

Date	07/14 Monday		07/15 Tuesday		07/16 Wednesday		07/17 Thursday	
	午餐	Lunch	午餐	Lunch	午餐	Lunch	午餐	Lunch
main course 主荤菜	獅子頭	Meat ball	香烤雞腿 (豬排)	Roasted chicken legs (pork steak)	蒜泥白肉	Pork with garlic sauce	香煎豬排	Fried pork steak
main course for vegetarian 主素菜	豌豆豆干	Pea with bean curd	花椰雙拼	Broccoli & cauli flower	素炒鮮菇	Stir-fried Fresh Mushrooms	薑絲絲瓜	Loofah with ginger
Seafood 海鮮	番茄炒蛋	Fried eggs with tomato	香Q滷蛋	Marinated eggs	麻婆豆腐	Spicy and hot bean curd	洋蔥肉絲	Sliced pork with onion
Side dishes 副菜	開陽白菜	Chinese leaves with dried shrimp	小黃瓜肉絲	Cucumber with sliced pork	胡瓜木耳	Cucumber with black fungus	海帶芽蛋	Sea weed and egg
Vegetables 青菜	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	蘿蔔排骨	Mooli soup with pork-ribs	冬瓜排骨	White ground soup with pork-ribs
Sweetmeats 甜湯	綠豆湯	Mung bean soup	黑糖白木耳	White Fungus sweet soup	馬鈴薯湯	Potato 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 Rice Vermicelli	飯 糙米飯 麵	Rice Brown rice Noodles	飯 糙米飯 米粉	Rice Brown rice Rice Vermicelli
Fruit 水果	水果	Fruit	水果	Fruit	水果	Fruit	水果	Fruit

Date	07/14 Monday		07/15 Tuesday		07/16 Wednesday		07/17 Thursday	
	晚餐	Supper	晚餐	Supper	晚餐	Supper	晚餐	Supper
main course 主葷菜	香烤雞腿	Roasted chicken legs	香煎豬排	Braised minced pork	香滷肉燥	Fried pork steak	客家小炒	Hakka stir-fried with squid
main course for vegetarian 主素菜	洋芋咖哩	Curry potato	芹香干絲	Vegetable with bean curd	時蔬豆干	Vegetable with bean curd	花椰雙拼	Broccoli & cauli flower
Seafood 海鮮	紅參炒蛋	Fried eggs with carrot sliced	海帶雙絲	Cucumber with mushroom	什錦玉米	Corn Assorted Vegetables	螞蟻上樹	Corn Assorted Vegetables
Side dishes 副菜	胡瓜鮮菇	Cucumber and fresh mushrooms	薑絲絲瓜	Fried eggs with carrot sliced	大黃瓜金針菇	Cucumber with needle mushroom	紅燒冬瓜	Potato noodles with meat
Vegetables 青菜	青菜	Greens	青菜	Greens	青菜	Greens	青菜	Greens
Soup 湯	冬瓜排骨	White ground soup with pork-ribs	柴魚豆腐湯	White ground soup with pork-ribs	蘿蔔排骨	Mooli soup with pork-ribs	海帶芽湯	Sea weed 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