

Date	12/15 Monday		12/16 Tuesday		12/17 Wednesday		12/18 Thursday		12/19 Friday	
	午餐	Lunch	午餐	Lunch	午餐	Lunch	午餐	Lunch	午餐	Lunch
main course 主葷菜	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)	獅子頭	Meat ball	照燒肉絲	Teriyaki sliced pork
main course for vegetarian 主素菜	豌豆豆干	Pea with bean curd	花椰雙拼	Broccoli & cauli flower	家常豆腐	Home-style bean curd	芹菜雙拼	Celery with bean sprout and carrot	素炒黃豆芽	Fried soybean sprout
Seafood 海鮮	雪菜肉末	Potherb Mustard with Minced Pork	香 Q 滷蛋	Marinated eggs	小黃瓜肉絲	Cucumber with sliced pork	蘿蔔干蔥蛋	Scrambled eggs with dried radish	海帶芽蛋	Sea weed and egg
Side dishes 副菜	洋蔥肉絲	Sliced pork with onion	芹香干絲	Parsley and dried bean curd noodle salad	開陽白菜	Chinese leaves with dried shrimp	什錦玉米	Corn Assorted Vegetables	大頭菜香菇	Turnip with mushroom
Vegetables 青菜	青菜	Greens	青菜	Greens	青菜	Greens	青菜	Greens	青菜	Greens
Soup 湯	海帶芽湯	Sea weed soup	馬鈴薯湯	Potato soup	蘿蔔排骨	Mooli soup with pork-ribs	冬瓜排骨	White ground soup with pork-ribs	柴魚豆腐湯	Dried bonito tofu soup
Sweetmeats 甜湯	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	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	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	停止供應 Stop Serving	
main course for vegetarian 主素菜	薑絲絲瓜	Loofah with ginger	紅參炒蛋	Fried eggs with carrot sliced	花椰紅片	Broccoli with carrot	大黃瓜鮮菇	Cucumber with mushroom		
Seafood 海鮮	馬鈴薯咖哩	Curry potato	時蔬豆干	Vegetable with bean curd	螞蟻上樹	Potato noodles with meat	麻婆豆腐	Mapo Tofu		
Side dishes 副菜	蒸蛋	Steamed egg	開陽胡瓜	Cucumber with dried shrimp	紅燒冬瓜	Stewed white ground	大白菜豆皮	Chinese cabbage and bean curd skin		
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	玉米蛋花湯	Corn soup with eggs	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		