

Soup & Salad Schedule

| Day | Soup | Salad |
|--------------|--|--|
| Mon | 1) Apple Pumpkin * 2) Grilled Red Pepper & Tomato * ♥ 3) 2-Mushroom Chicken ♥ 4) Saffron Clam Chowder | 1) Red & Russet Potato 2) Apple Nut Orange * 3) Burmese Shan Tofu 4) 2-Bean Salad * 5) Garden Pasta with Tahini dressing * 6) Thai Rice Salad |
| Tue | 1) Wild Mushroom * 2) Moroccan Spiced Carrot * ♥ 3) Curry Pumpkin * ♥ 4) Chicken, Tofu & Mushroom Chowder ♥ | 1) Red & Russet Potato 2) Honey Pear Waldorf 3) Thai Cucumber Tofu 4) Tofu, Potato & Leafy greens with Green Curry Dressing 5) Farfalle Pasta & Sundried Tomato & Spinach 6) Toasted Sesame & 2 Rice Salad * |
| Wed | 1) Apple Pumpkin * 2) Grilled Red Pepper & Tomato * ♥ 3) 2-Mushroom Chicken ♥ 4) Saffron Clam Chowder | 1) Red & Russet Potato 2) Apple Nut Orange * 3) Burmese Shan Tofu 4) Beans & Potato with Wholegrain Mustard Salad * 5) Grilled 3-Mushroom & Sesame Pasta * 6) Millet, Brown Rice & Nut Salad * |
| Thurs | 1) Wild Mushroom * 2) Moroccan Spiced Carrot * ♥ 3) Curry Pumpkin * ♥ 4) Chicken, Tofu & Mushroom Chowder ♥ | 1) Red & Russet Potato 2) Honey Pear Waldorf 3) Tofu, Nut & Garden Green Salad 4) Linguine with Broccoli, Pesto & Pine Nuts * 5) Quinoa & Chickpea Salad * 6) Forbidden Rice, Millet & Mushroom Salad |
| Fri | 1) Roasted Vegetables * ♥ 2) Pumpkin * 3) Chicken Sweetcorn ♥ 4) Boston Clam Chowder | 1) Red & Russet Potato 2) Melon Apple Salad 3) Shrimp, Avocado & Tofu Greens with Miso dressing 4) Broccoli, Mushroom & Garlic Pasta * 5) Butter Bean & Asparagus Salad * 6) Water Chestnut, Pumpkin & Rice Salad * |
| Sat | 1) Wild Mushroom * 2) Moroccan Spiced Carrot * ♥ 3) Chunky Beef Stew ♥ 4) Saffron Clam Chowder | 1) Red & Russet Potato 2) Honey Pear Waldorf 3) Burmese Shan Tofu 4) Toasted Sesame & 2 Rice Salad * 5) Tomato, Mushroom & Basil Pasta * (RC/Suntec/Novena only) |
| Sun | 1) Roasted Vegetables * ♥ 2) Pumpkin * 3) Chicken Sweetcorn ♥ 4) Boston Clam Chowder | 1) Red & Russet Potato 2) Melon Apple Salad 3) 2-Bean Salad * 4) Quinoa & Chickpea Salad * 5) Spaghetti w Olive Oil, Garlic, Chilli & Mushroom * (RC,Suntec,Novena only) |

* vegetarian

♥ No cream

Please note: Scheduled items are subject to change, and available items vary by outlets.

13 Nov 09