

Date	08/18 Monday		08/19 Tuesday		08/20 Wednesday		08/21 Thursday	
	午餐	Lunch	午餐	Lunch	午餐	Lunch	午餐	Lunch
main course 主荤菜	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 (pork steak)
main course for vegetarian 主素菜	洋芋咖哩	Curry potato	豌豆豆干	Pea with bean curd	花椰雙拼	Broccoli & cauli flower	素炒鮮筍	Fried bamboo shoots
Seafood 海鮮	蘿蔔干蔥蛋	Scrambled eggs with dried radish	紅參炒蛋	Fried eggs with carrot sliced	家常豆腐	Home-style bean curd	香 Q 滷蛋	Marinated eggs
Side dishes 副菜	開陽白菜	Chinese leaves with dried shrimp	洋蔥肉絲	Sliced pork with onion	素炒黃豆芽	Fried soybean sprout	什錦玉米	Corn Assorted Vegetables
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	海帶芽湯	Sea weed soup	馬鈴薯湯	Potato soup	蘿蔔排骨	Mooli 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
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	香滷肉燥	Braised minced pork	客家小炒	Hakka stir-fried with squid	香煎豬排	Fried pork steak
main course for vegetarian 主素菜	薑絲絲瓜	Loofah with ginger	時蔬豆干	Vegetable with bean curd	大黃瓜鮮菇	Cucumber with mushroom	紅燒冬瓜	Stewed white ground
Seafood 海鮮	什錦玉米	Corn Assorted Vegetables	蒸蛋	Steamed egg	海帶芽蛋	Sea weed and egg	芹香干絲	Parsley and dried bean curd noodle salad
Side dishes 副菜	紅片花椰	Broccoli with carrot	開陽白菜	Chinese leaves with dried shrimp	麻婆豆腐	Mapo Tofu	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	蘿蔔排骨	Mooli soup with pork-ribs	冬瓜排骨	White ground soup with pork-ribs	玉米蛋花湯	Corn soup with eggs	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