

Date	2/23 Monday		2/24 Tuesday		2/25 Wednesday		2/26 Thursday		2/27 Friday	
	午餐	Lunch	午餐	Lunch	午餐	Lunch	午餐	Lunch	午餐	Lunch
main course 主荤菜	照燒肉絲	Teriyaki sliced pork	獅子頭	Meat ball	香煎豬排	Fried pork steak	香烤雞腿 (豬排)	Roasted chicken legs (pork steak)	Adjusted Holiday	
main course for vegetarian 主素菜	花椰雙拼	Broccoli & cauli flower	番茄炒蛋	Fried eggs with tomato	豌豆豆干	Pea with bean curd	大頭菜香菇	Turnip with mushroom		
Side dishes 副菜	家常豆腐	Home-style bean curd	什錦玉米	Corn Assorted Vegetables	雪菜肉末	Potherb Mustard with Minced Pork	香 Q 滷蛋	Marinated eggs		
Side dishes 副菜	開陽白菜	Chinese leaves with dried shrimp	芹香干絲	Parsley and dried bean curd noodle salad	小黃瓜肉絲	Cucumber with sliced pork	洋蔥肉絲	Sliced pork with onion		
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	酸辣湯	Hot and sour soup	海帶芽湯	Sea weed soup	冬瓜排骨	White ground 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 noodles	飯 糙米飯 麵	Rice Brown rice Noodles	飯 糙米飯 米粉	Rice Brown rice Rice noodles		
Fruit 水果	水果	Fruit	水果	Fruit	水果	Fruit	水果	Fruit		

Date	2/23 Monday		2/24 Tuesday		2/25 Wednesday		2/26 Thursday		2/27 Friday	
	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	客家小炒	Hakka stir-fried with squid	香滷肉燥	Braised minced pork	香煎豬排	Fried pork steak	Adjusted Holiday	
main course for vegetarian 主素菜	紅參炒蛋	Fried eggs with carrot sliced	花椰紅片	Broccoli with carrot	大黃瓜木耳	Cucumber with black fungus	洋芋咖哩	Curry potato		
Side dishes 副菜	大頭菜香菇	Turnip with mushroom	麻婆豆腐	Spicy and hot bean curd	螞蟻上樹	Potato noodles with meat	時蔬豆干	Vegetable with bean curd		
Side dishes 副菜	紅燒冬瓜	Stewed white ground	薑絲絲瓜	Loofah with ginger	蒸蛋	Steamed egg	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	海帶芽湯	Sea weed soup	冬瓜排骨	White ground soup with pork-ribs	蘿蔔排骨	Mooli soup with pork-ribs	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		