

Date	1/19 Monday		1/20 Tuesday		1/21 Wednesday		1/22 Thursday		1/23 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	照燒肉絲	Teriyaki sliced pork	蒜泥白肉	Pork with garlic sauce	香煎豬排	Fried pork steak
main course for vegetarian 主素菜	豌豆豆干	Pea with bean curd	花椰雙拼	Broccoli & cauli flower	番茄炒蛋	Fried eggs with tomato	大黃瓜木耳	Cucumber with black fungus	大頭菜香菇	Turnip with mushroom
Side dishes 副菜	雪菜肉末	Potherb Mustard with Minced Pork	蘿蔔干蔥蛋	Scrambled eggs with dried radish	什錦玉米	Corn Assorted Vegetables	洋蔥肉絲	Sliced pork with onion	香 Q 滷蛋	Marinated eggs
Side dishes 副菜	開陽蘿蔔	Stewed mooli with dried shrimp	海帶雙絲	Seaweed with bean sprout and carrot	塔香黃豆芽	Soybean sprout with basil sauce	開陽白菜	Chinese leaves with dried shrimp	小黃瓜肉絲	Cucumber with sliced pork
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	酸辣湯	Hot and sour soup	蘿蔔排骨	Mooli soup with pork-ribs	馬鈴薯湯	Potato soup	冬瓜排骨	White ground soup with pork-ribs
Sweetmeats 甜湯	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	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 noodles	飯 糙米飯 麵	Rice Brown rice Noodles	飯 糙米飯 米粉	Rice Brown rice 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	香煎豬排	Fried pork steak	香滷肉燥	Braised minced pork	香烤雞腿	Roasted chicken legs	Stop Serving	
main course for vegetarian 主素菜	花椰紅片	Broccoli with carrot	洋芋咖哩	Curry potato	薑絲絲瓜	Loofah with ginger	紅燒冬瓜	Stewed white ground		
Side dishes 副菜	蒸蛋	Steamed egg	麻婆豆腐	Mapo Tofu	螞蟻上樹	Potato noodles with meat	海帶芽蛋	Sea weed and egg		
Side dishes 副菜	芹香干絲	Parsley and dried bean curd noodle salad	小黃瓜肉絲	Cucumber with sliced pork	紅參炒蛋	Fried eggs with carrot sliced	時蔬豆干	Vegetable with bean curd		
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	海帶芽湯	Sea weed soup	玉米蛋花湯	Corn soup with eggs		
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		