

# LANNA LUNCH MENU

August 2024

|     | 1 - 2 | 5 - 9 | 12 -16   | 19 - 23  | 26 - 30  |
|-----|-------|-------|--|--|--|
| MON |       |       |  | Spaghetti carbonara,<br>Chicken nuggets,<br>Stir fried cabbage with glass noodles,<br>Creamy tom yum soup with chicken,<br>Fruit & salad selection         | Chicken burrito,<br>BBQ red pork in sauce and boiled eggs<br>with rice, Stir fried bean sprout with tofu,<br>Chicken coconut milk soup,<br>Fruit & salad selection |
|     |       |       |  | Vegetarian: Spaghetti cream sauce ,<br>Stir fried cabbage,   | Vegetarian: Vegetarian burrito,<br>Stir fried bean sprout with tofu,   |
|     |       |       |  | Khao Soi with chicken  | Wonton soup with BBQ red pork  |
| TUE |       |       | Pork burger, Hainanese chicken rice,<br>Winter melon soup,<br>French fries,<br>Fruit & salad selection   | Ham & Cheese baguette,<br>Stir fried chicken with dark soy sauce,<br>Mashed potatoes, Red curry,<br>Fruit & salad selection                                | Ham and cheese sandwich,<br>Roasted chicken,<br>Stir fried Chinese kale with minced pork,<br>French fries,<br>Fruit & salad selection                              |
|     |       |       | Vegetarian: Protein burger,<br>Stir fried vegetables   | Vegetarian: Vegetables baguette,<br>Stir fried vegetables  | Vegetarian: Vegetables and cheese<br>sandwich, Stir fried Chinese kale with<br>tofu  |
|     |       |       | Ramen  | Rad Na with pork   | Ramen  |
| WED |       |       | Penne au gratin,<br>Boiled eggs and pork in sweet brown<br>sauce, Stir fried cabbage with fish sauce,<br>Chicken karaage,<br>Fruit & salad selection         | Pork tenderloin with gravy sauce, Cheesy<br>potato bake, Minced pork & tofu clear<br>soup, Stir fried chicken with cashew nuts,<br>Fruit & salad selection | Chicken pot pie,<br>Three flavoured deep fried fish,<br>Stir fried Luffa with eggs,<br>Clear soup with egg sausage,<br>Fruit & salad selection                     |
|     |       |       | Vegetarian: Penne au gratin, Stir fried<br>cabbage   | Vegetarian: Stir fried potatoes, Stir fried<br>cashew nuts with tofu   | Vegetarian: Stir fried Luffa with tofu, Stir<br>fried noodles  |
|     |       |       | Minced pork noodle soup  | Instant noodles minced pork  | Noodles soup with stewed chicken   |
| THU |       |       | Sticky rice and papaya salad,<br>Honey chicken,<br>Spicy minced pork salad,<br>Spicy soup with pork,<br>Fruit & salad selection                              | Crab stick sushi, Chicken nuggest,<br>Kimchi soup,<br>Stir fried basil with minced pork,<br>Fruit & salad selection  | BBQ Fried Chicken,<br>Stir fried pork with dark soy sauce,<br>Mashed potatoes, Pad thai,<br>Fruit & salad selection  |
|     |       |       | Vegetarian: Spicy protein salad,<br>Papaya salad, Stir fried vegetables  | Vegetarian: Vegetables sushi,<br>Stir fried tofu with kimchi   | Vegetarian: Pad thai, Stir fried glass<br>noodle shiitake mushrooms  |
|     |       |       | Rice noodles with Northern Thai curry<br>sauce   | Udon miso soup   | Pork Sukiyaki  |
| FRI |       |       | Baked chicken with teriyaki sauce,<br>Chinese sausage fried rice,<br>Panang curry with pork,<br>Stir fried kale with minced pork,<br>Fruit & salad selection | Pork balls baked with cheese,<br>Chicken biryani,<br>Mashed potatoes,<br>Stir fried chinese cabbage with ham,<br>Fruit & salad selection                   | Spaghetti bolognese with minced<br>chicken, Hang Lay curry,<br>Stir fried vegetables<br>Garlic bread,<br>Fruit & salad selection                                   |
|     |       |       | Vegetarian: Panang curry with tofu,<br>Tofu fried with teriyaki sauce, Fried rice  | Vegetarian: Stir fried chinese cabbage,<br>Plant-based chicken nuggest   | Vegetarian: Spaghetti bolognese, Stir<br>fried vegetables  |
|     |       |       | Egg noodle soup with BBQ red pork  | Noodles soup with stewed chicken   | Egg noodle soup with minced pork   |



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