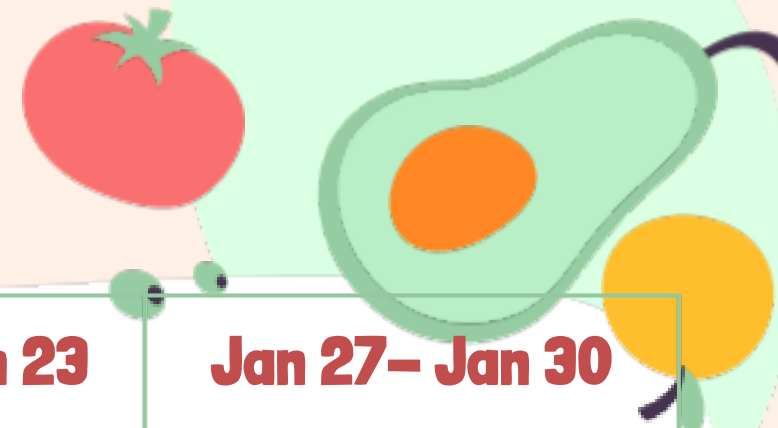




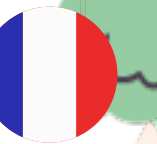
SWISSCANONICA
Gourmet Food

LUNCH MENU



		Jan 06 – Jan 09	Jan 13 – Jan 16	Jan 20 – Jan 23	Jan 27 – Jan 30		
<p>Monday (Beef/Pasta)</p>	<p>Starter Main Course Chef Special Main Vegetarian Main Vegan Dessert</p>	<p>Cheese And Crackers Pepperoni Pizza, Salad of the day Pesto Farfalle Margarita Pizza, Salad of the day Vegan Switch Kebab, Salad of the day, Pita Bread Healthy Sweet</p>	<p>Roasted Courgetti Beef Burger, Sweet Potato Wedges Penne with Broccoli Creamy Sauce Vegetarian Burger, Sweet Potato Wedges Vegan Switch Burger, Sweet Potato Wedges Healthy Sweet</p>	<p>Steamed baby carrots Char Siu Beef with Gravy, Steamed Rice Stir fried Noodles Char Siu Tofu with Vegetables, Steamed Rice Vegetable Stew, Steamed Rice Healthy Sweet</p>	<p>Green Beans Beef Mince Rolls, Tomato Sauce, Rice Ratatouille Ragu, Rice Black Bean Vegetable Goulash, Rice Okra Stew, Rice Healthy Sweet</p>		
	<p>Tuesday (Chicken/Fish)</p>	<p>Starter Main Course Chef Special Main Vegetarian Main Vegan Dessert</p>	<p>Roasted Pumpkin Asian Orange and Honey Chicken, Stir Fry Rice Baked cod Fish, Stir Fry Rice Cauliflower & Chickpea Curry, Stir Fry Rice Asian Sweet & Sour Veggies, Stir Fry Rice Yogurt with Apple Compote</p>	<p>Cherry Tomatoes Glazed Chicken Thighs, Rice Yellow fish Curry, Rice Cauliflower Gratin, Focaccia Bread Stir-fried tofu with vegetables, Steam rice Yogurt with Pear Compote</p>	<p>Sweet Potato Chicken Tagine, Lyonnaise potato Grilled Tilapia, Lyonnaise Potato Chickpeas Moroccan Vegetarian Couscous Vegan Switch Kofta in Tomato Sauce, Tomato Couscous Yogurt with Mango Compote</p>	<p>Steamed Broccoli Homemade Chicken Nuggets, Potato Wedges Honey glazed Salmon, Potato Wedges Parmigiana di Melanzane, Bread Roll Switch Vegan stuffed Baby Marrow, Tomato sauce, Potato Wedges Yogurt with Rock Melon Compote</p>	
		<p>Wednesday (Veggie)</p>	<p>Starter Main Vegetarian Dessert</p>	<p>Steamed Garden Vegetables Pasta Bar served with Choice of Sauce and Grated Cheese Fruit of the Day</p>	<p>Steamed Sweet Corn Pasta Bar served with Choice of Sauce and Grated Cheese Fruit of the Day</p>	<p>Steamed Cauliflower Pasta Bar served with Choice of Sauce and Grated Cheese Fruit of the Day</p>	<p>Carrots and Peas Pasta Bar served with Choice of Sauce and Grated Cheese Fruit of the Day</p>
			<p>Thursday (Theme day)</p>	<p>Starter Country Day Main Vegetarian Main Vegan Dessert</p>	<p>Cron on the Cob Chicken Taco, Beans, Rice Veggie Taco, Beans, Rice Vegan Taco, Beans, Rice Tres Leches</p>	<p>Thai Spring Roll Prawn Green Curry, Thai Sticky Rice Paneer Spring Vegetable, Green Curry, Thai Sticky Rice Vegan Thai Green Curry Coconut Pudding</p>	<p>Steamed Veggie Dumplings Stir Fry Chicken, Jasmine Rice Tofu Stir Fry Vegetables, Jasmine Rice Vegan Chinese Kung Pao Tofu Mango Tapioca Pudding</p>

Soup of the day and salad bar
available daily.



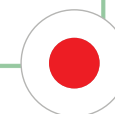


LUNCH MENU

SWISSCANONICA
Gourmet Food

		Feb 03 – Feb 06	Feb 10 – Feb 13	Feb 17 – Feb 20	Feb 24 – Feb 27		
Monday (Beef/Pasta)	Starter Main Course Chef Special Main Vegetarian Main Vegan Dessert	Sweet Corn Braised Beef, Orzo Pasta Hidden vegetables Fusilli Crispy Veggie Balls, Mushroom Sauce, Orzo Beetroot Risotto, Bread Roll Healthy Sweet	Green Peas Meatballs in Tomato Sauce, Mashed potatoes Mac & Cheese Falafel Balls in Tomato Sauce, Mashed Potatoes Vegan Switch Balls, Mashed Potato Healthy Sweet	Cheese And Crackers Pepperoni Pizza, Salad of the day Pesto Farfalle Margarita Pizza, Salad of the day Vegan Switch Kebab, Salad of the day, Pita Bread Healthy Sweet	Roasted Courgetti Beef Burger, Sweet Potato Wedges Penne with Broccoli Creamy Sauce Vegetarian Burger, Sweet Potato Wedges Vegan Switch Burger, Sweet Potato Wedges Healthy Sweet		
	Tuesday (Chicken/Fish)	Starter Main Course Chef Special Main Vegetarian Main Vegan Dessert	Chickpea Hummus with Arabic Bread Broccoli Teriyaki Chicken, Jasmine Sticky Rice Fruit de mar Casserole, Jasmine Rice Teriyaki Tofu, Jasmine Sticky Rice Lentil Stew, Jasmine Sticky Rice Yogurt with Cocktail Compote	Cucumber Sticks Creamy Chicken Stew, Steam Rice Sea bass Fillet, Steam Rice Soya bean Vegetable Stew, Steam Rice Vegan Switch Chili con Carne, Steam rice Yogurt with Strawberry Compote	Roasted Pumpkin Asian Orange and Honey Chicken, Stir Fry Rice Baked cod Fish, Stir Fry Rice Cauliflower & Chickpea Curry, Stir Fry Rice Asian Sweet & Sour Veggies, Stir Fry Rice Yogurt with Apple Compote	Cherry Tomatoes Glazed Chicken Thighs, Rice Yellow fish Curry, Rice Cauliflower Gratin, Focaccia Bread Stir-fried tofu with vegetables, Steam rice Yogurt with Pear Compote	
		Wednesday (Veggie)	Starter Main Vegetarian Dessert	Steamed Cauliflower Pasta Bar served with Choice of Sauce and Grated Cheese Fruit of the Day	Edamame Beans Pasta Bar served with Choice of Sauce and Grated Cheese Fruit of the Day	Steamed Garden Vegetables Pasta Bar served with Choice of Sauce and Grated Cheese Fruit of the Day	Steamed Sweet Corn Pasta Bar served with Choice of Sauce and Grated Cheese Fruit of the Day
			Thursday (Theme day)	Starter Country Day Main Vegetarian Main Vegan Dessert	Papadum with Dal Butter Chicken, Basmati Rice Chickpeas and Cauliflower Curry, Basmati Rice Vegan Kofta Masala, Basmati Rice Gulab Jamun	Japanese Kani Salad Teriyaki Salmon, Japanese Rice Teriyaki Tofu, Japanese Rice Stir Fry Soya Bean, Japanese Rice Matcha Cake	Cron on the Cob Chicken Taco, Beans, Rice Veggie Taco, Beans, Rice Vegan Taco, Beans, Rice Tres Leches

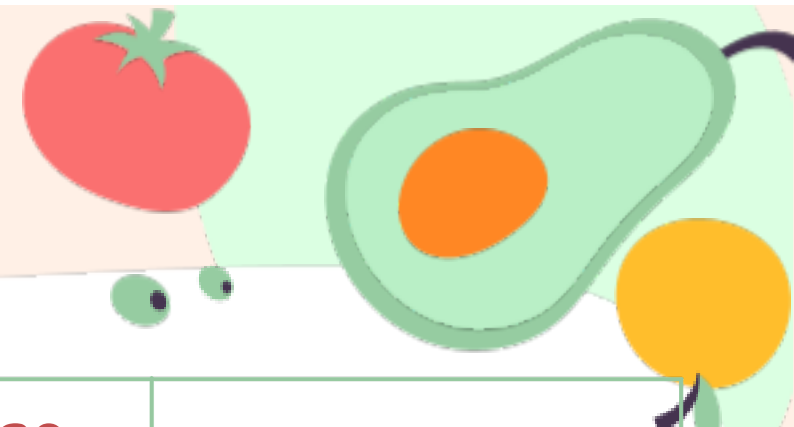
Soup of the day and salad bar
available daily.





SWISSCANONICA
Gourmet Food

LUNCH MENU



		Mar 03– Mar 06	Mar 10– Mar 13	Mar 17 – Mar 20	School Holiday		
<p>Monday (Beef/Pasta)</p>	<p>Starter Main Course Chef Special Main Vegetarian Main Vegan Dessert</p>	<p>Steamed baby carrots Char Siu Beef with Gravy, Steamed Rice Stir fried Noodles Char Siu Tofu with Vegetables, Steamed Rice Vegetable Stew, Steamed Rice Healthy Sweet</p>	<p>Green Beans Beef Mince Rolls, Tomato Sauce, Rice Ratatouille Ragu, Rice Black Bean Vegetable Goulash, Rice Okra Stew, Rice Healthy Sweet</p>	<p>Sweet Corn Braised Beef, Orzo Pasta Hidden vegetables Fusilli Crispy Veggie Balls, Mushroom Sauce, Orzo Beetroot Risotto, Bread Roll Healthy Sweet</p>			
	<p>Tuesday (Chicken/Fish)</p>	<p>Starter Main Course Chef Special Main Vegetarian Main Vegan Dessert</p>	<p>Sweet Potato Chicken Tagine, Lyonnaise potato Grilled Tilapia, Lyonnaise Potato Chickpeas Moroccan Vegetarian Couscous Vegan Switch Kofta in Tomato Sauce, Tomato Couscous Yogurt with Mango Compote</p>	<p>Steamed Broccoli Homemade Chicken Nuggets, Potato Wedges Honey glazed Salmon, Potato Wedges Parmigiana di Melanzane, Bread Roll Switch Vegan stuffed Baby Marrow, Tomato sauce, Potato Wedges Yogurt with Rock Melon Compote</p>	<p>Chickpea Hummus with Arabic Bread Broccoli Teriyaki Chicken, Jasmine Sticky Rice Fruit de mar Casserole, Jasmine Rice Teriyaki Tofu, Jasmine Sticky Rice Lentil Stew, Jasmine Sticky Rice Yogurt with Cocktail Compote</p>		
		<p>Wednesday (Veggie)</p>	<p>Starter Main Vegetarian Dessert</p>	<p>Steam Cauliflowe Pasta Bar served with Choice of Sauce and Grated Cheese Fruit of the Day</p>	<p>Carrots and Peas Pasta Bar served with Choice of Sauce and Grated Cheese Fruit of the Day</p>	<p>Steamed Sweet Corn Pasta Bar served with Choice of Sauce and Grated Cheese Fruit of the Day</p>	
			<p>Thursday (Theme day)</p>	<p>Starter Country Day Main Vegetarian Main Vegan Dessert</p>	<p>Steamed Veggie Dumplings Stir Fry Chicken, Jasmine Rice Tofu Stir Fry Vegetables, Jasmine Rice Vegan Chinese Kung Pao Tofu Mango Tapioca Pudding</p>	<p>Butter Glazed Carrots & French Beans Beef Bourguignon Stew, Mashed Potato Paneer Spring Vegetable, Green Curry, Thai Sticky Rice Vegan Thai Green Curry Éclair</p>	<p>Papadum with Dal Butter Chicken, Basmati Rice Chickpeas and Cauliflower Curry, Basmati Rice Vegan Kofta Masala, Basmati Rice Gulab Jamun</p>

Soup of the day and salad bar available daily.

