



CHARTERHOUSE BOARDING HOUSE MARCH 2026 MENU

	MEALS		Sunday	Monday	Tuesday	Wednesday	Thursday
WEEK 10	DATE		1	2	3	4	5
	LUNCH	CARBS	Steamed Rice	Mashed Potatoes	Japanese Steamed Rice	Italian Spaghetti	Steamed Rice
		PROTEIN	Pepper Steak	Chicken Chop with Gravy	Japanese Curry with Chicken Katsu	Chicken Bolognese Ragu	Braised Soy Sauce Chicken with Potatoes
		VEGETABLES OR SIDE DISH	Sichuan Dried Fried Green Beans	Coleslaw	Assorted Mixed Fruits	Frittata (Baked Egg)	Sauteed Mixed Vegetables
WEEK 11	DATE		8	9	10	11	12
	LUNCH	CARBS	Egg Fried Rice	Italian Pasta Primavera	Steamed Rice	Steamed Rice	Macaroni and Cheese
		PROTEIN	Honey Chicken Cubes	Chicken Parmigiana (No Cheese)	Hong Kong Lemon Chicken Chinese Tomato Egg Stir Fry	Tangy Sweet & Sour Fish	Beef Meatballs with Light Herb Gravy
		VEGETABLES OR SIDE DISH	Sauteed Mixed Vegetables	Roasted Vegetables	Assorted Mixed Fruits	Sauteed Mixed Vegetables	Baked Potato Wedges
WEEK 12	DATE		15	16	17	18	19
	LUNCH	CARBS	Steamed Rice	Steamed Rice	Seaweed Fried Rice	Macaroni and Cheese	
		PROTEIN	Kungpao Chicken	Light Curry Beef	Korean Fried Chicken with Soy Glaze	Crispy Chicken Meatballs with Light Herb Gravy	
		VEGETABLES OR SIDE DISH	Chinese Potato Stir-Fry	Yellow Cabbage Stir Fry	Siew Bak Choy Stir Fry	Baked Potato and Pumpkin	
WEEK 13	DATE		22	23	24	25	26
	LUNCH	CARBS			Japanese Steamed Rice	Italian Spaghetti	Hainan Fragrant Rice
		PROTEIN			Bulgogi Chicken Veggie Medley	Beef Bolognese Ragu	Oriental BBQ Chicken + Cucumber
		VEGETABLES OR SIDE DISH			Assorted Mixed Fruits	Frittata (Baked Egg)	Egg Foo Young



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	MEALS		Sunday	Monday	Tuesday	Wednesday	Thursday
WEEK 14	DATE		29	30	31		
	LUNCH	CARBS	Italian Spaghetti	Hainan Fragrant Rice	Japanese Steamed Rice		
		PROTEIN	Beef Stragonoff	Hainan Roast Chicken + Ginger Paste	Chicken Dakgalbi		
		VEGETABLES OR SIDE DISH	Steamed Broccoli and Carrot	Omelette + Japanese Cucumber	Assorted Mixed Fruits		