork Shoulder, Potato Gratin	Spiced Grilled Chicken Skewers with Yogurt-Herb Sauce, Flatbread, Oregano-Roasted Potatoes, Cabbage Salad		
	Tomato Coconut Dal, Flatbread, Turmeric Rice, Eggplant Salad	Mixed-Bean Spiced Tortilla Roll, Mexican-Style Salad with Green Chili, Cajun-Spiced Potatoes	Rice-Quinoa-Stuffed Bell Peppers, Roasted Pumpkin & Tomato Salad		
	Salad Buffet	Salad Buffet	Salad Buffet		
	Arctic-Style Poke Bowl: Smoked Salmon, White Rice, Pickled Red Radish, Beetroot, Cucumber, Seaweed	Korean-Style Poke Bowl: Marinated Beef Strips, Purple Rice, Spicy Fermented Cabbage, Pickled Cucumber, Spinach, Avocado	Tex-Mex-Style Poke Bowl: Chicken Popcorn, White Rice, Bell Peppers, Corn, Mozzarella Cheese, Zucchini		
Poke Bowl					
Sandwich	Sandwich Bar	Sandwich Bar	Sandwich Bar		
Soup	Chicken Soup with Wild Rice	Minestrone Soup with Beef	Russian-Style Mixed-Meat Sour Pork Soup		
	Cream-Set Vanilla Dessert	Layer-Butter-Cream Pastry	Lemon-Meringue Mousse Cake		

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A La Carte Menu

WEEK 7	Monday Oct. 5	Tuesday Oct. 6	Wednesday Oct. 7	Thursday Oct. 8	Friday Oct.9
Pasta OSTERIA pizza & pasta Pizza WOK CHINESE FLAVORS Noodles FLAME MEAT & MORE HARVEST Wholesome & Plant Based FRESH market SUBlicious savor every bite Poke Bowl Sandwich Soup JUICE BAR	Happy Golden Week!		Smoked Salmon & Spinach Gratin	Brazilian-Style Chicken Gratin	Hunter-Style Breaded Pork Cutlet Sauce
			Pasta Tomato Sauce (V)	Pasta Tomato Sauce (V)	Pasta Tomato Sauce (V)
			Sausage & Veggies Pizza	Beef Bolognese Pizza	Chicken-Bell-Pepper Stuffed Pizza Pocket
			Pizza Margherita (V)	Pizza Margherita (V)	Pizza Margherita (V)
			Soy-Braised Pork & Tomato with Rice & Vegetables	Sweet-Sour Fish Fillet with Rice & Vegetables	Chicken in Chili, Rice & Vegetables
			Duck Vermicelli Soup	Noodle with Scallion Oil & Fried Pork	Green-Pepper & Dried-Tofu Pork Noodle Soup
			Soy-Glazed Chicken Leg, Fried Rice, Steamed Eggplant	Bacon & Kimchi Fried Rice, Sunny-Side-Up Egg, Garlic Broccoli	Rosemary-Roasted Lamb Leg, Balsamic-Honey Gravy, Mashed Potatoes, Slow-Cooked Mixed-Vegetable Stew
			Herb Frittata, Spicy Roasted Potatoes, Mixed-Leaf Arugula Salad	Onion Tart, Frisee Salad with Mushrooms, Roasted Tomato	Stir-Fried Thai-Style Rice Noodles, Coconut-Creamed Asian Leafy Greens, Over-Easy Egg
			Salad Buffet	Salad Buffet	Salad Buffet
			Korean-Style Poke Bowl: Marinated Beef Strips, Purple Rice, Spicy Fermented Cabbage, Pickled Cucumber, Spinach, Avocado	Power-Style Poke Bowl: Fried Tofu, Brown Rice, Pickled Ginger, Cherry Tomatoes, Sweet Radish, Avocado	Ponzu-Style Poke Bowl: Fresh Tuna, Barley & Rice, Bean Sprouts, Pickled Cucumber, Avocado, Pineapple, Carrot Strips
			Sandwich Bar	Sandwich Bar	Sandwich Bar
			Sausage & Cabbage Soup	Greek Bean Soup with Chicken	Bacon & Cabbage Soup
			Lemon Tart	Salted Caramel Cheese Cake	Butter Madeleine Cake

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