

Date	Staple	Main Dish	Side Dish / Fruit	Vegetables
11/2 Mon	White Rice	Teriyaki Meatballs with Onion	Steamed Egg with Milk	Stir-Fry Mushroom with Cabbage
11/3 Tue	Spaghetti / Pasta	Macaroni with Ham and Mushroom in White Sauce	Baked Potato Cubes	Sweet Corn
11/4 Wed	White Rice	Beef Loin in Creamy Egg Sauce	Scramble Egg with Tomato	Zucchini and Black Fungus
11/5 Thu	Fried Rice / Noodle	Stir-fried Rice with Tuna and Egg	Steamed Rice Noodle Roll	Baby Cabbage in Chicken Broth
11/6 Fri	White Rice	Lemon Chicken	Fruit	Steamed Cauliflower
11/9 Mon	White Rice	Meat Pie with Mushroom and Water Chestnut	Japanese Oden Stew	Stir-fried Baby Chinese Cabbage
11/10 Tue	Spaghetti / Pasta	Pasta with Assorted mushrooms and Chicken	Soft-boiled Egg	Cucumber and Tomato Salad
11/11 Wed	White Rice	Simmered Fish Fillet with Minced Pork in Oyster Sauce	Scramble Egg with Ham	Buttered Corn and Peas
11/12 Thu	Fried Rice / Noodle	Stir-fried Rice Noodle with Pork and Assorted Vegetables	Shredded Potato Salad	Garden Vegetables
11/13 Fri	White Rice	BBQ Pork Cha Siu	Fruit	Stir-Fry Cabbage and Carrots
11/16 Mon	White Rice	Teriyaki Chicken Balls	German Potato Salad	Stir-Fry Mushroom with Cabbage
11/17 Tue	Spaghetti / Pasta	Ham Spinach Pasta Bake	Mini Spring Rolls	Sweet Corn
11/18 Wed	White Rice	Kyoto Shredded Pork	Scramble Egg with Bacon	Zucchini and Black Fungus
11/19 Thu	Fried Rice / Noodle	Stir-fried Rice with Chicken and Pineapple	Pan-fried Radish Cake	Baby Cabbage in Chicken Broth
11/20 Fri	White Rice	Braised Beef with Edamame Beans and Corn	Fruit	Steamed Cauliflower
11/23 Mon	White Rice	Teriyaki Chicken Cutlet	Vegetable Samosa	Stir-fried Baby Chinese Cabbage
11/24 Tue	Spaghetti / Pasta	Spaghetti Bolognese	Soft-boiled Egg	Cucumber and Tomato Salad
11/25 Wed	White Rice	Taiwanese Braised Pork Rice	Braised Egg with 5 Spices	Buttered Corn and Peas
11/26 Thu	Fried Rice / Noodle	Stir-fried Udon with Pork Tenderloin	Braised Tofu with Assorted Mushrooms	Garden Vegetables
11/27 Fri	White Rice	Braised Chicken with Potato and Italian Herbs	Fruit	Stir-Fry Cabbage and Carrots
11/30 Mon	White Rice	Japanese Shouxi Mushroom Pork Rice	Shrimp Crackers	Stir-Fry Mushroom with Cabbage