

Date	3/23 Monday		3/24 Tuesday		3/25 Wednesday		3/26 Thursday		3/27 Friday	
	午餐	Lunch	午餐	Lunch	午餐	Lunch	午餐	Lunch	午餐	Lunch
main course 主葷菜	照燒肉絲	Teriyaki sliced pork	蒜泥白肉	Pork with garlic sauce	香煎豬排	Fried pork steak	香烤雞腿 (豬排)	Roasted chicken legs (pork steak)	獅子頭	Meat ball
main course for vegetarian 主素菜	番茄炒蛋	Fried eggs with tomato	豌豆雙拼	Pea with bean curd	芹香干絲	Parsley and dried bean curd noodle salad	大頭菜香菇	Turnip with mushroom	花椰雙拼	Broccoli & cauli flower
Side dishes 副菜	家常豆腐	Home-style bean curd	雪菜肉末	Potherb Mustard with Minced Pork	蒸蛋	Steamed egg	開陽白菜	Chinese leaves with dried shrimp	香 Q 滷蛋	Marinated eggs
Side dishes 副菜	洋蔥肉絲	Sliced pork with onion	蘿蔔燜肉	Pork stew with mooli	小黃瓜肉絲	Cucumber with sliced pork	什錦玉米	Corn Assorted Vegetables	素炒黃豆芽	Fried soybean sprout
Vegetables 青菜	青菜	Greens	青菜	Greens	青菜	Greens	青菜	Greens	青菜	Greens
Soup 湯	蘿蔔排骨	Mooli soup with pork-ribs	馬鈴薯湯	Potato soup	海帶芽湯	Sea weed soup	冬瓜排骨	White ground soup with pork-ribs	髮菜豆腐	Laver bean curd soup
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	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

Date	3/23 Monday		3/24 Tuesday		3/25 Wednesday		3/26 Thursday		3/27 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	香滷肉燥	Braised minced pork	客家小炒	Hakka stir-fried with squid	香煎豬排	Fried pork steak	Stop Serving	
main course for vegetarian 主素菜	大黃瓜木耳	Cucumber and Wood Ear Mushroom	花椰紅片	Broccoli with carrot	紅燒冬瓜	Stewed white ground	洋芋咖哩	Curry potato		
Side dishes 副菜	螞蟻上樹	Stir-fried Vermicelli with Minced Pork	什錦玉米	Corn Assorted Vegetables	麻婆豆腐	Spicy and hot bean curd	紅參炒蛋	Fried eggs with carrot sliced		
Side dishes 副菜	開陽白菜	Chinese leaves with dried shrimp	薑絲絲瓜	Loofah with ginger	海帶芽蛋	Sea weed and egg	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	冬瓜排骨	White ground soup with pork-ribs	柴魚豆腐湯	Dried bonito tofu soup	蘿蔔排骨	Mooli 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		