

Date	12/8 Monday		12/9 Tuesday		12/10 Wednesday		12/11 Thursday		12/12 Friday	
	午餐	Lunch	午餐	Lunch	午餐	Lunch	午餐	Lunch	午餐	Lunch
main course 主葷菜	香烤雞腿 (豬排)	Roasted chicken legs (pork steak)	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
main course for vegetarian 主素菜	香菇蘿蔔	Mooli with mushroom	素炒黃豆芽	Fried soybean sprout	大頭菜香菇	Turnip with mushroom	芹香干絲	Parsley and dried bean curd noodle salad	豌豆豆干	Pea with bean curd
Seafood 海鮮	花椰雙拼	Broccoli & cauli flower	蘿蔔干蔥蛋	Scrambled eggs with dried radish	麻婆豆腐	Mapo Tofu	海帶肉絲	Seaweed with sliced pork	香 Q 滷蛋	Marinated eggs
Side dishes 副菜	什錦玉米	Corn Assorted Vegetables	小黃瓜肉絲	Cucumber with sliced pork	洋蔥肉絲	Sliced pork with onion	開陽白菜	Chinese leaves with dried shrimp	雪菜肉末	Potherb Mustard with Minced Pork
Vegetables 青菜	青菜	Greens	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	蘿蔔排骨	Mooli soup with pork-ribs	柴魚豆腐	Dried bonito tofu soup	馬鈴薯湯	Potato 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	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

Date	12/8 Monday		12/9 Tuesday		12/10 Wednesday		12/11 Thursday		12/12 Friday	
	晚餐	Supper	晚餐	Supper	晚餐	Supper	晚餐	Supper	晚餐	Supper
main course 主葷菜	香滷肉燥	Braised minced pork	客家小炒	Hakka stir-fried with squid	香烤雞腿	Roasted chicken legs	香煎豬排	Fried pork steak	停止供應 Stop Serving	
main course for vegetarian 主素菜	紅參炒蛋	Fried eggs with carrot sliced	洋芋咖哩	Curry potato	薑絲絲瓜	Loofah with ginger	花椰雙拼	Broccoli & cauli flower		
Seafood 海鮮	大白菜豆皮	Chinese cabbage and bean curd skin	紅燒冬瓜	Stewed white ground	海帶芽蛋	Sea weed and egg	大頭菜香菇	Turnip with mushroom		
Side dishes 副菜	開陽胡瓜	Cucumber with dried shrimp	時蔬豆干	Vegetable with bean curd	什錦玉米	Corn Assorted Vegetables	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	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		