

Lunch Menu

**St. Mark's
Canteen**

Week	Food	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Entrée	Squash Soup	Mix Salad, Garlic Bread	Stir-Fried Mix Vegetables	Japanese Miso Soup	
	Main Course	Hainanese Chicken Rice	Spaghetti Carbonara with Ham or Chicken	Egg and Pork in Season Broth/ Brown Rice	Shrimp and Vegetable Tempura	Red Pork/Chicken and Fish Ball Noodles Soup
Week 2	Entrée	Stir-Fried Pumpkin	Glass Noodle & Chicken Soup		Mix Garden Salad	Tofu & Seaweed Soup
	Main Course	Garlic Pork and Brown Rice	Stir-Fried Chicken with Mushroom and Brown Rice	Braised Pork/Chicken Spice Noodles Soup	Crispy Pan Fried Fish and Potato Gratin	Chicken Fried Rice
Week 3	Entrée	Tofu & Pork Mince Soup	Mix Salad, Garlic Bread	Egg & Chicken Soup	Stir-Fried Vegetable and Soup	Glass Noodle & Chicken Soup
	Main Course	Thai Basil Pork or Chicken with Brown Rice	Spaghetti Meat Sauce	Prawn Fried Rice	Mexican Style Citrus Chicken and Brown Rice	BBQ Pork with Brown Rice
Week 4	Entrée	Tom Yum Chicken Soup	Mix Garden Salad		Mix Garden Salad	Papaya Salad
	Main Course	Stir-Fried Grass Noodle with Egg	Crispy Pan Fried Fish and Potato Gratin	Sukhothai Rice Noodle Soup	Hawaiian Meat-Lovers Pizza	Sticky Rice with BBQ Pork or Chicken

Please be aware that items on this menu may change or be unavailable at certain times.