

Date	05/17 Saturday		05/17 Saturday	
	午餐	Lunch	晚餐	Supper
main course 主葷菜	香煎豬排	Fried pork steak	大掃除 General cleaning	
main course for vegetarian 主素菜	紅絲炒蛋	Fried eggs with carrot sliced		
Side dishes 1 副葷菜 1	薑絲絲瓜	Loofah with ginger		
Side dishes 2 副葷菜 2	花椰雙拼	Broccoli & cauli flower		
Vegetables 青菜	青菜	Greens		
Soup 湯	海帶芽湯	Sea weed soup		
Sweetmeats 甜湯	紅豆小燕麥	Red bean and oats soup		
staple food 主食	飯 糙米飯	Rice Brown rice		
Fruit 水果	水果	Fruit		