

Date	07/28 Monday		07/29 Tuesday		07/30 Wednesday		07/31 Thursday	
	午餐	Lunch	午餐	Lunch	午餐	Lunch	午餐	Lunch
main course 主荤菜	獅子頭	Meat ball	香煎豬排	Fried pork steak	蒜泥白肉	Pork with garlic sauce	香烤雞腿 (豬排)	Roasted chicken legs (pork steak)
main course for vegetarian 主素菜	海帶芽蛋	Sea weed and egg	胡瓜木耳	Cucumber with black fungus	豌豆豆干	Pea with bean curd	素炒鮮筍	Fried bamboo shoots
Seafood 海鮮	什錦玉米	Corn Assorted Vegetables	麻婆豆腐	Spicy and hot bean curd	番茄炒蛋	Fried eggs with tomato	香 Q 滷蛋	Marinated eggs
Side dishes 副菜	開陽白菜	Chinese leaves with dried shrimp	海帶肉絲	Seaweed with sliced pork	洋蔥肉絲	Sliced pork with onion	花椰雙拼	Broccoli & cauli flower
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	冬瓜排骨	White ground soup with pork-ribs	馬鈴薯湯	Potato soup	海帶芽湯	Sea weed soup
Sweetmeats 甜湯	綠豆湯	Mung bean soup	紅豆小燕麥	Red bean and oats soup	綠豆湯	Mung bean soup	黑糖白木耳	White Fungus sweet 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

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	晚餐	Supper	晚餐	Supper	晚餐	Supper	晚餐	Supper
main course 主葷菜	香烤雞腿	Roasted chicken legs	客家小炒	Hakka stir-fried with squid	香滷肉燥	Braised minced pork	香煎豬排	Fried pork steak
main course for vegetarian 主素菜	大黃瓜鮮菇	Cucumber with mushroom	紅燒冬瓜	Stewed white ground	紅參炒蛋	Fried eggs with carrot sliced	胡瓜木耳	Cucumber with black fungus
Seafood 海鮮	螞蟻上樹	Potato noodles with meat	時蔬豆干	Vegetable with bean curd	芹香干絲	Parsley and dried bean curd noodle salad	什錦玉米	Corn Assorted Vegetables
Side dishes 副菜	蒸蛋	Steamed egg	紅片花椰	Broccoli with carrot	洋芋咖哩	Curry potato	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	柴魚豆腐湯	Dried bonito tofu soup	蘿蔔排骨	Mooli soup with pork-ribs	冬瓜排骨	White ground 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