










	Monday	Tuesday	Wednesday	Thursday	Friday
	Green Monday 04 Jan	05 Jan	06 Jan	07 Jan	08 Jan
Meal A	Vegetarian Chicken Nugget with Potato Wedges	Pork Stew with Potato Cubes	Ham & Sweet Corn Pizza 	Texas Style Pork Pot Roast with Carrots & Rice	Chicken Marsala with Mushrooms & Roasted Garlic Mashed
Meal B	Sweet & Sour Tofu with Rice	Chicken Chow Mein (Stir-fried Chicken Noodles, less Oil)	Lemon Chicken with Rice	Malaysian Fish Curry with Rice 	Onion Pork Chop with Rice
Meal C 	Chinese Silky Steamed Eggs with Mushrooms & Squash, served with Red Rice	Vegetarian Tom Yum Fried Rice (Less Oil)	Zucchini Pasta with Sun-dried Tomato	Cheesy Vegetables Frittata with Potato Cubes	Pan Seared Spiced Tofu with Mango Sweet Chili Sauce Rice
	11 Jan	12 Jan	13 Jan	14 Jan	15 Jan
Meal A	Pulled Pork King Casserole with Mashed Potato	Country Pork Fried with Potato Wedges	Americano Pizza	Beef Bourguignon with Rice	Italian Pan-fried Sole Fillet with Salsa Verde with Spaghetti 
Meal B	Steamed Fungus, Mushroom & Chicken with Brown Rice	Stir-fried Noodles with Shredded Pork (Less Oil)	Chicken & Apricot Curry Stew with Rice	Teriyaki Beef with Red Rice	Braised Chicken with Smoky Paprika & Chickpeas Rice
Meal C 	Braised E-fu Noodles with Straw Mushrooms	Vegetarian Casserole in Mushroom Sauce with Fusilli	Mushroom & Cheese Omelets with Roasted Potato	Chickpea & Tomato Tagine with Rice	Wok-fried Tomato & Scrambled Egg with Brown Rice
	Green Monday 18 Jan	19 Jan	20 Jan	21 Jan	22 Jan
Meal A	Vegetarian Korean Bibimbap Bowl	Pork Shepherd's Pie	Meat Lover's Pizza 	Creamy Chicken Spinach Penne	Ham, Tomato & Basil Penne in Tomato Sauce
Meal B	Vegetarian Burger with French Fries	Thai Style Pineapple Chicken Fried Rice (Less Oil)	Marinated Beef with Turnip served with Rice	Steamed Pork Patty with Sweet Corn & Brown Rice	Soy Chicken with Brown Rice
Meal C 	Vegetable Enchiladas	Hobak Buchimgae with Rice	Singapore Style Stir-fried Vermicelli	Braised Enoki Mushroom & Egg Tofu with Rice	Gungjung Tteokbokki (Korean Rice Cake with Mixed Veggie)

EAT MORE These foods should form the basis of your diet. So fill up on them.

EAT MODERATELY Best eaten in moderation. These food are still important for a balanced diet.

EAT LESS Don't have too much of these. Just treat ourselves every so often.





Highlighted in respective color on the menu





Senior Menu

Nov 2020 – Jan 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
	25 Jan	26 Jan	27 Jan	28 Jan	29 Jan
Meal A	Chicken A La King with Pasta	Pork Schnitzel with Potato Salad	Parents & Teachers Conference	Salisbury Meatballs with Mushroom Gravy & Mashed Potatoes	Chicken Pomodoro Pasta
Meal B	Braised Pork with Black Bean & Pumpkin Rice	Wok-fried Tomato & Minced Beef with Re Rice		Miso-Glazed Fish with Rice 	Braised Eggplant & Minced Pork with Steamed Rice
Meal C 	Wild Mushroom Stroganoff with Red Rice	Braised Vegetables Lo Hon Style with Rice		Sweet & Sour Cauliflower with Rice	Teriyaki Tofu with Steamed Rice

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Vegetarian Choice



Sustainable Seafood

Highlighted in respective color on the menu





Sustainable Seafood 環保海鮮

Seafood with this icon has been chosen according to the recommendation from WWF-Hong Kong's Seafood Guide.

Learn more: wwf.org.hk/seafoodguide/en

本標誌的菜式根據世界自然基金會香港分會的
《海鮮選擇指引》選用環保海鮮。

了解更多: wwf.org.hk/seafoodguide



wwf.org.hk/seafoodguide