

Daily Corporate Lunch --- September 19 - October 13, 2022					<i>zebratasty</i>
	Mon	Tues	Wed	Thurs	Fri
Meal	Sept 19	Sept 20	Sept 21	Sept 22	Sept 23
A	Chicken Satay, Rice, Side Veg	Tomato Spaghetti Meatballs, Side Veg	Hainan Chicken Rice, Side Veg	Thai Prawn Korma w/ Brown Rice, Side Veg	Tandoori Chicken Wholewheat Wrap, Side Salad
B	Meixcan Prawn Avocado Taco Salad	Chicken Caesar Salad Wholewheat Wrap	New Zealand Mussel in Marinara Sauce Spaghetti	Grilled Steak & Mixed Greens on Potato Salad	Pork Char Siu, Fried Egg, White Rice, Side Veg
C	Ratatouille, Brown Rice, Side Veg (v)	Mapo Tofu, Rice, Broccoli (v, gf)	Lentil Hummus Wholewheat Wrap (v)	High Protein Veggie Burger, Green Salad (v, gf)	Vegetarian Lasagna (v)
Meal	Sept 26	Sept 27	Sept 28	Sept 29	Sept 30
A	Beef in Tomato Sauce, Fried Egg, Rice, Side Veg	Teriyaki Chicken, Rice, Side Veg	Salmon Fried Rice, Garlic Broccoli (gf)	Korean Barbequed Beef, Rice, Kimchi Spinach Salad	Steamed Pork Spare Rib, Black Bean Sauce, Rice, Side Veg
B	Chicken Romesco Penne, Side Veg	Ethiopian Lamb Stew, Mashed Potato	Roast Chicken Breast, Soba Noodle Salad	Chicken Pesto Wrap, Sweet Potato Fries (gf)	Beef Meatballs, Mashed Potato, Mushroom Gravy
C	Crispy Chickpea Kale Caesar Salad (v, gf)	Vegetables Provencal Wrap, Baked Potatoes (vg)	Eggplant Parmigiana (vg)	Ratatouille, Brown Rice, Side Veg (v)	Superfood Salad with Spinach Feta Quiche (v, gf)
	Oct 3	Oct 4	Oct 5	Oct 6	Oct 7
A	Butter Chicken Masala, Brown Rice, Side Veg	Lemon Thyme Roast Chicken, Roast Potato, Tomato Salsa	Steamed Pork Patty with Salted Egg Yolk, Rice, Side Veg	Beef Lasagna, Side Vegetables	Chicken Caesar Wholewheat Wrap, Side Salad
B	Pan-seared Tuna, Mixed Greens & Chickpea Salad	Beef Bouguignon, Rice, Broccoli	Pasta with Chicken Breast in Creamy Spinach Parmesan Sauce	Pan-fried Fish, Sweetcorn Sauce, White Rice, Side Veg (gf)	Roast Pork Shoulder, Mashed Potato, Apple Sauce
C	Palek Paneer with Brown Rice (vg, gf)	Ricotta Spinach Pasta Bake, Side Veg (vg)	Vegetables Provencal Wrap, Baked Potatoes (v)	Braised Eggplant w/ Tofu, Brown Rice, Broccoli (v, gf)	Lentil Radicchio Salad w/ Caramelized Walnut, Pear & Yofurt Dressing, Side Chips (vg, gf)
Meal	Oct 10	Oct 11	Oct 12	Oct 13	Oct 13
A	Japanese Miso Ling Fillet, White Rice, Side Veg	Honey Mustard Roast Salmon Fillet, Roast Potato, Side Veg (gf)	Malaysian Beef Rendang, Rice, Sauteed Veg	Prawn Paella with Chorizo, Side Veg	Chicken Satay, Rice, Side Veg
B	Chicken Parmesan Pasta, Side Veg	Chicken Hummus Wholewheat Wrap, Side Salad	Spinach Sole Fillet Roll, Mashed Potato, Tomato Sauce (gf)	The Big Chopped Salad with Chicken (gf)	Meixcan Prawn Avocado Taco Salad
C	Vegetarian Lasagna, Side Veg (gf, vg)	Mapo Tofu, Rice, Broccoli (v, gf)	High Protein Veggie Burger w/ Green Salad (v)	Lentil Hummus Wholewheat Wrap (v)	Ratatouille, Brown Rice, Side Veg (v)
REMARKS	v - vegan vg - vegetarian gf - gluten free	\$85 per meal \$105 per set including meal AND mini fruit cup/juice bottle Brown paper box packaging	Order 3 working days in advance (e.g. Tuesday cut-off for Friday order; Thursday for next Monday order)	Delivery @ \$250 HK, \$350 Kowloon & parts of NT (waived for 100 meal boxes or abvoe)	