

Date	3/16 Monday		3/17 Tuesday		3/18 Wednesday		3/19 Thursday		3/20 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	香烤雞腿 (豬排)	Roasted chicken legs (pork steak)	照燒肉絲	Teriyaki sliced pork	蒜泥白肉	Pork with garlic sauce
main course for vegetarian 主素菜	豌豆豆干	Pea with bean curd	素炒黃豆芽	Fried soybean sprout	大頭菜香菇	Turnip with mushroom	花椰雙拼	Broccoli & cauli flower	番茄炒蛋	Fried eggs with tomato
Side dishes 副菜	蘿蔔干蔥蛋	Scrambled eggs with dried radish	什錦玉米	Corn Assorted Vegetables	雪菜肉末	Potherb Mustard with Minced Pork	香 Q 滷蛋	Marinated eggs	芹香干絲	Parsley and dried bean curd noodle salad
Side dishes 副菜	開陽白菜	Chinese leaves with dried shrimp	小黃瓜肉絲	Cucumber with sliced pork	海帶肉絲	Seaweed with sliced pork	紅燒蘿蔔	Braised White Radish	洋蔥肉絲	Sliced pork with onion
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	酸辣湯	Hot and sour soup	蘿蔔排骨	Mooli soup with pork-ribs	海帶芽湯	Sea weed soup	馬鈴薯湯	Potato soup
Sweetmeats 甜湯	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	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 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

Date	3/16 Monday		3/17 Tuesday		3/18 Wednesday		3/19 Thursday		3/20 Friday	
	晚餐	Supper	晚餐	Supper	晚餐	Supper	晚餐	Supper	晚餐	Supper
main course 主葷菜	香煎豬排	Fried pork steak	客家小炒	Hakka stir-fried with squid	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	薑絲絲瓜	Loofah with ginger	紅參炒蛋	Fried eggs with carrot sliced	紅燒冬瓜	Stewed white ground		
Side dishes 副菜	蒸蛋	Steamed egg	洋芋咖哩	Curry potato	螞蟻上樹	Potato noodles with meat	麻婆豆腐	Spicy and hot bean curd		
Side dishes 副菜	大黃瓜鮮菇	Cucumber with mushroom	海帶芽煎蛋	Sea weed and fried eggs	小黃瓜肉絲	Cucumber with sliced pork	開陽白菜	Chinese leaves with dried shrimp		
Vegetables 青菜	青菜	Greens	青菜	Greens	青菜	Greens	青菜	Greens		
Soup 湯	海帶芽湯	Sea weed soup	玉米蛋花湯	Corn soup with eggs	冬瓜排骨	White ground soup with pork-ribs	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		