

Date	06/09 Monday		06/10 Tuesday		06/11 Wednesday		06/12 Thursday		06/13 Friday	
	午餐	Lunch	午餐	Lunch	午餐	Lunch	午餐	Lunch	午餐	Lunch
Main course 主葷菜	獅子頭	Meat ball	照燒肉絲	Teriyaki sliced pork	香煎豬排	Fried pork steak	蒜泥白肉	Pork with garlic sauce	香烤雞腿 (豬排)	Roasted chicken legs
Main course for vegetarian 主素菜	花椰雙拼	Broccoli & cauli flower	薑絲絲瓜	Loofah with ginger	豌豆豆干	Pea with bean curd	塔香黃豆芽	Soybean sprout with basil sauce	素炒鮮筍	Fried bamboo shoots
Side dishes 1 副葷菜 1	什錦玉米	Corn Assorted Vegetables	家常豆腐	Home-style bean curd	海帶芽蛋	Sea weed and egg	雪裡紅肉末	Potherb Mustard with Minced Pork	香 Q 滷蛋	Marinated eggs
Side dishes 2 副葷菜 2	開陽胡瓜	Cucumber with dried shrimp	番茄炒蛋	Fried eggs with tomato	洋蔥肉絲	Sliced pork with onion	小黃瓜肉絲	Cucumber with sliced pork	開陽白菜	Chinese leaves with dried shrimp
Vegetables 青菜	青菜	Greens	青菜	Greens	青菜	Greens	青菜	Greens	青菜	Greens
Soup 湯	蘿蔔排骨	Mooli soup with pork-ribs	海帶芽湯	Sea weed soup	髮菜豆腐	Laver bean curd soup	馬鈴薯湯	Potato soup	冬瓜排骨	White ground soup with pork-ribs
Sweetmeats 甜湯	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	紅豆小燕麥	Red bean and oats 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	客家小炒	Hakka stir-fried with squid	香煎豬排	Fried pork steak	香烤雞腿	Roasted Chicken legs	香滷肉燥	Braised minced pork	停止供應 Stop Serving	
Main course for vegetarian 主素菜	紅燒冬瓜	Stewed white ground	時蔬豆干	Vegetable with bean curd	紅片花椰	Broccoli with carrot	紅參炒蛋	Fried eggs with carrot sliced		
Side dishes 1 副葷菜 1	螞蟻上樹	Potato noodles with meat	洋芋咖哩	Curry Potato	麻婆豆腐	Spicy and hot bean curd	薑絲絲瓜	Loofah with ginger		
Side dishes 2 副葷菜 2	大白菜豆皮	Chinese cabbage and bean curd skin	胡瓜木耳	Cucumber with black fungus	大黃瓜鮮菇	Cucumber with mushroom	芹香干絲	Parsley and dried bean curd noodle salad		
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	冬瓜排骨	White ground soup with pork-ribs	海帶芽湯	Sea weed soup	蘿蔔排骨	Mooli soup with pork-ribs		
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		