

Date	12/2 Monday		12/3 Tuesday		12/4 Wednesday		12/5 Thursday		12/6 Friday	
	午餐	Lunch	午餐	Lunch	午餐	Lunch	午餐	Lunch	午餐	Lunch
main course 主葷菜	獅子頭	Meat ball	香煎豬排	Fried pork steak	照燒肉絲	Teriyaki sliced pork	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	胡瓜木耳	Cucumber with black fungus	香菇蘿蔔	Mooli with mushroom	素炒黃豆芽	Fried soybean sprout	豌豆豆干	Pea with bean curd	紅片花椰	Broccoli with carrot
Seafood 海鮮	開陽白菜	Chinese leaves with dried shrimp	雪菜肉末	Potherb Mustard with Minced Pork	海帶芽蛋	Sea weed and egg	香 Q 滷蛋	Marinated eggs	洋蔥肉絲	Sliced pork with onion
Side dishes 副菜	家常豆腐	Home-style bean curd	小黃瓜肉絲	Cucumber with sliced pork	洋芋咖哩	Curry potato	大黃瓜木耳	Cucumber with black fungus	什錦玉米	Corn Assorted Vegetables
Vegetables 青菜	青菜	Greens	青菜	Greens	青菜	Greens	青菜	Greens	青菜	Greens
Soup 湯	酸辣湯	Hot and sour soup	冬瓜排骨	White ground soup with pork-ribs	柴魚豆腐湯	Dried bonito tofu soup	馬鈴薯湯	Potato soup	蘿蔔排骨	Mooli soup with pork-ribs
Sweetmeats 甜湯	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	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 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	客家小炒	Hakka stir-fried with squid	香烤雞腿	Roasted chicken legs	香煎豬排	Fried pork steak	香滷肉燥	Braised minced pork	停止供應 Stop Serving	
main course for vegetarian 主素菜	紅燒冬瓜	Stewed white ground	薑絲絲瓜	Loofah with ginger	花椰雙拼	Broccoli & cauli flower	紅參炒蛋	Fried eggs with carrot sliced		
Seafood 海鮮	麻婆豆腐	Spicy and hot bean curd	芹香干絲	Parsley and dried bean curd noodle salad	螞蟻上樹	Potato noodles with meat	大白菜豆皮	Chinese cabbage and bean curd skin		
Side dishes 副菜	什錦玉米	Corn Assorted Vegetables	大頭菜香菇	Turnip with mushroom	蒸蛋	Steamed egg	胡瓜木耳	Cucumber with black fungus		
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	玉米蛋花湯	Corn soup with eggs	冬瓜排骨	White ground 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		