

Date	08/04 Monday		08/05 Tuesday		08/06 Wednesday		08/07 Thursday	
	午餐	Lunch	午餐	Lunch	午餐	Lunch	午餐	Lunch
main course 主荤菜	香烤雞腿 (豬排)	Roasted chicken legs (pork steak)	照燒肉絲	Teriyaki sliced pork	香煎豬排	Fried pork steak	蒜泥白肉	Pork with garlic sauce
main course for vegetarian 主素菜	花椰雙拼	Broccoli & cauli flower	素炒鮮筍	Fried bamboo shoots	家常豆腐	Home-style bean curd	豌豆豆干	Pea with bean curd
Seafood 海鮮	開陽白菜	Chinese leaves with dried shrimp	海帶芽蛋	Sea weed and egg	滷蛋	Marinated eggs	洋蔥肉絲	Sliced pork with onion
Side dishes 副菜	番茄炒蛋	Fried eggs with tomato	塔香黃豆芽	Soybean sprout with basil sauce	胡瓜木耳	Cucumber with black fungus	蘿蔔干蔥蛋	Scrambled eggs with dried radish
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	酸辣湯	Hot and sour soup	冬瓜排骨	White ground soup with pork-ribs	馬鈴薯湯	Potato soup
Sweetmeats 甜湯	黑糖白木耳	Brown Sugar Tremella	綠豆湯	Mung bean soup	紅豆小燕麥	Red bean and oats 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 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	08/04 Monday		08/05 Tuesday		08/06 Wednesday		08/07 Thursday	
	晚餐	Supper	晚餐	Supper	晚餐	Supper	晚餐	Supper
main course 主葷菜	香煎豬排	Fried pork steak	香烤雞腿	Roasted chicken legs	客家小炒	Hakka stir-fried with squid	香滷肉燥	Braised minced pork
main course for vegetarian 主素菜	胡瓜木耳	Cucumber with black fungus	什錦玉米	Corn Assorted Vegetables	紅片花椰	Broccoli with carrot	芹香干絲	Parsley and dried bean curd noodle salad
Seafood 海鮮	洋芋咖哩	Curry potato	麻婆豆腐	Mapo Tofu	時蔬豆干	Vegetable with bean curd	紅燒冬瓜	Stewed white ground
Side dishes 副菜	紅蘿蔔炒蛋	Scrambled Eggs with Carrots	大黃瓜木耳	Cucumber with black fungus	蒸蛋	Steamed egg	螞蟻上樹	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	蘿蔔排骨	Mooli soup with pork-ribs	玉米蛋花湯	Corn soup with eggs	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