

Hello

It is **Monday, September 29**.  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken Florentine

## Served with

Mashed potato, Sesame greens

## Dessert

Apple puree / custard

# Dinner



## Soup

Potato and leek

## Main

Lemongrass lamb

## Served with

Cream mashed potato, Broccoli and carrots

## Dessert

Treacle

Hello

It is **Tuesday, September 30**.  
Enjoy your texture modified meal.



# Lunch



## Main

Poached chicken with soy and sesame

## Served with

Carrot, rice, Carrot, beans

## Dessert

Citrus mousse

# Dinner



## Soup

Chicken noodle

## Main

Chicken tortellini

## Served with

Brussel sprouts, pumpkin and mashed potato

## Dessert

Peaches and cream

Hello

It is **Wednesday, October 01.**  
Enjoy your texture modified meal.



# Lunch



## Main

Roasted beef /herb bernaise

## Served with

Sesame rice vinegar Cucumber, Mashed duo of potato and buttered peas

## Dessert

Fruit pureed

# Dinner



## Soup

Coconut pumpkin

## Main

Carmelised pepper pork

## Served with

Green beans, carrot and mashed Potato

## Dessert

Mango mousse

Hello

It is Thursday, October 02.  
Enjoy your texture modified meal.



# Lunch



## Main

Pickled pork/ mustard sauce

## Served with

Braised cabbage and rice, Braised cabbage and rice

## Dessert

Nutmeg custard

# Dinner



## Soup

Ham and bean

## Main

Honey soy chicken

## Served with

Asian green, mashed potato

## Dessert

Chocolate mousse

Hello

It is Friday, October 03.  
Enjoy your texture modified meal.



# Lunch



## Main

Lemon and ginger steamed fish

## Served with

Buttered mash, green peas and carrots,  
chips / coleslaw

## Dessert

Mango coconut pudding

# Dinner



## Soup

Green peas and fetta

## Main

Lamb kebabs

## Served with

Peas and carrot, ginger, mashed potato

## Dessert

Duo chocolate custard pots

Hello

It is Saturday, October 04.  
Enjoy your texture modified meal.



# Lunch



## Main

Italian sausage

## Served with

Rice, mixed veg, Mashed potato, peas

## Dessert

Raspberry mousse

# Dinner



## Soup

Beef broth

## Main

Pork stir fry

## Served with

Cauliflower and potato mash, broccoli

## Dessert

Plum and pear pureed

Hello

It is Sunday, October 05.  
Enjoy your texture modified meal.



# Lunch



## Main

Pork

## Served with

Rice, Roast potato, roast pumpkin and beans

## Dessert

Chocolate mousse

# Dinner



## Soup

Chicken and macaroni

## Main

Aromatic beef curry

## Served with

Potato, green peas and corn

## Dessert

Blueberry and mascarpone slice

Hello

It is Monday, October 06.  
Enjoy your texture modified meal.



# Lunch



## Main

Beef

## Served with

Golden potatoes and salad, Bechamel potato, roasted tomato (no skin) and zucchini

## Dessert

Strawberry mango ice cream

# Dinner



## Soup

Green minestrone w/ pesto

## Main

Cheesy scrambled eggs

## Served with

Duo potato mash and peas

## Dessert

Custard

Hello

It is **Tuesday, October 07**.  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Chips and salad, Butter mash, beetroot and peas

## Dessert

Pureed fruits and whipped cream

# Dinner



## Soup

Potato and cheese

## Main

Cantonese beef

## Served with

Creamy polenta, broccoli and corn

## Dessert

Chocolate mousse

Hello

It is **Wednesday, October 08.**  
Enjoy your texture modified meal.



# Lunch



## Main

Lamb

## Served with

Garlic butter potato, beans and broccoli,  
Sesame rice

## Dessert

Banana cream

# Dinner



## Soup

Hungarian cream of mushroom

## Main

Thai pork

## Served with

Sweet potato, cauliflower

## Dessert

Peach pureed

Hello

It is **Thursday, October 09.**  
Enjoy your texture modified meal.



# Lunch



## Main

Sausages

## Served with

Creamy mashed potato, pumpkin and zucchini, Pickled vegetables

## Dessert

Fruit pureed

# Dinner



## Soup

Asian chicken noodle

## Main

Beef croquettes

## Served with

Carrot, potato and broccoli

## Dessert

Mixed berry mousse

Hello

It is Friday, October 10.  
Enjoy your texture modified meal.



# Lunch



## Main

Ginger soy salmon

## Served with

Chips and mixed vegetables, Lemon

## Dessert

Purred fruits and whipped cream

# Dinner



## Soup

Chicken and cauliflower

## Main

Creamy chicken pasta

## Served with

Cous Cous

## Dessert

Pear puree

Hello

It is Saturday, October 11.  
Enjoy your texture modified meal.



# Lunch



## Main

Lamb

## Served with

Lemon potato and beans, Rice

## Dessert

Chocolate mousse

# Dinner



## Soup

Carrot and lentil

## Main

Pork w/ katsu sauce

## Served with

Fragrant rice and Asian medley vegetables

## Dessert

Mango mousse

Hello

It is Sunday, October 12.  
Enjoy your texture modified meal.



# Lunch



## Main

Pork

## Served with

Potato, honey carrots and broccoli, Sesame cucumber and spice rice

## Dessert

Lemon and blackberry frozen yoghurt slice

# Dinner



## Soup

Pumpkin

## Main

Fish

## Served with

Sweet potato mash and crushed peas

## Dessert

Apple pureed

Hello

It is **Monday, October 13.**  
Enjoy your texture modified meal.



# Lunch



## Main

Fish

## Served with

Cabbage, potato and zucchini, Crunch salad / sesame dressing

## Dessert

Chocolate magic cake

# Dinner



## Soup

White bean and sausage

## Main

Chicken

## Served with

Wombok, carrot green bean

## Dessert

Pina colada lush slice

Hello

It is **Tuesday, October 14**.  
Enjoy your texture modified meal.



# Lunch



## Main

Pork

## Served with

Coconut rice,

## Dessert

Berry lemon trifle

# Dinner



## Soup

Broccoli and kale

## Main

Fish

## Served with

Lemon fragrant rice

## Dessert

Baked chocolate cheesecake

Hello

It is **Wednesday, October 15**.  
Enjoy your texture modified meal.



# Lunch



## Main

Turkey

## Served with

Herb butter chat potato, corn and peas,  
Rice

## Dessert

Fruit puree

# Dinner



## Soup

Korma cauliflower

## Main

Beef

## Served with

Mashed potato, broccoli and carrots

## Dessert

Chocolate panna cotta

Hello

It is **Thursday, October 16**.  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Garlic butter-infused rice, Potato and cauliflower Green peas

## Dessert

Carrot cake

# Dinner



## Soup

Rich creamy tomato and basil

## Main

Lamb

## Served with

Beetroot, potato and pumpkin

## Dessert

Strawberry cheesecake

Hello

It is **Friday, October 17**.  
Enjoy your texture modified meal.



# Lunch



## Main

Fish

## Served with

Rice, Roasted smashed potato and mixed greens

## Dessert

Chocolate cake

# Dinner



## Soup

Sweet potato and lentil

## Main

Pork

## Served with

Mashed potato, sweet potato and peas

## Dessert

Honey and coconut panna cotta

Hello

It is Saturday, October 18.  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Rice, Mashed potato, broccoli Carrots

## Dessert

Ginger honey cake

# Dinner



## Soup

Chicken laksa

## Main

Chicken

## Served with

Zucchini, corn and potato

## Dessert

Vanilla mousse / blueberry sauce

Hello

It is Sunday, October 19.  
Enjoy your texture modified meal.



# Lunch



## Main

Beef

## Served with

Rice, Peas, pumpkin, roast potato

## Dessert

Vanilla mango and raspberry slice

# Dinner



## Soup

Pea and ham

## Main

Chicken

## Served with

Peas, zucchini and corn

## Dessert

Mixed berry mousse

Hello

It is Monday, October 20.  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Potato gratin, peas and corn,

## Dessert

Sponge cake

# Dinner



## Soup

Broccoli

## Main

Salmon

## Served with

Cream mash, bean, carrots

## Dessert

Apple pureed

Hello

It is **Tuesday, October 21**.  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Rice, Mixed vegetables

## Dessert

Fruit puree and cream

# Dinner



## Soup

Split pea and mushroom

## Main

Pork

## Served with

Mash potato, peas and Bean

## Dessert

Caramel mousse

Hello

It is **Wednesday, October 22**.  
Enjoy your texture modified meal.



# Lunch



## Main

Pork

## Served with

Rice, Zucchini, carrot

## Dessert

Strawberry mousse

# Dinner



## Soup

Minestrone

## Main

Chicken

## Served with

Hokkien noodles

## Dessert

custard

Hello

It is Thursday, October 23.  
Enjoy your texture modified meal.



# Lunch



## Main

Beef

## Served with

Rice, Broccoli, pumpkin

## Dessert

Upside-down pineapple cake

# Dinner



## Soup

Beef vegetable

## Main

Pork

## Served with

Rice, corn, wombok

## Dessert

Fruit puree

Hello

It is **Friday, October 24.**  
Enjoy your texture modified meal.



# Lunch



## Main

Fish

## Served with

Rice, Potato, peas and pumpkin

## Dessert

Vanilla pannacotta

# Dinner



## Soup

French onion

## Main

Lamb

## Served with

Roast vegetable mix

## Dessert

Chocolate pudding

Hello

It is Saturday, October 25.  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Rice, Chilli mango pieces

## Dessert

Tiramisu

# Dinner



## Soup

Pumpkin

## Main

Chicken

## Served with

Mashed potato, peas, pumpkin

## Dessert

Fruit puree

Hello

It is Sunday, October 26.  
Enjoy your texture modified meal.



# Lunch



## Main

Beef

## Served with

Rice, Roast potato and veg medley

## Dessert

Summer pudding

# Dinner



## Soup

Cream of vegetable

## Main

Pork

## Served with

Vermicelli noodles

## Dessert

Chocolate ripple cake

Hello

It is **Monday, October 27**.  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken Florentine

## Served with

Mashed potato, Sesame greens

## Dessert

Apple puree / custard

# Dinner



## Soup

Potato and leek

## Main

Lemongrass lamb

## Served with

Cream mashed potato, Broccoli and carrots

## Dessert

Treacle

Hello

It is **Tuesday, October 28**.  
Enjoy your texture modified meal.



# Lunch



## **Main**

Poached chicken with soy and sesame

## **Served with**

Carrot, rice, Carrot, beans

## **Dessert**

Citrus mousse

# Dinner



## **Soup**

Chicken noodle

## **Main**

Chicken tortellini

## **Served with**

Brussel sprouts, pumpkin and mashed potato

## **Dessert**

Peaches and cream

Hello

It is **Wednesday, October 29.**  
Enjoy your texture modified meal.



# Lunch



## Main

Roasted beef /herb bernaise

## Served with

Sesame rice vinegar Cucumber, Mashed  
duo of potato and buttered peas

## Dessert

Fruit pureed

# Dinner



## Soup

Coconut pumpkin

## Main

Carmelised pepper pork

## Served with

Green beans, carrot and mashed Potato

## Dessert

Mango mousse

Hello

It is Thursday, October 30.  
Enjoy your texture modified meal.



# Lunch



## Main

Pickled pork/ mustard sauce

## Served with

Braised cabbage and rice, Braised cabbage and rice

## Dessert

Nutmeg custard

# Dinner



## Soup

Ham and bean

## Main

Honey soy chicken

## Served with

Asian green, mashed potato

## Dessert

Chocolate mousse

Hello

It is Friday, October 31.  
Enjoy your texture modified meal.



# Lunch



## Main

Lemon and ginger steamed fish

## Served with

Buttered mash, green peas and carrots,  
chips / coleslaw

## Dessert

Mango coconut pudding

# Dinner



## Soup

Green peas and fetta

## Main

Lamb kebabs

## Served with

Peas and carrot, ginger, mashed potato

## Dessert

Duo chocolate custard pots

Hello

It is Saturday, November 01.  
Enjoy your texture modified meal.



# Lunch



## Main

Italian sausage

## Served with

Rice, mixed veg, Mashed potato, peas

## Dessert

Raspberry mousse

# Dinner



## Soup

Beef broth

## Main

Pork stir fry

## Served with

Cauliflower and potato mash, broccoli

## Dessert

Plum and pear pureed

Hello

It is **Sunday, November 02.**  
Enjoy your texture modified meal.



# Lunch



## Main

Pork

## Served with

Rice, Roast potato, roast pumpkin and beans

## Dessert

Chocolate mousse

# Dinner



## Soup

Chicken and macaroni

## Main

Aromatic beef curry

## Served with

Potato, green peas and corn

## Dessert

Blueberry and mascarpone slice

Hello

It is **Monday, November 03.**  
Enjoy your texture modified meal.



# Lunch



## Main

Beef

## Served with

Golden potatoes and salad, Bechamel potato, roasted tomato (no skin) and zucchini

## Dessert

Strawberry mango ice cream

# Dinner



## Soup

Green minestrone w/ pesto

## Main

Cheesy scrambled eggs

## Served with

Duo potato mash and peas

## Dessert

Custard

Hello

It is **Tuesday, November 04.**  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Chips and salad, Butter mash, beetroot and peas

## Dessert

Pureed fruits and whipped cream

# Dinner



## Soup

Potato and cheese

## Main

Cantonese beef

## Served with

Creamy polenta, broccoli and corn

## Dessert

Chocolate mousse

Hello

It is **Wednesday, November 05.**

Enjoy your texture modified meal.



# Lunch



## Main

Lamb

## Served with

Garlic butter potato, beans and broccoli,  
Sesame rice

## Dessert

Banana cream

# Dinner



## Soup

Hungarian cream of mushroom

## Main

Thai pork

## Served with

Sweet potato, cauliflower

## Dessert

Peach pureed

Hello

It is **Thursday, November 06**.  
Enjoy your texture modified meal.



# Lunch



## Main

Sausages

## Served with

Creamy mashed potato, pumpkin and zucchini, Pickled vegetables

## Dessert

Fruit pureed

# Dinner



## Soup

Asian chicken noodle

## Main

Beef croquettes

## Served with

Carrot, potato and broccoli

## Dessert

Mixed berry mousse

Hello

It is **Friday, November 07.**  
Enjoy your texture modified meal.



# Lunch



## Main

Ginger soy salmon

## Served with

Chips and mixed vegetables, Lemon

## Dessert

Purred fruits and whipped cream

# Dinner



## Soup

Chicken and cauliflower

## Main

Creamy chicken pasta

## Served with

Cous Cous

## Dessert

Pear puree

Hello

It is Saturday, November 08.  
Enjoy your texture modified meal.



# Lunch



## Main

Lamb

## Served with

Lemon potato and beans, Rice

## Dessert

Chocolate mousse

# Dinner



## Soup

Carrot and lentil

## Main

Pork w/ katsu sauce

## Served with

Fragrant rice and Asian medley vegetables

## Dessert

Mango mousse

Hello

It is **Sunday, November 09**.  
Enjoy your texture modified meal.



# Lunch



## Main

Pork

## Served with

Potato, honey carrots and broccoli, Sesame cucumber and spice rice

## Dessert

Lemon and blackberry frozen yoghurt slice

# Dinner



## Soup

Pumpkin

## Main

Fish

## Served with

Sweet potato mash and crushed peas

## Dessert

Apple pureed

Hello

It is **Monday, November 10.**  
Enjoy your texture modified meal.



# Lunch



## Main

Fish

## Served with

Cabbage, potato and zucchini, Crunch salad / sesame dressing

## Dessert

Chocolate magic cake

# Dinner



## Soup

White bean and sausage

## Main

Chicken

## Served with

Wombok, carrot green bean

## Dessert

Pina colada lush slice

Hello

It is **Tuesday, November 11**.  
Enjoy your texture modified meal.



# Lunch



## Main

Pork

## Served with

Coconut rice,

## Dessert

Berry lemon trifle

# Dinner



## Soup

Broccoli and kale

## Main

Fish

## Served with

Lemon fragrant rice

## Dessert

Baked chocolate cheesecake

Hello

It is **Wednesday, November 12.**  
Enjoy your texture modified meal.



# Lunch



## Main

Turkey

## Served with

Herb butter chat potato, corn and peas,  
Rice

## Dessert

Fruit puree

# Dinner



## Soup

Korma cauliflower

## Main

Beef

## Served with

Mashed potato, broccoli and carrots

## Dessert

Chocolate panna cotta

Hello

It is **Thursday, November 13**.  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Garlic butter-infused rice, Potato and cauliflower Green peas

## Dessert

Carrot cake

# Dinner



## Soup

Rich creamy tomato and basil

## Main

Lamb

## Served with

Beetroot, potato and pumpkin

## Dessert

Strawberry cheesecake

Hello

It is **Friday, November 14**.  
Enjoy your texture modified meal.



# Lunch



## Main

Fish

## Served with

Rice, Roasted smashed potato and mixed greens

## Dessert

Chocolate cake

# Dinner



## Soup

Sweet potato and lentil

## Main

Pork

## Served with

Mashed potato, sweet potato and peas

## Dessert

Honey and coconut panna cotta

Hello

It is Saturday, November 15.  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Rice, Mashed potato, broccoli Carrots

## Dessert

Ginger honey cake

# Dinner



## Soup

Chicken laksa

## Main

Chicken

## Served with

Zucchini, corn and potato

## Dessert

Vanilla mousse / blueberry sauce

Hello

It is **Sunday, November 16**.  
Enjoy your texture modified meal.



# Lunch



## Main

Beef

## Served with

Rice, Peas, pumpkin, roast potato

## Dessert

Vanilla mango and raspberry slice

# Dinner



## Soup

Pea and ham

## Main

Chicken

## Served with

Peas, zucchini and corn

## Dessert

Mixed berry mousse

Hello

It is **Monday, November 17**.  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Potato gratin, peas and corn,

## Dessert

Sponge cake

# Dinner



## Soup

Broccoli

## Main

Salmon

## Served with

Cream mash, bean, carrots

## Dessert

Apple pureed

Hello

It is **Tuesday, November 18**.  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Rice, Mixed vegetables

## Dessert

Fruit puree and cream

# Dinner



## Soup

Split pea and mushroom

## Main

Pork

## Served with

Mash potato, peas and Bean

## Dessert

Caramel mousse

Hello

It is **Wednesday, November 19.**

Enjoy your texture modified meal.



# Lunch



## Main

Pork

## Served with

Rice, Zucchini, carrot

## Dessert

Strawberry mousse

# Dinner



## Soup

Minestrone

## Main

Chicken

## Served with

Hokkien noodles

## Dessert

custard

Hello

It is Thursday, November 20.  
Enjoy your texture modified meal.



# Lunch



## Main

Beef

## Served with

Rice, Broccoli, pumpkin

## Dessert

Upside-down pineapple cake

# Dinner



## Soup

Beef vegetable

## Main

Pork

## Served with

Rice, corn, wombok

## Dessert

Fruit puree

Hello

It is **Friday, November 21**.  
Enjoy your texture modified meal.



# Lunch



## Main

Fish

## Served with

Rice, Potato, peas and pumpkin

## Dessert

Vanilla pannacotta

# Dinner



## Soup

French onion

## Main

Lamb

## Served with

Roast vegetable mix

## Dessert

Chocolate pudding

Hello

It is Saturday, November 22.  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Rice, Chilli mango pieces

## Dessert

Tiramisu

# Dinner



## Soup

Pumpkin

## Main

Chicken

## Served with

Mashed potato, peas, pumpkin

## Dessert

Fruit puree

Hello

It is Sunday, November 23.  
Enjoy your texture modified meal.



# Lunch



## Main

Beef

## Served with

Rice, Roast potato and veg medley

## Dessert

Summer pudding

# Dinner



## Soup

Cream of vegetable

## Main

Pork

## Served with

Vermicelli noodles

## Dessert

Chocolate ripple cake

Hello

It is **Monday, November 24**.  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken Florentine

## Served with

Mashed potato, Sesame greens

## Dessert

Apple puree / custard

# Dinner



## Soup

Potato and leek

## Main

Lemongrass lamb

## Served with

Cream mashed potato, Broccoli and carrots

## Dessert

Treacle

Hello

It is **Tuesday, November 25.**  
Enjoy your texture modified meal.



# Lunch



## **Main**

Poached chicken with soy and sesame

## **Served with**

Carrot, rice, Carrot, beans

## **Dessert**

Citrus mousse

# Dinner



## **Soup**

Chicken noodle

## **Main**

Chicken tortellini

## **Served with**

Brussel sprouts, pumpkin and mashed potato

## **Dessert**

Peaches and cream

Hello

It is **Wednesday, November 26.**  
Enjoy your texture modified meal.



# Lunch



## Main

Roasted beef /herb bernaise

## Served with

Sesame rice vinegar Cucumber, Mashed duo of potato and buttered peas

## Dessert

Fruit pureed

# Dinner



## Soup

Coconut pumpkin

## Main

Carmelised pepper pork

## Served with

Green beans, carrot and mashed Potato

## Dessert

Mango mousse

Hello

It is Thursday, November 27.  
Enjoy your texture modified meal.



# Lunch



## Main

Pickled pork/ mustard sauce

## Served with

Braised cabbage and rice, Braised cabbage and rice

## Dessert

Nutmeg custard

# Dinner



## Soup

Ham and bean

## Main

Honey soy chicken

## Served with

Asian green, mashed potato

## Dessert

Chocolate mousse

Hello

It is **Friday, November 28**.  
Enjoy your texture modified meal.



# Lunch



## Main

Lemon and ginger steamed fish

## Served with

Buttered mash, green peas and carrots,  
chips / coleslaw

## Dessert

Mango coconut pudding

# Dinner



## Soup

Green peas and fetta

## Main

Lamb kebabs

## Served with

Peas and carrot, ginger, mashed potato

## Dessert

Duo chocolate custard pots

Hello

It is Saturday, November 29.  
Enjoy your texture modified meal.



# Lunch



## Main

Italian sausage

## Served with

Rice, mixed veg, Mashed potato, peas

## Dessert

Raspberry mousse

# Dinner



## Soup

Beef broth

## Main

Pork stir fry

## Served with

Cauliflower and potato mash, broccoli

## Dessert

Plum and pear pureed

Hello

It is **Sunday, November 30.**  
Enjoy your texture modified meal.



# Lunch



## Main

Pork

## Served with

Rice, Roast potato, roast pumpkin and beans

## Dessert

Chocolate mousse

# Dinner



## Soup

Chicken and macaroni

## Main

Aromatic beef curry

## Served with

Potato, green peas and corn

## Dessert

Blueberry and mascarpone slice

Hello

It is **Monday, December 01.**  
Enjoy your texture modified meal.



# Lunch



## Main

Beef

## Served with

Golden potatoes and salad, Bechamel potato, roasted tomato (no skin) and zucchini

## Dessert

Strawberry mango ice cream

# Dinner



## Soup

Green minestrone w/ pesto

## Main

Cheesy scrambled eggs

## Served with

Duo potato mash and peas

## Dessert

Custard

Hello

It is **Tuesday, December 02.**  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Chips and salad, Butter mash, beetroot and peas

## Dessert

Pureed fruits and whipped cream

# Dinner



## Soup

Potato and cheese

## Main

Cantonese beef

## Served with

Creamy polenta, broccoli and corn

## Dessert

Chocolate mousse

Hello

It is **Wednesday, December 03.**

Enjoy your texture modified meal.



# Lunch



## Main

Lamb

## Served with

Garlic butter potato, beans and broccoli,  
Sesame rice

## Dessert

Banana cream

# Dinner



## Soup

Hungarian cream of mushroom

## Main

Thai pork

## Served with

Sweet potato, cauliflower

## Dessert

Peach pureed

Hello

It is **Thursday, December 04.**  
Enjoy your texture modified meal.



# Lunch



## Main

Sausages

## Served with

Creamy mashed potato, pumpkin and zucchini, Pickled vegetables

## Dessert

Fruit pureed

# Dinner



## Soup

Asian chicken noodle

## Main

Beef croquettes

## Served with

Carrot, potato and broccoli

## Dessert

Mixed berry mousse

Hello

It is Friday, December 05.  
Enjoy your texture modified meal.



# Lunch



## Main

Ginger soy salmon

## Served with

Chips and mixed vegetables, Lemon

## Dessert

Purred fruits and whipped cream

# Dinner



## Soup

Chicken and cauliflower

## Main

Creamy chicken pasta

## Served with

Cous Cous

## Dessert

Pear puree

Hello

It is Saturday, December 06.  
Enjoy your texture modified meal.



# Lunch



## Main

Lamb

## Served with

Lemon potato and beans, Rice

## Dessert

Chocolate mousse

# Dinner



## Soup

Carrot and lentil

## Main

Pork w/ katsu sauce

## Served with

Fragrant rice and Asian medley vegetables

## Dessert

Mango mousse

Hello

It is **Sunday, December 07**.  
Enjoy your texture modified meal.



# Lunch



## Main

Pork

## Served with

Potato, honey carrots and broccoli, Sesame cucumber and spice rice

## Dessert

Lemon and blackberry frozen yoghurt slice

# Dinner



## Soup

Pumpkin

## Main

Fish

## Served with

Sweet potato mash and crushed peas

## Dessert

Apple pureed

Hello

It is **Monday, December 08.**  
Enjoy your texture modified meal.



# Lunch



## Main

Fish

## Served with

Cabbage, potato and zucchini, Crunch salad / sesame dressing

## Dessert

Chocolate magic cake

# Dinner



## Soup

White bean and sausage

## Main

Chicken

## Served with

Wombok, carrot green bean

## Dessert

Pina colada lush slice

Hello

It is **Tuesday, December 09.**  
Enjoy your texture modified meal.



# Lunch



## Main

Pork

## Served with

Coconut rice,

## Dessert

Berry lemon trifle

# Dinner



## Soup

Broccoli and kale

## Main

Fish

## Served with

Lemon fragrant rice

## Dessert

Baked chocolate cheesecake

Hello

It is **Wednesday, December 10.**  
Enjoy your texture modified meal.



# Lunch



## Main

Turkey

## Served with

Herb butter chat potato, corn and peas,  
Rice

## Dessert

Fruit puree

# Dinner



## Soup

Korma cauliflower

## Main

Beef

## Served with

Mashed potato, broccoli and carrots

## Dessert

Chocolate panna cotta

Hello

It is **Thursday, December 11**.  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Garlic butter-infused rice, Potato and cauliflower Green peas

## Dessert

Carrot cake

# Dinner



## Soup

Rich creamy tomato and basil

## Main

Lamb

## Served with

Beetroot, potato and pumpkin

## Dessert

Strawberry cheesecake

Hello

It is **Friday, December 12**.  
Enjoy your texture modified meal.



# Lunch



## Main

Fish

## Served with

Rice, Roasted smashed potato and mixed greens

## Dessert

Chocolate cake

# Dinner



## Soup

Sweet potato and lentil

## Main

Pork

## Served with

Mashed potato, sweet potato and peas

## Dessert

Honey and coconut panna cotta

Hello

It is Saturday, December 13.  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Rice, Mashed potato, broccoli Carrots

## Dessert

Ginger honey cake

# Dinner



## Soup

Chicken laksa

## Main

Chicken

## Served with

Zucchini, corn and potato

## Dessert

Vanilla mousse / blueberry sauce

Hello

It is **Sunday, December 14.**  
Enjoy your texture modified meal.



# Lunch



## Main

Beef

## Served with

Rice, Peas, pumpkin, roast potato

## Dessert

Vanilla mango and raspberry slice

# Dinner



## Soup

Pea and ham

## Main

Chicken

## Served with

Peas, zucchini and corn

## Dessert

Mixed berry mousse

Hello

It is **Monday, December 15**.  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Potato gratin, peas and corn,

## Dessert

Sponge cake

# Dinner



## Soup

Broccoli

## Main

Salmon

## Served with

Cream mash, bean, carrots

## Dessert

Apple pureed

Hello

It is **Tuesday, December 16**.  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Rice, Mixed vegetables

## Dessert

Fruit puree and cream

# Dinner



## Soup

Split pea and mushroom

## Main

Pork

## Served with

Mash potato, peas and Bean

## Dessert

Caramel mousse

Hello

It is **Wednesday, December 17.**

Enjoy your texture modified meal.



# Lunch



## Main

Pork

## Served with

Rice, Zucchini, carrot

## Dessert

Strawberry mousse

# Dinner



## Soup

Minestrone

## Main

Chicken

## Served with

Hokkien noodles

## Dessert

custard

Hello

It is **Thursday, December 18**.  
Enjoy your texture modified meal.



# Lunch



## Main

Beef

## Served with

Rice, Broccoli, pumpkin

## Dessert

Upside-down pineapple cake

# Dinner



## Soup

Beef vegetable

## Main

Pork

## Served with

Rice, corn, wombok

## Dessert

Fruit puree

Hello

It is **Friday, December 19**.  
Enjoy your texture modified meal.



# Lunch



## Main

Fish

## Served with

Rice, Potato, peas and pumpkin

## Dessert

Vanilla pannacotta

# Dinner



## Soup

French onion

## Main

Lamb

## Served with

Roast vegetable mix

## Dessert

Chocolate pudding

Hello

It is Saturday, December 20.  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Rice, Chilli mango pieces

## Dessert

Tiramisu

# Dinner



## Soup

Pumpkin

## Main

Chicken

## Served with

Mashed potato, peas, pumpkin

## Dessert

Fruit puree

Hello

It is **Sunday, December 21**.  
Enjoy your texture modified meal.



# Lunch



## Main

Beef

## Served with

Rice, Roast potato and veg medley

## Dessert

Summer pudding

# Dinner



## Soup

Cream of vegetable

## Main

Pork

## Served with

Vermicelli noodles

## Dessert

Chocolate ripple cake

Hello

It is **Monday, December 22.**  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken Florentine

## Served with

Mashed potato, Sesame greens

## Dessert

Apple puree / custard

# Dinner



## Soup

Potato and leek

## Main

Lemongrass lamb

## Served with

Cream mashed potato, Broccoli and carrots

## Dessert

Treacle

Hello

It is **Tuesday, December 23.**  
Enjoy your texture modified meal.



# Lunch



## **Main**

Poached chicken with soy and sesame

## **Served with**

Carrot, rice, Carrot, beans

## **Dessert**

Citrus mousse

# Dinner



## **Soup**

Chicken noodle

## **Main**

Chicken tortellini

## **Served with**

Brussel sprouts, pumpkin and mashed potato

## **Dessert**

Peaches and cream

Hello

It is Wednesday, December 24.

Enjoy your texture modified meal.



# Lunch



## Main

Roasted beef /herb bernaise

## Served with

Sesame rice vinegar Cucumber, Mashed duo of potato and buttered peas

## Dessert

Fruit pureed

# Dinner



## Soup

Coconut pumpkin

## Main

Carmelised pepper pork

## Served with

Green beans, carrot and mashed Potato

## Dessert

Mango mousse

Hello

It is Thursday, December 25.  
Enjoy your texture modified meal.



# Lunch



## Main

Pickled pork/ mustard sauce

## Served with

Braised cabbage and rice, Braised cabbage and rice

## Dessert

Nutmeg custard

# Dinner



## Soup

Ham and bean

## Main

Honey soy chicken

## Served with

Asian green, mashed potato

## Dessert

Chocolate mousse

Hello

It is **Friday, December 26**.  
Enjoy your texture modified meal.



# Lunch



## Main

Lemon and ginger steamed fish

## Served with

Buttered mash, green peas and carrots,  
chips / coleslaw

## Dessert

Mango coconut pudding

# Dinner



## Soup

Green peas and fetta

## Main

Lamb kebabs

## Served with

Peas and carrot, ginger, mashed potato

## Dessert

Duo chocolate custard pots

Hello

It is Saturday, December 27.  
Enjoy your texture modified meal.



# Lunch



## Main

Italian sausage

## Served with

Rice, mixed veg, Mashed potato, peas

## Dessert

Raspberry mousse

# Dinner



## Soup

Beef broth

## Main

Pork stir fry

## Served with

Cauliflower and potato mash, broccoli

## Dessert

Plum and pear pureed

Hello

It is **Sunday, December 28.**  
Enjoy your texture modified meal.



# Lunch



## Main

Pork

## Served with

Rice, Roast potato, roast pumpkin and beans

## Dessert

Chocolate mousse

# Dinner



## Soup

Chicken and macaroni

## Main

Aromatic beef curry

## Served with

Potato, green peas and corn

## Dessert

Blueberry and mascarpone slice

Hello

It is **Monday, December 29.**  
Enjoy your texture modified meal.



# Lunch



## Main

Beef

## Served with

Golden potatoes and salad, Bechamel potato, roasted tomato (no skin) and zucchini

## Dessert

Strawberry mango ice cream

# Dinner



## Soup

Green minestrone w/ pesto

## Main

Cheesy scrambled eggs

## Served with

Duo potato mash and peas

## Dessert

Custard

Hello

It is **Tuesday, December 30.**  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Chips and salad, Butter mash, beetroot and peas

## Dessert

Pureed fruits and whipped cream

# Dinner



## Soup

Potato and cheese

## Main

Cantonese beef

## Served with

Creamy polenta, broccoli and corn

## Dessert

Chocolate mousse

Hello

It is **Wednesday, December 31**.  
Enjoy your texture modified meal.



# Lunch



## Main

Lamb

## Served with

Garlic butter potato, beans and broccoli,  
Sesame rice

## Dessert

Banana cream

# Dinner



## Soup

Hungarian cream of mushroom

## Main

Thai pork

## Served with

Sweet potato, cauliflower

## Dessert

Peach pureed

Hello

It is **Thursday, January 01**.  
Enjoy your texture modified meal.



# Lunch



## Main

Sausages

## Served with

Creamy mashed potato, pumpkin and zucchini, Pickled vegetables

## Dessert

Fruit pureed

# Dinner



## Soup

Asian chicken noodle

## Main

Beef croquettes

## Served with

Carrot, potato and broccoli

## Dessert

Mixed berry mousse

Hello

It is **Friday, January 02**.  
Enjoy your texture modified meal.



# Lunch



## Main

Ginger soy salmon

## Served with

Chips and mixed vegetables, Lemon

## Dessert

Purred fruits and whipped cream

# Dinner



## Soup

Chicken and cauliflower

## Main

Creamy chicken pasta

## Served with

Cous Cous

## Dessert

Pear puree

Hello

It is Saturday, January 03.  
Enjoy your texture modified meal.



# Lunch



## Main

Lamb

## Served with

Lemon potato and beans, Rice

## Dessert

Chocolate mousse

# Dinner



## Soup

Carrot and lentil

## Main

Pork w/ katsu sauce

## Served with

Fragrant rice and Asian medley vegetables

## Dessert

Mango mousse

Hello

It is **Sunday, January 04**.  
Enjoy your texture modified meal.



# Lunch



## Main

Pork

## Served with

Potato, honey carrots and broccoli, Sesame cucumber and spice rice

## Dessert

Lemon and blackberry frozen yoghurt slice

# Dinner



## Soup

Pumpkin

## Main

Fish

## Served with

Sweet potato mash and crushed peas

## Dessert

Apple pureed

Hello

It is **Monday, January 05**.  
Enjoy your texture modified meal.



# Lunch



## Main

Fish

## Served with

Cabbage, potato and zucchini, Crunch salad / sesame dressing

## Dessert

Chocolate magic cake

# Dinner



## Soup

White bean and sausage

## Main

Chicken

## Served with

Wombok, carrot green bean

## Dessert

Pina colada lush slice

Hello

It is **Tuesday, January 06**.  
Enjoy your texture modified meal.



# Lunch



## Main

Pork

## Served with

Coconut rice,

## Dessert

Berry lemon trifle

# Dinner



## Soup

Broccoli and kale

## Main

Fish

## Served with

Lemon fragrant rice

## Dessert

Baked chocolate cheesecake

Hello

It is **Wednesday, January 07.**  
Enjoy your texture modified meal.



# Lunch



## Main

Turkey

## Served with

Herb butter chat potato, corn and peas,  
Rice

## Dessert

Fruit puree

# Dinner



## Soup

Korma cauliflower

## Main

Beef

## Served with

Mashed potato, broccoli and carrots

## Dessert

Chocolate panna cotta

Hello

It is **Thursday, January 08.**  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Garlic butter-infused rice, Potato and cauliflower Green peas

## Dessert

Carrot cake

# Dinner



## Soup

Rich creamy tomato and basil

## Main

Lamb

## Served with

Beetroot, potato and pumpkin

## Dessert

Strawberry cheesecake

Hello

It is **Friday, January 09**.  
Enjoy your texture modified meal.



# Lunch



## Main

Fish

## Served with

Rice, Roasted smashed potato and mixed greens

## Dessert

Chocolate cake

# Dinner



## Soup

Sweet potato and lentil

## Main

Pork

## Served with

Mashed potato, sweet potato and peas

## Dessert

Honey and coconut panna cotta

Hello

It is Saturday, January 10.  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Rice, Mashed potato, broccoli Carrots

## Dessert

Ginger honey cake

# Dinner



## Soup

Chicken laksa

## Main

Chicken

## Served with

Zucchini, corn and potato

## Dessert

Vanilla mousse / blueberry sauce

Hello

It is Sunday, January 11.  
Enjoy your texture modified meal.



# Lunch



## Main

Beef

## Served with

Rice, Peas, pumpkin, roast potato

## Dessert

Vanilla mango and raspberry slice

# Dinner



## Soup

Pea and ham

## Main

Chicken

## Served with

Peas, zucchini and corn

## Dessert

Mixed berry mousse

Hello

It is **Monday, January 12.**  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Potato gratin, peas and corn,

## Dessert

Sponge cake

# Dinner



## Soup

Broccoli

## Main

Salmon

## Served with

Cream mash, bean, carrots

## Dessert

Apple pureed

Hello

It is **Tuesday, January 13**.  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Rice, Mixed vegetables

## Dessert

Fruit puree and cream

# Dinner



## Soup

Split pea and mushroom

## Main

Pork

## Served with

Mash potato, peas and Bean

## Dessert

Caramel mousse

Hello

It is **Wednesday, January 14**.  
Enjoy your texture modified meal.



# Lunch



## Main

Pork

## Served with

Rice, Zucchini, carrot

## Dessert

Strawberry mousse

# Dinner



## Soup

Minestrone

## Main

Chicken

## Served with

Hokkien noodles

## Dessert

custard

Hello

It is **Thursday, January 15**.  
Enjoy your texture modified meal.



# Lunch



## Main

Beef

## Served with

Rice, Broccoli, pumpkin

## Dessert

Upside-down pineapple cake

# Dinner



## Soup

Beef vegetable

## Main

Pork

## Served with

Rice, corn, wombok

## Dessert

Fruit puree

Hello

It is **Friday, January 16**.  
Enjoy your texture modified meal.



# Lunch



## Main

Fish

## Served with

Rice, Potato, peas and pumpkin

## Dessert

Vanilla pannacotta

# Dinner



## Soup

French onion

## Main

Lamb

## Served with

Roast vegetable mix

## Dessert

Chocolate pudding

Hello

It is Saturday, January 17.  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Rice, Chilli mango pieces

## Dessert

Tiramisu

# Dinner



## Soup

Pumpkin

## Main

Chicken

## Served with

Mashed potato, peas, pumpkin

## Dessert

Fruit puree

Hello

It is Sunday, January 18.  
Enjoy your texture modified meal.



# Lunch



## Main

Beef

## Served with

Rice, Roast potato and veg medley

## Dessert

Summer pudding

# Dinner



## Soup

Cream of vegetable

## Main

Pork

## Served with

Vermicelli noodles

## Dessert

Chocolate ripple cake

Hello

It is **Monday, January 19**.  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken Florentine

## Served with

Mashed potato, Sesame greens

## Dessert

Apple puree / custard

# Dinner



## Soup

Potato and leek

## Main

Lemongrass lamb

## Served with

Cream mashed potato, Broccoli and carrots

## Dessert

Treacle

Hello

It is **Tuesday, January 20.**  
Enjoy your texture modified meal.



# Lunch



## Main

Poached chicken with soy and sesame

## Served with

Carrot, rice, Carrot, beans

## Dessert

Citrus mousse

# Dinner



## Soup

Chicken noodle

## Main

Chicken tortellini

## Served with

Brussel sprouts, pumpkin and mashed potato

## Dessert

Peaches and cream

Hello

It is **Wednesday, January 21**.  
Enjoy your texture modified meal.



# Lunch



## Main

Roasted beef /herb bernaise

## Served with

Sesame rice vinegar Cucumber, Mashed duo of potato and buttered peas

## Dessert

Fruit pureed

# Dinner



## Soup

Coconut pumpkin

## Main

Carmelised pepper pork

## Served with

Green beans, carrot and mashed Potato

## Dessert

Mango mousse

Hello

It is **Thursday, January 22.**  
Enjoy your texture modified meal.



# Lunch



## Main

Pickled pork/ mustard sauce

## Served with

Braised cabbage and rice, Braised cabbage and rice

## Dessert

Nutmeg custard

# Dinner



## Soup

Ham and bean

## Main

Honey soy chicken

## Served with

Asian green, mashed potato

## Dessert

Chocolate mousse

Hello

It is **Friday, January 23**.  
Enjoy your texture modified meal.



# Lunch



## Main

Lemon and ginger steamed fish

## Served with

Buttered mash, green peas and carrots,  
chips / coleslaw

## Dessert

Mango coconut pudding

# Dinner



## Soup

Green peas and fetta

## Main

Lamb kebabs

## Served with

Peas and carrot, ginger, mashed potato

## Dessert

Duo chocolate custard pots

Hello

It is Saturday, January 24.  
Enjoy your texture modified meal.



# Lunch



## Main

Italian sausage

## Served with

Rice, mixed veg, Mashed potato, peas

## Dessert

Raspberry mousse

# Dinner



## Soup

Beef broth

## Main

Pork stir fry

## Served with

Cauliflower and potato mash, broccoli

## Dessert

Plum and pear pureed

Hello

It is **Sunday, January 25.**  
Enjoy your texture modified meal.



# Lunch



## Main

Pork

## Served with

Rice, Roast potato, roast pumpkin and beans

## Dessert

Chocolate mousse

# Dinner



## Soup

Chicken and macaroni

## Main

Aromatic beef curry

## Served with

Potato, green peas and corn

## Dessert

Blueberry and mascarpone slice

Hello

It is **Monday, January 26**.  
Enjoy your texture modified meal.



# Lunch



## Main

Beef

## Served with

Golden potatoes and salad, Bechamel potato, roasted tomato (no skin) and zucchini

## Dessert

Strawberry mango ice cream

# Dinner



## Soup

Green minestrone w/ pesto

## Main

Cheesy scrambled eggs

## Served with

Duo potato mash and peas

## Dessert

Custard

Hello

It is **Tuesday, January 27**.  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Chips and salad, Butter mash, beetroot and peas

## Dessert

Pureed fruits and whipped cream

# Dinner



## Soup

Potato and cheese

## Main

Cantonese beef

## Served with

Creamy polenta, broccoli and corn

## Dessert

Chocolate mousse

Hello

It is **Wednesday, January 28.**  
Enjoy your texture modified meal.



# Lunch



## Main

Lamb

## Served with

Garlic butter potato, beans and broccoli,  
Sesame rice

## Dessert

Banana cream

# Dinner



## Soup

Hungarian cream of mushroom

## Main

Thai pork

## Served with

Sweet potato, cauliflower

## Dessert

Peach pureed

Hello

It is **Thursday, January 29.**  
Enjoy your texture modified meal.



# Lunch



## Main

Sausages

## Served with

Creamy mashed potato, pumpkin and zucchini, Pickled vegetables

## Dessert

Fruit pureed

# Dinner



## Soup

Asian chicken noodle

## Main

Beef croquettes

## Served with

Carrot, potato and broccoli

## Dessert

Mixed berry mousse

Hello

It is **Friday, January 30**.  
Enjoy your texture modified meal.



# Lunch



## Main

Ginger soy salmon

## Served with

Chips and mixed vegetables, Lemon

## Dessert

Purred fruits and whipped cream

# Dinner



## Soup

Chicken and cauliflower

## Main

Creamy chicken pasta

## Served with

Cous Cous

## Dessert

Pear puree

Hello

It is Saturday, January 31.  
Enjoy your texture modified meal.



# Lunch



## Main

Lamb

## Served with

Lemon potato and beans, Rice

## Dessert

Chocolate mousse

# Dinner



## Soup

Carrot and lentil

## Main

Pork w/ katsu sauce

## Served with

Fragrant rice and Asian medley vegetables

## Dessert

Mango mousse

Hello

It is Sunday, February 01.  
Enjoy your texture modified meal.



# Lunch



## Main

Pork

## Served with

Potato, honey carrots and broccoli, Sesame cucumber and spice rice

## Dessert

Lemon and blackberry frozen yoghurt slice

# Dinner



## Soup

Pumpkin

## Main

Fish

## Served with

Sweet potato mash and crushed peas

## Dessert

Apple pureed

Hello

It is **Monday, February 02.**  
Enjoy your texture modified meal.



# Lunch



## Main

Fish

## Served with

Cabbage, potato and zucchini, Crunch salad / sesame dressing

## Dessert

Chocolate magic cake

# Dinner



## Soup

White bean and sausage

## Main

Chicken

## Served with

Wombok, carrot green bean

## Dessert

Pina colada lush slice

Hello

It is **Tuesday, February 03.**  
Enjoy your texture modified meal.



# Lunch



## Main

Pork

## Served with

Coconut rice,

## Dessert

Berry lemon trifle

# Dinner



## Soup

Broccoli and kale

## Main

Fish

## Served with

Lemon fragrant rice

## Dessert

Baked chocolate cheesecake

Hello

It is **Wednesday, February 04**.  
Enjoy your texture modified meal.



# Lunch



## Main

Turkey

## Served with

Herb butter chat potato, corn and peas,  
Rice

## Dessert

Fruit puree

# Dinner



## Soup

Korma cauliflower

## Main

Beef

## Served with

Mashed potato, broccoli and carrots

## Dessert

Chocolate panna cotta

Hello

It is **Thursday, February 05**.  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Garlic butter-infused rice, Potato and cauliflower Green peas

## Dessert

Carrot cake

# Dinner



## Soup

Rich creamy tomato and basil

## Main

Lamb

## Served with

Beetroot, potato and pumpkin

## Dessert

Strawberry cheesecake

Hello

It is **Friday, February 06**.  
Enjoy your texture modified meal.



# Lunch



## Main

Fish

## Served with

Rice, Roasted smashed potato and mixed greens

## Dessert

Chocolate cake

# Dinner



## Soup

Sweet potato and lentil

## Main

Pork

## Served with

Mashed potato, sweet potato and peas

## Dessert

Honey and coconut panna cotta

Hello

It is Saturday, February 07.  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Rice, Mashed potato, broccoli Carrots

## Dessert

Ginger honey cake

# Dinner



## Soup

Chicken laksa

## Main

Chicken

## Served with

Zucchini, corn and potato

## Dessert

Vanilla mousse / blueberry sauce

Hello

It is Sunday, February 08.  
Enjoy your texture modified meal.



# Lunch



## Main

Beef

## Served with

Rice, Peas, pumpkin, roast potato

## Dessert

Vanilla mango and raspberry slice

# Dinner



## Soup

Pea and ham

## Main

Chicken

## Served with

Peas, zucchini and corn

## Dessert

Mixed berry mousse

Hello

It is **Monday, February 09.**  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Potato gratin, peas and corn,

## Dessert

Sponge cake

# Dinner



## Soup

Broccoli

## Main

Salmon

## Served with

Cream mash, bean, carrots

## Dessert

Apple pureed

Hello

It is **Tuesday, February 10.**  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Rice, Mixed vegetables

## Dessert

Fruit puree and cream

# Dinner



## Soup

Split pea and mushroom

## Main

Pork

## Served with

Mash potato, peas and Bean

## Dessert

Caramel mousse

Hello

It is **Wednesday, February 11.**  
Enjoy your texture modified meal.



# Lunch



## Main

Pork

## Served with

Rice, Zucchini, carrot

## Dessert

Strawberry mousse

# Dinner



## Soup

Minestrone

## Main

Chicken

## Served with

Hokkien noodles

## Dessert

custard

Hello

It is **Thursday, February 12**.  
Enjoy your texture modified meal.



# Lunch



## Main

Beef

## Served with

Rice, Broccoli, pumpkin

## Dessert

Upside-down pineapple cake

# Dinner



## Soup

Beef vegetable

## Main

Pork

## Served with

Rice, corn, wombok

## Dessert

Fruit puree

Hello

It is **Friday, February 13**.  
Enjoy your texture modified meal.



# Lunch



## Main

Fish

## Served with

Rice, Potato, peas and pumpkin

## Dessert

Vanilla pannacotta

# Dinner



## Soup

French onion

## Main

Lamb

## Served with

Roast vegetable mix

## Dessert

Chocolate pudding

Hello

It is Saturday, February 14.  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Rice, Chilli mango pieces

## Dessert

Tiramisu

# Dinner



## Soup

Pumpkin

## Main

Chicken

## Served with

Mashed potato, peas, pumpkin

## Dessert

Fruit puree

Hello

It is Sunday, February 15.  
Enjoy your texture modified meal.



# Lunch



## Main

Beef

## Served with

Rice, Roast potato and veg medley

## Dessert

Summer pudding

# Dinner



## Soup

Cream of vegetable

## Main

Pork

## Served with

Vermicelli noodles

## Dessert

Chocolate ripple cake

Hello

It is **Monday, February 16**.  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken Florentine

## Served with

Mashed potato, Sesame greens

## Dessert

Apple puree / custard

# Dinner



## Soup

Potato and leek

## Main

Lemongrass lamb

## Served with

Cream mashed potato, Broccoli and carrots

## Dessert

Treacle

Hello

It is **Tuesday, February 17**.  
Enjoy your texture modified meal.



# Lunch



## Main

Poached chicken with soy and sesame

## Served with

Carrot, rice, Carrot, beans

## Dessert

Citrus mousse

# Dinner



## Soup

Chicken noodle

## Main

Chicken tortellini

## Served with

Brussel sprouts, pumpkin and mashed potato

## Dessert

Peaches and cream

Hello

It is **Wednesday, February 18**.  
Enjoy your texture modified meal.



# Lunch



## Main

Roasted beef /herb bernaise

## Served with

Sesame rice vinegar Cucumber, Mashed duo of potato and buttered peas

## Dessert

Fruit pureed

# Dinner



## Soup

Coconut pumpkin

## Main

Carmelised pepper pork

## Served with

Green beans, carrot and mashed Potato

## Dessert

Mango mousse

Hello

It is **Thursday, February 19**.  
Enjoy your texture modified meal.



# Lunch



## Main

Pickled pork/ mustard sauce

## Served with

Braised cabbage and rice, Braised cabbage and rice

## Dessert

Nutmeg custard

# Dinner



## Soup

Ham and bean

## Main

Honey soy chicken

## Served with

Asian green, mashed potato

## Dessert

Chocolate mousse

Hello

It is **Friday, February 20**.  
Enjoy your texture modified meal.



# Lunch



## Main

Lemon and ginger steamed fish

## Served with

Buttered mash, green peas and carrots,  
chips / coleslaw

## Dessert

Mango coconut pudding

# Dinner



## Soup

Green peas and fetta

## Main

Lamb kebabs

## Served with

Peas and carrot, ginger, mashed potato

## Dessert

Duo chocolate custard pots

Hello

It is Saturday, February 21.  
Enjoy your texture modified meal.



# Lunch



## Main

Italian sausage

## Served with

Rice, mixed veg, Mashed potato, peas

## Dessert

Raspberry mousse

# Dinner



## Soup

Beef broth

## Main

Pork stir fry

## Served with

Cauliflower and potato mash, broccoli

## Dessert

Plum and pear pureed

Hello

It is **Sunday, February 22**.  
Enjoy your texture modified meal.



# Lunch



## Main

Pork

## Served with

Rice, Roast potato, roast pumpkin and beans

## Dessert

Chocolate mousse

# Dinner



## Soup

Chicken and macaroni

## Main

Aromatic beef curry

## Served with

Potato, green peas and corn

## Dessert

Blueberry and mascarpone slice

Hello

It is **Monday, February 23.**  
Enjoy your texture modified meal.



# Lunch



## Main

Beef

## Served with

Golden potatoes and salad, Bechamel potato, roasted tomato (no skin) and zucchini

## Dessert

Strawberry mango ice cream

# Dinner



## Soup

Green minestrone w/ pesto

## Main

Cheesy scrambled eggs

## Served with

Duo potato mash and peas

## Dessert

Custard

Hello

It is **Tuesday, February 24**.  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Chips and salad, Butter mash, beetroot and peas

## Dessert

Pureed fruits and whipped cream

# Dinner



## Soup

Potato and cheese

## Main

Cantonese beef

## Served with

Creamy polenta, broccoli and corn

## Dessert

Chocolate mousse

Hello

It is **Wednesday, February 25**.  
Enjoy your texture modified meal.



# Lunch



## Main

Lamb

## Served with

Garlic butter potato, beans and broccoli,  
Sesame rice

## Dessert

Banana cream

# Dinner



## Soup

Hungarian cream of mushroom

## Main

Thai pork

## Served with

Sweet potato, cauliflower

## Dessert

Peach pureed

Hello

It is Thursday, February 26.  
Enjoy your texture modified meal.



# Lunch



## Main

Sausages

## Served with

Creamy mashed potato, pumpkin and zucchini, Pickled vegetables

## Dessert

Fruit pureed

# Dinner



## Soup

Asian chicken noodle

## Main

Beef croquettes

## Served with

Carrot, potato and broccoli

## Dessert

Mixed berry mousse

Hello

It is **Friday, February 27**.  
Enjoy your texture modified meal.



# Lunch



## Main

Ginger soy salmon

## Served with

Chips and mixed vegetables, Lemon

## Dessert

Purred fruits and whipped cream

# Dinner



## Soup

Chicken and cauliflower

## Main

Creamy chicken pasta

## Served with

Cous Cous

## Dessert

Pear puree

Hello

It is Saturday, February 28.  
Enjoy your texture modified meal.



# Lunch



## Main

Lamb

## Served with

Lemon potato and beans, Rice

## Dessert

Chocolate mousse

# Dinner



## Soup

Carrot and lentil

## Main

Pork w/ katsu sauce

## Served with

Fragrant rice and Asian medley vegetables

## Dessert

Mango mousse

Hello

It is **Sunday, March 01.**  
Enjoy your texture modified meal.



# Lunch



## Main

Pork

## Served with

Potato, honey carrots and broccoli, Sesame cucumber and spice rice

## Dessert

Lemon and blackberry frozen yoghurt slice

# Dinner



## Soup

Pumpkin

## Main

Fish

## Served with

Sweet potato mash and crushed peas

## Dessert

Apple pureed

Hello

It is **Monday, March 02**.  
Enjoy your texture modified meal.



# Lunch



## Main

Fish

## Served with

Cabbage, potato and zucchini, Crunch salad / sesame dressing

## Dessert

Chocolate magic cake

# Dinner



## Soup

White bean and sausage

## Main

Chicken

## Served with

Wombok, carrot green bean

## Dessert

Pina colada lush slice

Hello

It is **Tuesday, March 03**.  
Enjoy your texture modified meal.



# Lunch



## Main

Pork

## Served with

Coconut rice,

## Dessert

Berry lemon trifle

# Dinner



## Soup

Broccoli and kale

## Main

Fish

## Served with

Lemon fragrant rice

## Dessert

Baked chocolate cheesecake

Hello

It is **Wednesday, March 04.**  
Enjoy your texture modified meal.



# Lunch



## Main

Turkey

## Served with

Herb butter chat potato, corn and peas,  
Rice

## Dessert

Fruit puree

# Dinner



## Soup

Korma cauliflower

## Main

Beef

## Served with

Mashed potato, broccoli and carrots

## Dessert

Chocolate panna cotta

Hello

It is **Thursday, March 05.**  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Garlic butter-infused rice, Potato and cauliflower Green peas

## Dessert

Carrot cake

# Dinner



## Soup

Rich creamy tomato and basil

## Main

Lamb

## Served with

Beetroot, potato and pumpkin

## Dessert

Strawberry cheesecake

Hello

It is **Friday, March 06.**  
Enjoy your texture modified meal.



# Lunch



## Main

Fish

## Served with

Rice, Roasted smashed potato and mixed greens

## Dessert

Chocolate cake

# Dinner



## Soup

Sweet potato and lentil

## Main

Pork

## Served with

Mashed potato, sweet potato and peas

## Dessert

Honey and coconut panna cotta

Hello

It is Saturday, March 07.  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Rice, Mashed potato, broccoli Carrots

## Dessert

Ginger honey cake

# Dinner



## Soup

Chicken laksa

## Main

Chicken

## Served with

Zucchini, corn and potato

## Dessert

Vanilla mousse / blueberry sauce

Hello

It is **Sunday, March 08.**  
Enjoy your texture modified meal.



# Lunch



## Main

Beef

## Served with

Rice, Peas, pumpkin, roast potato

## Dessert

Vanilla mango and raspberry slice

# Dinner



## Soup

Pea and ham

## Main

Chicken

## Served with

Peas, zucchini and corn

## Dessert

Mixed berry mousse

Hello

It is **Monday, March 09.**  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Potato gratin, peas and corn,

## Dessert

Sponge cake

# Dinner



## Soup

Broccoli

## Main

Salmon

## Served with

Cream mash, bean, carrots

## Dessert

Apple pureed

Hello

It is **Tuesday, March 10.**  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Rice, Mixed vegetables

## Dessert

Fruit puree and cream

# Dinner



## Soup

Split pea and mushroom

## Main

Pork

## Served with

Mash potato, peas and Bean

## Dessert

Caramel mousse

Hello

It is **Wednesday, March 11**.  
Enjoy your texture modified meal.



# Lunch



## Main

Pork

## Served with

Rice, Zucchini, carrot

## Dessert

Strawberry mousse

# Dinner



## Soup

Minestrone

## Main

Chicken

## Served with

Hokkien noodles

## Dessert

custard

Hello

It is **Thursday, March 12**.  
Enjoy your texture modified meal.



# Lunch



## Main

Beef

## Served with

Rice, Broccoli, pumpkin

## Dessert

Upside-down pineapple cake

# Dinner



## Soup

Beef vegetable

## Main

Pork

## Served with

Rice, corn, wombok

## Dessert

Fruit puree

Hello

It is **Friday, March 13.**  
Enjoy your texture modified meal.



# Lunch



## Main

Fish

## Served with

Rice, Potato, peas and pumpkin

## Dessert

Vanilla pannacotta

# Dinner



## Soup

French onion

## Main

Lamb

## Served with

Roast vegetable mix

## Dessert

Chocolate pudding

Hello

It is Saturday, March 14.  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Rice, Chilli mango pieces

## Dessert

Tiramisu

# Dinner



## Soup

Pumpkin

## Main

Chicken

## Served with

Mashed potato, peas, pumpkin

## Dessert

Fruit puree

Hello

It is **Sunday, March 15.**  
Enjoy your texture modified meal.



# Lunch



## Main

Beef

## Served with

Rice, Roast potato and veg medley

## Dessert

Summer pudding

# Dinner



## Soup

Cream of vegetable

## Main

Pork

## Served with

Vermicelli noodles

## Dessert

Chocolate ripple cake

Hello

It is **Monday, March 16.**  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken Florentine

## Served with

Mashed potato, Sesame greens

## Dessert

Apple puree / custard

# Dinner



## Soup

Potato and leek

## Main

Lemongrass lamb

## Served with

Cream mashed potato, Broccoli and carrots

## Dessert

Treacle

Hello

It is **Tuesday, March 17.**  
Enjoy your texture modified meal.



# Lunch



## Main

Poached chicken with soy and sesame

## Served with

Carrot, rice, Carrot, beans

## Dessert

Citrus mousse

# Dinner



## Soup

Chicken noodle

## Main

Chicken tortellini

## Served with

Brussel sprouts, pumpkin and mashed potato

## Dessert

Peaches and cream

Hello

It is **Wednesday, March 18.**  
Enjoy your texture modified meal.



# Lunch



## Main

Roasted beef /herb bernaise

## Served with

Sesame rice vinegar Cucumber, Mashed  
duo of potato and buttered peas

## Dessert

Fruit pureed

# Dinner



## Soup

Coconut pumpkin

## Main

Carmelised pepper pork

## Served with

Green beans, carrot and mashed Potato

## Dessert

Mango mousse

Hello

It is **Thursday, March 19**.  
Enjoy your texture modified meal.



# Lunch



## Main

Pickled pork/ mustard sauce

## Served with

Braised cabbage and rice, Braised cabbage and rice

## Dessert

Nutmeg custard

# Dinner



## Soup

Ham and bean

## Main

Honey soy chicken

## Served with

Asian green, mashed potato

## Dessert

Chocolate mousse

Hello

It is **Friday, March 20.**  
Enjoy your texture modified meal.



# Lunch



## Main

Lemon and ginger steamed fish

## Served with

Buttered mash, green peas and carrots,  
chips / coleslaw

## Dessert

Mango coconut pudding

# Dinner



## Soup

Green peas and fetta

## Main

Lamb kebabs

## Served with

Peas and carrot, ginger, mashed potato

## Dessert

Duo chocolate custard pots

Hello

It is Saturday, March 21.  
Enjoy your texture modified meal.



# Lunch



## Main

Italian sausage

## Served with

Rice, mixed veg, Mashed potato, peas

## Dessert

Raspberry mousse

# Dinner



## Soup

Beef broth

## Main

Pork stir fry

## Served with

Cauliflower and potato mash, broccoli

## Dessert

Plum and pear pureed

Hello

It is **Sunday, March 22.**  
Enjoy your texture modified meal.



# Lunch



## Main

Pork

## Served with

Rice, Roast potato, roast pumpkin and beans

## Dessert

Chocolate mousse

# Dinner



## Soup

Chicken and macaroni

## Main

Aromatic beef curry

## Served with

Potato, green peas and corn

## Dessert

Blueberry and mascarpone slice

Hello

It is **Monday, March 23.**  
Enjoy your texture modified meal.



# Lunch



## Main

Beef

## Served with

Golden potatoes and salad, Bechamel potato, roasted tomato (no skin) and zucchini

## Dessert

Strawberry mango ice cream

# Dinner



## Soup

Green minestrone w/ pesto

## Main

Cheesy scrambled eggs

## Served with

Duo potato mash and peas

## Dessert

Custard

Hello

It is **Tuesday, March 24**.  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Chips and salad, Butter mash, beetroot and peas

## Dessert

Pureed fruits and whipped cream

# Dinner



## Soup

Potato and cheese

## Main

Cantonese beef

## Served with

Creamy polenta, broccoli and corn

## Dessert

Chocolate mousse

Hello

It is **Wednesday, March 25**.  
Enjoy your texture modified meal.



# Lunch



## Main

Lamb

## Served with

Garlic butter potato, beans and broccoli,  
Sesame rice

## Dessert

Banana cream

# Dinner



## Soup

Hungarian cream of mushroom

## Main

Thai pork

## Served with

Sweet potato, cauliflower

## Dessert

Peach pureed

Hello

It is **Thursday, March 26**.  
Enjoy your texture modified meal.



# Lunch



## Main

Sausages

## Served with

Creamy mashed potato, pumpkin and zucchini, Pickled vegetables

## Dessert

Fruit pureed

# Dinner



## Soup

Asian chicken noodle

## Main

Beef croquettes

## Served with

Carrot, potato and broccoli

## Dessert

Mixed berry mousse

Hello

It is **Friday, March 27.**  
Enjoy your texture modified meal.



# Lunch



## Main

Ginger soy salmon

## Served with

Chips and mixed vegetables, Lemon

## Dessert

Purred fruits and whipped cream

# Dinner



## Soup

Chicken and cauliflower

## Main

Creamy chicken pasta

## Served with

Cous Cous

## Dessert

Pear puree

Hello

It is Saturday, March 28.  
Enjoy your texture modified meal.



# Lunch



## Main

Lamb

## Served with

Lemon potato and beans, Rice

## Dessert

Chocolate mousse

# Dinner



## Soup

Carrot and lentil

## Main

Pork w/ katsu sauce

## Served with

Fragrant rice and Asian medley vegetables

## Dessert

Mango mousse

Hello

It is **Sunday, March 29.**  
Enjoy your texture modified meal.



# Lunch



## Main

Pork

## Served with

Potato, honey carrots and broccoli, Sesame cucumber and spice rice

## Dessert

Lemon and blackberry frozen yoghurt slice

# Dinner



## Soup

Pumpkin

## Main

Fish

## Served with

Sweet potato mash and crushed peas

## Dessert

Apple pureed

Hello

It is **Monday, March 30**.  
Enjoy your texture modified meal.



# Lunch



## Main

Fish

## Served with

Cabbage, potato and zucchini, Crunch salad / sesame dressing

## Dessert

Chocolate magic cake

# Dinner



## Soup

White bean and sausage

## Main

Chicken

## Served with

Wombok, carrot green bean

## Dessert

Pina colada lush slice

Hello

It is **Tuesday, March 31**.  
Enjoy your texture modified meal.



# Lunch



## Main

Pork

## Served with

Coconut rice,

## Dessert

Berry lemon trifle

# Dinner



## Soup

Broccoli and kale

## Main

Fish

## Served with

Lemon fragrant rice

## Dessert

Baked chocolate cheesecake

Hello

It is **Wednesday, April 01**.  
Enjoy your texture modified meal.



# Lunch



## Main

Turkey

## Served with

Herb butter chat potato, corn and peas,  
Rice

## Dessert

Fruit puree

# Dinner



## Soup

Korma cauliflower

## Main

Beef

## Served with

Mashed potato, broccoli and carrots

## Dessert

Chocolate panna cotta

Hello

It is **Thursday, April 02.**  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Garlic butter-infused rice, Potato and cauliflower Green peas

## Dessert

Carrot cake

# Dinner



## Soup

Rich creamy tomato and basil

## Main

Lamb

## Served with

Beetroot, potato and pumpkin

## Dessert

Strawberry cheesecake

Hello

It is **Friday, April 03.**  
Enjoy your texture modified meal.



# Lunch



## Main

Fish

## Served with

Rice, Roasted smashed potato and mixed greens

## Dessert

Chocolate cake

# Dinner



## Soup

Sweet potato and lentil

## Main

Pork

## Served with

Mashed potato, sweet potato and peas

## Dessert

Honey and coconut panna cotta

Hello

It is Saturday, April 04.  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Rice, Mashed potato, broccoli Carrots

## Dessert

Ginger honey cake

# Dinner



## Soup

Chicken laksa

## Main

Chicken

## Served with

Zucchini, corn and potato

## Dessert

Vanilla mousse / blueberry sauce

Hello

It is **Sunday, April 05**.  
Enjoy your texture modified meal.



# Lunch



## Main

Beef

## Served with

Rice, Peas, pumpkin, roast potato

## Dessert

Vanilla mango and raspberry slice

# Dinner



## Soup

Pea and ham

## Main

Chicken

## Served with

Peas, zucchini and corn

## Dessert

Mixed berry mousse

Hello

It is **Monday, April 06**.  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Potato gratin, peas and corn,

## Dessert

Sponge cake

# Dinner



## Soup

Broccoli

## Main

Salmon

## Served with

Cream mash, bean, carrots

## Dessert

Apple pureed

Hello

It is **Tuesday, April 07**.  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Rice, Mixed vegetables

## Dessert

Fruit puree and cream

# Dinner



## Soup

Split pea and mushroom

## Main

Pork

## Served with

Mash potato, peas and Bean

## Dessert

Caramel mousse

Hello

It is **Wednesday, April 08**.  
Enjoy your texture modified meal.



# Lunch



## Main

Pork

## Served with

Rice, Zucchini, carrot

## Dessert

Strawberry mousse

# Dinner



## Soup

Minestrone

## Main

Chicken

## Served with

Hokkien noodles

## Dessert

custard

Hello

It is **Thursday, April 09.**  
Enjoy your texture modified meal.



# Lunch



## Main

Beef

## Served with

Rice, Broccoli, pumpkin

## Dessert

Upside-down pineapple cake

# Dinner



## Soup

Beef vegetable

## Main

Pork

## Served with

Rice, corn, wombok

## Dessert

Fruit puree

Hello

It is **Friday, April 10.**  
Enjoy your texture modified meal.



# Lunch



## Main

Fish

## Served with

Rice, Potato, peas and pumpkin

## Dessert

Vanilla pannacotta

# Dinner



## Soup

French onion

## Main

Lamb

## Served with

Roast vegetable mix

## Dessert

Chocolate pudding

Hello

It is Saturday, April 11.  
Enjoy your texture modified meal.



# Lunch



## Main

Chicken

## Served with

Rice, Chilli mango pieces

## Dessert

Tiramisu

# Dinner



## Soup

Pumpkin

## Main

Chicken

## Served with

Mashed potato, peas, pumpkin

## Dessert

Fruit puree

Hello

It is **Sunday, April 12.**  
Enjoy your texture modified meal.



# Lunch



## Main

Beef

## Served with

Rice, Roast potato and veg medley

## Dessert

Summer pudding

# Dinner



## Soup

Cream of vegetable

## Main

Pork

## Served with

Vermicelli noodles

## Dessert

Chocolate ripple cake