



01st Sept - 10th Sept 2021

	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
	30 Aug	31 Aug	01 Sept	02 Sept	03 Sept
Soup 例湯					Sweet Corn & Carrot Soup 粟米甘筍湯
Meal 主菜 A			Stir-fried Chicken & Mixed Mushroom with Sweet Corn Rice 雜菌炒雞柳粟米飯	BBQ Sauce Pork Loin with Spaghetti 燒汁豬柳意粉	Portuguese Chicken with Rice 葡國雞飯
Meal 主菜 B			Braised Eggplant with Minced Pork 魚香茄子飯	Stir-fried Shredded Chicken & Rice 生炒雞絲飯	Stir-fried Pork, Tomato & Sweet Corn Rice 蕃茄粟米炒肉片飯
Meal 主菜 C			Scrambled Egg & Tomato with Rice 番茄炒蛋配飯	Winter Melon, Mushroom & Tofu with Rice 冬瓜香菇豆腐飯	Stir-fried Udon with Mixed Vegetables & Twice Mushroom (Less Oil) 雜菜雙菇炒烏冬 (少油)
	06 Sept	07 Sept	08 Sept	09 Sept	10 Sept
Soup 例湯		Pork & Chayote Soup 合掌瓜豬肉湯			Pak Choy & Pork Soup 白菜豬肉湯
Meal 主菜 A	Thai Style Fried Rice Noodles with Sliced Chicken (Less Oil) 泰式雞柳炒米粉 (少油)	Spaghetti Bolognese 肉醬意粉	Honey Grilled Chicken with Rice 蜜汁烤雞配飯	Lemongrass Sole Fillet with Rice 香茅焗魚柳配飯	Stir-fried Lotus with Minced Pork & Rice 蓮藕炒肉碎配飯
Meal 主菜 B	Pork Chop in Garlic Sauce with Rice 蒜蓉豬扒飯	Diced Chicken in Sweetcorn Egg Drop Sauce with Rice 滑蛋粟米雞粒飯	Stir-fried Minced Pork, String Bean & Carrot with Rice 甘荀肉碎炒四季豆配飯	Tandoori Chicken with Rice 天多利烤雞飯	Braised Potato & Chicken Ball in Black Bean Sauce with Brown Rice 豉椒薯仔雞球糙米飯
Meal 主菜 C	Braised Mushroom & Pumpkin with Rice 南瓜香菇配飯	Stir-Fried Honey Bean, Cloud Ear Fungus and Lotus Root with Rice 蜜糖豆雲耳炒蓮藕配飯	Teriyaki Tofu with Rice 照燒豆腐配飯	Braised Double Mushroom & Hairy Gourd with Rice 雙菇扒瓜脯配飯	Stir-fried Egg Noodles with Bean Sprouts (Less Oil) 豉油皇銀芽炒麵 (少油)

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 foods 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



13th Sept - 24th Sept 2021

	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
	13 Sept	14 Sept	15 Sept	16 Sept	17 Sept
Soup 例湯		Lotus Root with Pork Soup 蓮藕豬肉湯			Green Radish & Carrot Soup 青紅蘿蔔湯
Meal 主菜 A	Thai Style Minced Pork & Egg with Rice 泰式肉碎蛋飯 	Braised Chicken & Potato with Rice 薯仔炆雞球配飯 	Stir-fried Chicken (Skinless) & Mixed Mushroom with Rice 雜菌炒雞柳(去皮)配飯	Tuna Penne 吞拿魚長通粉 	Pan Fried Fish Fillet in Creamy Sweet Corn Sauce with Pasta 粟米汁香煎魚柳配長通粉
Meal 主菜 B	Spaghetti Bolognese 肉醬意粉 	Stir-fried Beef & Tomato Rice 鮮茄牛肉片配飯	Herbed Beef & Pumpkin with Pasta 南瓜香草牛肉燴意粉	King Dou Pork with Red Rice 京都肉排紅米飯 	Pan-fried Chicken Steak with Garlic Sauce & Rice 蒜蓉汁雞扒配飯
Meal 主菜 C	Shanghai Style Vegetarian Fried Noodles (Less Oil) 素上海粗炒(少油) 	Vegetarian Mapo Tofu with Rice 素麻婆豆腐配飯 	Braised Mushroom & Pumpkin with Rice 南瓜香菇配飯	Scrambled Eggs with Tomato & Onion Rice 鮮茄洋蔥炒蛋配飯 	Cheesy Mixed Mushroom Penne 芝士雜菌長通粉
	20 Sept	21 Sept	22 Sept	23 Sept	24 Sept
Soup 例湯		Hairy Gourd & Pork Soup 節瓜豬肉湯	The Day Following Mid-autumn Festival 中秋節翌日		Sweet Corn & Carrot Soup 粟米甘筍湯
Meal 主菜 A	Honey Glazed Pork Loin with Rice 蜜糖豬柳配飯	Pan-fried Sole Fillet with Sweet Corn & Rice 粟米魚柳飯 		Steamed Fish with Ginger & Spring Onion with Rice 薑蔥蒸魚配飯 	Mushroom Chicken with Rice 磨菇汁雞肉配飯
Meal 主菜 B	Tomato & Chicken Spaghetti 鮮茄雞絲意粉	Honey BBQ Pork with Rice 蜜汁叉燒配飯		Stir-fried Sliced Beef with Bell Pepper & Rice 彩椒牛柳絲配飯	Japanese Chicken Curry with Rice 日式咖喱雞飯
Meal 主菜 C	Stir-fried Vermicelli (Less Oil) 家鄉炒米粉(少油) 	Mushroom & Onion Spaghetti 白菌洋蔥意粉		Teriyaki Eggplant with Rice 照燒茄子飯	Pasta with Mushroom & Spinach 香草汁菠菜雜菌意粉

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.



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



27th Sept - 08th Oct 2021

	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
	27 Sept	28 Sept	29 Sept	30 Sept	01 Oct
Soup 例湯		Pork & Chayote Soup 合掌瓜豬肉湯			
Meal 主菜 A	Chicken A La King with Rice 白汁雞皇飯 	Western Fried Rice (Seafood Free, Less Oil) 西炒飯 (不含海鮮,少油) 	Braised Chicken & Potato in Chu Hou Sauce with Brown Rice 柱候薯仔雞球 配糙米飯 	Pan-fried Fish Fillet with Curry Sauce with Rice 咖喱魚柳配飯 	National Day 國慶日
Meal 主菜 B	Lemongrass Pork Chop with Rice 香茅豬扒配飯	Pan-fired Fish Fillet in Herb Sauce Pasta 香草汁魚柳配意粉 	Minced Beef & Tomato with Pasta 番茄免治牛肉 配意粉 	Nasi Goreng (Less Oil) 印尼炒飯(少油)	
Meal 主菜 C	Stir-fried Egg Noodles with Bean Sprouts (Less Oil) 豉油皇銀芽炒麵 (少油) 	Pasta with Mushroom & Spinach 香草汁菠菜 雜菌意粉	Stewed Assorted vegetable & mushroom with Rice 羅漢齋配飯	Vegetable Curry with Rice 咖喱雜菜配飯	
	04 Oct	05 Oct	06 Oct	07 Oct	08 Oct
Soup 例湯		Winter Melon with Semen Colicis Soup 薏米冬瓜豬肉湯			Tomato & Egg Soup 番茄蛋花湯
Meal 主菜 A	Stir-fried Chicken, Onion & Sweet Corn with Rice 洋蔥粟米炒雞肉飯	Singapore Fried Noodle (Seafood Free) 星洲炒米 (不含海鮮) 	Pan-fried Fish with Lemon & Herb & Rice 檸檬吞草煎魚柳 配飯 	Taiwanese Minced Pork with Rice 台式肉燥飯 	Fried Rice with Minced Pork & Olive Pickles (Less Oil) 攪菜肉碎炒飯 (少油)
Meal 主菜 B	Pork Bolognese with Rice 免治豬肉醬配飯 	Stir Fried Rice with Pineapple and Chicken (Less Oil) 菠蘿雞肉炒飯(少 油)	Diced Pork in Sweet Corn & Egg Sauce with Rice 滑蛋粟米肉粒飯 	Chicken in Basil Mustard Sauce with Mashed Potato 羅勒芥末醬雞扒配 薯蓉	Steamed Fish with Spring Onion and Ginger & Red Rice 薑蔥蒸魚塊配紅米 飯
Meal 主菜 C	Braised Spaghetti with Pumpkin and Chickpea 南瓜鷹咀豆燴意粉	Teriyaki Tofu & with Rice 照燒豆腐飯	Pan-fried Tofu & Mixed Mushroom with Rice 香煎豆腐雜菌配飯	Tomato Basil Sauce with Linguine 羅勒番茄汁扁意粉	Stir-fried Vermicelli (Less Oil) 家鄉炒米粉(少油)

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



11st Oct - 22nd Oct 2021

	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
	11 Oct	12 Oct	13 Oct	14 Oct	15 Oct
Soup 例湯		Snow Pear & Snow Ear Fungus Soup 雪梨雪耳湯			Pork & Chayote Soup 合掌瓜豬肉湯
Meal 主菜 A	Minced Beef and Egg with Rice 滑蛋牛肉飯	Steamed Fish Fillet in Black Bean Sauce with Rice 蒜蓉豆豉蒸魚配飯	Pork Goulash with Pasta 匈牙利豬肉配意粉	Sweet & Sour Fish with Rice 咕嚕魚柳配飯	Grilled Pork Chop with Onion Sauce & Rice 洋蔥豬扒飯
Meal 主菜 B	American Style BBQ Chicken with Mashed Potato 美式燒雞配薯蓉	Pork Chop & Honeyed Pineapple with Rice 蜜汁菠蘿豬扒配飯	Stir-fried Chicken & Celery with Rice 西芹炒雞肉配飯	Yangzhou Fried Rice (Less Oil) 揚州炒飯 (少油)	Steamed Chicken (Skinless) with Wolfberries and Cloud Ear Fungus & Rice 杞子雲耳蒸雞飯
Meal 主菜 C	Braised Vegetables in Tomato Sauce with Spaghetti 茄汁燴雜菜配意粉	Stir-fried Japanese Udon with Mixed Vegetable & Bean Sprouts (Less Oil) 雜菜日式炒烏冬 (少油)	Cheesy Macaroni 美式芝士通心粉	Vegetables & Egg White Fried Rice (Less Oil) 菜粒蛋白炒飯 (少油)	Pasta with Mushroom & Spinach Sauce 香草汁菠菜雜菌意粉
	18 Oct	19 Oct	20 Oct	21 Oct	22 Oct
Soup 例湯		Pork & Arrowroot Soup 粉葛赤小豆豬肉湯			Soy Bean & Pork Soup 黃豆豬肉湯
Meal 主菜 A	Pork Chop in Black Vinegar Sauce with Rice 鎮江豬扒飯	Rosemary Chicken (Skinless) with Rice 迷迭香燒雞扒(去皮)配飯	Pan Fried Fish in Pumpkin Sauce with Fusilli 南瓜汁煎魚柳配螺絲粉	Pan-fried Chicken in Black Pepper Sauce with Rice 黑椒雞球飯	Spaghetti Carbonara 卡邦尼意粉
Meal 主菜 B	Thai Style Fish Fillet with Rice 泰式魚柳配飯	Red Wine Beef Stew with Rice 紅酒燴牛肉配飯	Stew Chicken, Tomato & Basil with Rice 番茄, 羅勒燴雞飯	Steamed Pork Patty & Water Chestnut Brown Rice 馬蹄蒸肉餅配糙米飯	HK Style Chicken in Soy Sauce with Rice 港式豉油雞球飯
Meal 主菜 C	Vegetarian Chili Corn Carne with Penne 素墨西哥辣肉醬配長通粉	Teriyaki Tofu and Broccoli with Rice 照燒豆腐西蘭花配飯	Mushroom Stroganoff with Rice 俄式蘑菇配飯	Vegetarian Ma Po Tofu Rice 素麻婆豆腐飯	Scrambled Egg & Tomato with Rice 番茄炒蛋配飯

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 foods 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.



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



25th Oct - 29th Oct 2021

	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
	25 Oct	26 Oct	27 Oct	28 Oct	29 Oct
Soup 例湯		Pak Choy & Pork Soup 白菜豬肉湯			Winter Melon with Semen Colicis Soup 薏米冬瓜豬肉湯
Meal 主菜 A	Fresh Tomato & Fish Fillet Rice 鮮茄魚柳飯  	Stir Fried Chinese Zucchini & Pork with Rice 翠玉瓜炒豬肉配飯	Neapolitan Chicken Pasta 拿破倫雞絲意粉	Thai Style Fried Pineapple with Beef & Rice 泰式菠蘿炒牛肉配 飯	Teriyaki Chicken with Rice 照燒雞配飯
Meal 主菜 B	Grilled Pork Loin with BBQ Sauce with Rice BBQ 汁烤豬柳配 飯	Stir-fried Chicken, Celery & Black Fungus Stir Fry with Rice 西芹木耳炒雞肉飯	Stir Fried Pork & Leek with Rice 京蔥炒肉片飯	Mild Curry Chicken with Rice 咖喱雞球飯	Hokkien Fried Rice 福建炒飯 
Meal 主菜 C 	Fresh Bean Curd, Radish and Tofu with Rice 鮮枝竹羅白焗豆腐 配飯	Cheesy Penne with Mushroom and Olives 芝士蘑菇橄欖 長通粉 	Vegetarian Egg Foo Yung with Red Rice 素芙蓉蛋配紅米飯 	Ratatouille with Pasta 普羅旺斯燴菜配意 粉	Braised Vegetables in Lo Hon Style with Ho Fan 羅漢雜菜配河粉

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