

Date	05/19 Monday		05/20 Tuesday		05/21 Wednesday		05/22 Thursday		05/23 Friday	
	午餐	Lunch	午餐	Lunch	午餐	Lunch	午餐	Lunch	午餐	Lunch
Main course 主葷菜	蒜泥白肉	Pork with garlic sauce	香烤雞腿 (豬排)	Roasted chicken legs (pork steak)	獅子頭	Meat ball	香煎豬排	Fried pork steak	照燒肉絲	Teriyaki sliced pork
Main course for vegetarian 主素菜	胡瓜木耳	Cucumber with black fungus	大白菜豆皮	Chinese cabbage and bean curd skin	花椰雙拼	Broccoli & cauli flower	豌豆豆干	Pea with bean curd	客家鮮筍	Hakka Fresh Bamboo Shoots
Side dishes 1 副葷菜 1	蘿蔔干蔥蛋	Scrambled eggs with dried radish	香 Q 滷蛋	Marinated eggs	芹香干絲	Parsley and dried bean curd noodle salad	番茄炒蛋	Fried eggs with tomato	素炒黃豆芽	Fried soybean sprout
Side dishes 2 副葷菜 2	什錦玉米	Corn Assorted Vegetables	小黃瓜雙拼	Cucumber Double Combo	香菇蘿蔔	Radish and Shiitake Mushrooms	洋蔥肉絲	Sliced pork with onion	薑絲絲瓜	Loofah with ginger
Vegetables 青菜	青菜	Greens	青菜	Greens	青菜	Greens	青菜	Greens	青菜	Greens
Soup 湯	馬鈴薯湯	Potato soup	蘿蔔排骨湯	Mooli soup with pork-ribs	酸辣湯	Hot and sour soup	海帶芽湯	Sea weed soup	冬瓜排骨湯	White ground soup with pork-ribs
Sweetmeats 甜湯	紅豆小燕麥	Red bean and oats soup	綠豆湯	Mung bean soup	紅豆小燕麥	Red bean and oats soup	黑糖白木耳	White Fungus sweet soup	綠豆湯	Mung bean soup
Staple food 主食	飯 糙米飯 麵	Rice Brown rice Noodles	飯 糙米飯 米粉	Rice Brown rice Noodles	飯 糙米飯 麵	Rice Brown rice Noodles	飯 糙米飯 米粉	Rice Brown rice Noodles	飯 糙米飯 麵	Rice Brown rice Noodles
Fruit 水果	水果	Fruit	水果	Fruit	水果	Fruit	水果	Fruit	水果	Fruit

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	晚餐	Supper	晚餐	Supper	晚餐	Supper	晚餐	Supper	晚餐	Supper
Main course 主葷菜	香滷肉燥	Braised minced pork	香煎豬排	Fried pork steak	客家小炒	Hakka stir-fried with squid	香烤雞腿	Roasted chicken legs	停止供應 Stop Serving	
Main course for vegetarian 主素菜	薑絲絲瓜	Loofah with ginger	大黃瓜木耳	Cucumber with black fungus	海帶芽蛋	Sea weed and egg	紅片花椰	Broccoli with carrot		
Side dishes 1 副葷菜 1	紅參炒蛋	Fried eggs with carrot sliced	麻婆豆腐	Spicy and hot bean curd	螞蟻上樹	Potato noodles with meat	時蔬豆干	Vegetable with bean curd		
Side dishes 2 副葷菜 2	洋芋咖哩	Curry potato	海帶雙絲	Seaweed with bean sprout and carrot	開陽胡瓜	Cucumber with dried shrimp	開陽白菜	Chinese leaves with dried shrimp		
Vegetables 青菜	青菜	Greens	青菜	Greens	青菜	Greens	青菜	Greens		
Soup 湯	玉米蛋花湯	Corn soup with eggs	海帶芽湯	Sea weed soup	蘿蔔排骨湯	Mooli soup with pork-ribs	柴魚豆腐湯	Dried bonito tofu soup		
Staple food 主食	飯 糙米飯 麵	Rice Brown rice Noodles	飯 糙米飯 麵	Rice Brown rice Noodles	飯 糙米飯 麵	Rice Brown rice Noodles	飯 糙米飯 麵	Rice Brown rice Noodles		
Fruit 水果	水果	Fruit	水果	Fruit	水果	Fruit	水果	Fruit		