



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|--------|---------|--|---|--|
| | 29/11 | 30/11 | 1/12 | 2/12 | 3/12 |
| <u>Meal A</u> | | | 紅酒燉雞配薯蓉 Coq Au Vin with Mash | 吞拿魚粟米薄餅配薯粒 Tuna and Sweet Corn Pizza with Potato Cubes | 粟米魚柳配飯 Fried Fish in Sweet Corn Sauce with Rice |
| <u>Meal B</u> | | | 京蔥炒肉片飯 Stir Fried Pork & Leek with Rice | 雞肉芽菜炒烏冬 Yaki Udon with Shredded Chicken & Bean Sprouts | 欖菜四季豆配飯 Green Bean and Preserved Olive Leaves with Rice |
| Vegetables | | | 西蘭花 & 甘筍 Broccoli & Carrot | 椰菜花 Cauliflower | 蘿蔔 & 甘筍 White Radish & Carrot |
| Dessert | | | Fresh Fruit 時令鮮果 | Banana Cake 香蕉蛋糕 | Fresh Fruit 時令鮮果 |

| | 6/12 | 7/12 | 8/12 | 9/12 | 10/12 |
|---------------|---|---|---|------------------------------------|--|
| <u>Meal A</u> | 牙買加燴雞配飯 Jamaican Brown Stew Chicken with Rice | 味噌焦糖龍柳配紅米飯 Miso-Caramel Glazed Sole with Red Rice | 白汁雞皇飯 Chicken A La King with Rice | 熱狗配薯粒 Hot Dog with Potato Cubes | 法式紅酒燉牛肉配薯蓉 Bourguignon Beef with Mash |
| <u>Meal B</u> | 蕃茄乾, 蘑菇炒蒜香羅勒汁長通粉 Stir Fried Sundried Tomato & Mushroom Penne in Garlic Basil Sauce | 港式瑞士雞肉配飯 HK Style Chicken in Swiss Sauce with Rice | 台式豆腐肉燥配菜飯 Taiwanese Braised Minced Pork & Tofu with Vegetable Rice | 楊州炒飯 Yangzhou Fried Rice | 上海香菇豆乾粗炒 Shanghai Style Fried Noodle with Shittake Mushrooms & Beancurd |
| Vegetables | 翠肉瓜 & 椰菜花 Chinese Zucchini & Cauliflower | 粟米 & 甘筍 Sweet Corn & Carrot | 椰菜 & 豆角 Cabbage & Green Bean | 蒜蓉椰菜 Garlic Cabbage | 西蘭花 & 洋蔥 Broccoli & Onion |
| Dessert | Fresh Fruit 時令鮮果 | Fresh Fruit 時令鮮果 | Fresh Fruit 時令鮮果 | Brownie 布朗尼 | Fresh Fruit 時令鮮果 |

EAT MORE
健康之選, 適合經常食用
These foods should form the basis of your diet. So fill up on them.

EAT MODERATELY
請適宜地食用
Best eaten in moderation. These food are still important for a balanced diet.

EAT LESS
建議少選擇為佳
Don't have too much of these. Just treat ourselves every so often.



素食
Vegetarian Choice



含有蛋類
Egg Alert



含有奶類
Dairy Alert











含有魚類
Fish Alert
















含有貝殼類海鮮
Shellfish Alert

以相應的顏色標籤在餐單上 Highlighted in respective color on the menu



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|---------------|--|--|---|---|-----------------|
| | 13/12 | 14/12 | 15/12 | 16/12 | 17/12 |
| <u>Meal A</u> | 蘑菇卡邦尼意粉 Mushroom Spaghetti Carbonara   | 烤豬柳伴蒜蓉汁配飯 Roasted Pork Loin with Garlic Sauce with Rice | 肉醬意粉 Spaghetti Bolognese | 蕃茄羅勒水牛芝士薄餅配薯粒 Margherita Pizza with Potato Cube   | Early Dismissal |
| <u>Meal B</u> | 雲耳西芹炒雞柳配紅米飯 Stir-fried Black Fungus, Celery with Red Rice | 印度烤雞配飯 Tandoori Chicken with Rice | 野菌炆時蔬配糙米飯 Braised mushroom & Mixed Vegetables with Brown Rice  | 菠蘿雞粒炒飯 Pineapple & Chicken Fried Rice  | |
| Vegetables | 焗時蔬 Roasted Vegetables | 牛油甘筍 & 粟米 Buttered Carrot & Sweet Corn | 蒜蓉時蔬 Mixed Garlic Veg | 翠肉瓜 & 甘筍 Chinese Zucchini & Carrot | |
| Dessert | Fresh Fruit 時令鮮果 | Fresh Fruit 時令鮮果 | Fresh Fruit 時令鮮果 | Vanilla Cake 雲呢拿蛋糕   | |

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|--|---|--|---|---|
| | 10/1 | 11/1 | 12/1 | 13/1 | 14/1 |
| <u>Meal A</u> | 洋蔥汁烤豬柳配意粉 Roasted Pork Loin with Onion Gravy & Pasta  | 香草烤雞配薯蓉 Herbed Roasted Chicken with Mashed Potato  | 香煎魚柳伴南瓜汁配意粉 Pan Fried Fish with Pumpkin Sauce with Pasta   | 烤雞薄餅配薯粒 BBQ Chicken Pizza with Potato Cubes  | 芝士焗通心粉 Mac & Cheese   |
| <u>Meal B</u> | 薯仔炆雞配飯 Braised Chicken & Potato with Rice | 日式照燒茄子配糙米飯 Japanese Teriyaki Eggplant with Brown Rice  | 叉燒炒飯 BBQ Pork Fried Rice  | 素星洲炒米 Vegetarian Singapore-style Noodle  | 咕嚕魚柳配飯 Sweet & Sour Fish with Rice  |
| Vegetables | 蒜蓉椰菜 Garlic Cabbage | 焗時蔬 Roasted Vegetables  | 西蘭花 & 甘筍 Broccoli & Carrot | 椰菜花 Cauliflower | 蘿蔔 & 甘筍 White Radish & Carrot |
| Dessert | Fresh Fruit 時令鮮果 | Fresh Fruit 時令鮮果 | Fresh Fruit 時令鮮果 | Brownie 布朗尼   | Fresh Fruit 時令鮮果 |

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Lunch Menu: Jan 2022

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------|--|--|--|--|--|
| | 17/1 | 18/1 | 19/1 | 20/1 | 21/1 |
| Meal A | 俄式燴牛肉配飯 Beef Stroganoff with Rice | 紅酒燉雞配飯 Coq Au Vin with Rice | 蕃茄羅勒牛至煎魚柳配薯蓉 Sole with Basil, Tomato & Oregano with Mashed Potato | 烤雞漢堡配薯粒 Grilled Chicken Burger with Potato Cubes | 普羅旺斯燉菜配意粉 Ratatouille with Pasta |
| Meal B | 雲耳蒸雞配飯 Steamed Chicken (Skinless) with Black Fungus with Rice | 粟米素魚柳配飯 Veggie Fish in Sweet Corn Sauce with Rice | 照燒雞配飯 Teriyaki Chicken with Rice | 日式雜菜炒烏冬 Japanese style Fries Udon with mixed Vegetables | 香茅豬扒配飯 Lemongrass Pork Chop with Rice |
| Vegetables | 翠肉瓜 & 椰菜花 Chinese Zucchini & Cauliflower | 粟米 & 甘筍 Sweet Corn & Carrot | 椰菜 & 豆角 Cabbage & Green Bean | 蒜蓉椰菜 Garlic Cabbage | 西蘭花 & 洋蔥 Broccoli & Onion |
| Dessert | Fresh Fruit 時令鮮果 | Fresh Fruit 時令鮮果 | Fresh Fruit 時令鮮果 | Banana Cake 香蕉蛋糕 | Fresh Fruit 時令鮮果 |

| | 24/1 | 25/1 | 26/1 | 27/1 | 28/1 | |
|-------------------|---|--|---|--|-----------------|--|
| Meal A | 印度烤雞配飯 Tandoori Chicken with Rice | 青醬烤雞配意粉 Chicken in Pesto Sauce with Pasta | 蒜香孜然烤豬柳配香草薯角 Roasted Pork Loin with Cumin and Garlic & Herbed Potato Cubes | Chinese New Year | | |
| Meal B | 蘑菇卡邦尼意粉 Mushroom Spaghetti Carbonara | 茄子肉絲配飯 Braised Shredded Pork & Eggplant with Rice | 椰菜花芝士焗長通粉 Cheese Bake Penne with Cauliflower | 干燒伊麵配素餃子 Braised E-Fu Noodle with Veggie Dumpling | Early Dismissal | |
| Vegetables | 焗時蔬 Roasted Vegetables | 牛油甘筍 & 粟米 Buttered Carrot & Sweet Corn | 蒜蓉時蔬 Mixed Garlic Veg | 翠肉瓜 & 甘筍 Chinese Zucchini & Carrot | | |
| Dessert | Fresh Fruit 時令鮮果 | Fresh Fruit 時令鮮果 | Fresh Fruit 時令鮮果 | Sweetened winter melon 糖冬瓜 | | |

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