<table>
<thead>
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| 6 Oct 2020| A Thai Green Chicken Curry with Rice (Mild)  
               B Mac and Cheese with Chick Peas                                     |
| 7 Oct 2020| A Penne Bolognaise                                                      
               B Sweet and Sour Cauliflower with Rice                               |
| 8 Oct 2020| A BBQ Pork Fried Rice                                                  
               B Fried Spaghetti with Veggie Shrimp, Bell Pepper and Garlic in Olive Oil |
| 13 Oct 2020| A Beef Lasagna                                                          
               B Thai Pineapple Chick Pea Fried Rice                               |
| 14 Oct 2020| A Steamed Fish with Spring Onion & Chinese Black Bean with Rice        
               B Spaghetti Ali Olio                                                  |
| 15 Oct 2020| A Chicken a la King with Pasta                                         
               B Vegetarian Paella                                                  |
| 21 Oct 2020| A Steamed Minced Pork Cake with Rice                                    
               B Pesto Cheese Baked Penne with Kidney Bean & Chick Peas            |
| 22 Oct 2020| A Irish Beef Stew with Pasta                                           
               B Japanese Mild Veggie Chicken Curry with Rice                      |
| 23 Oct 2020| A Braised Chicken with Chestnut with Rice                              
               B Italian Veggie Fish & Tomato Sauce with Pasta                     |
| 27 Oct 2020| A Salsa Verde Sole with Pasta                                          
               B Vegetarian Chilli con Carne with Mashed Potato                    |
| 28 Oct 2020| A Kung Po Chicken with Rice                                            
               B Veggie Meat Ball with Spaghetti in Tomato Sauce                   |
| 29 Oct 2020| A Baked Pork Chop in Tomato Sauce with Pasta                            
               B Japanese Eggplant Teriyaki and Chickpea with Rice                 |