

Date	4/20 Monday		4/21 Tuesday		4/22 Wednesday		4/23 Thursday		4/24 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	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)
main course for vegetarian 主素菜	番茄炒蛋	Fried eggs with tomato	豌豆豆干	Pea with bean curd	大白菜鮮菇	Chinese cabbage with mushroom	花椰雙拼	Broccoli & cauli flower	胡瓜木耳	Cucumber with black fungus
Side dishes 副菜	家常豆腐	Home-style bean curd	什錦玉米	Corn Assorted Vegetables	小黃瓜肉絲	Cucumber with sliced pork	香Q滷蛋	Marinated eggs	蒸蛋	Steamed egg
Side dishes 副菜	洋蔥肉絲	Sliced pork with onion	香菇大頭菜	Turnip with mushroom	麻婆豆腐	Mapo Tofu	素炒黃豆芽	Fried soybean sprout	客家筍絲	Hakka bamboo shoots
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	柴魚豆腐湯	Bonito flake tofu soup	馬鈴薯湯	Potato soup	冬瓜排骨	White ground soup with pork-ribs	海帶芽湯	Sea weed soup
Sweetmeats 甜湯	綠豆湯	Mung bean soup	紅糖白木耳	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	4/20 Monday		4/21 Tuesday		4/22 Wednesday		4/23 Thursday		4/24 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	香煎豬排	Fried pork steak	客家小炒	Hakka stir-fried with squid	香滷肉燥	Braised minced pork	Stop Serving	
main course for vegetarian 主素菜	大黃瓜木耳	Cucumber and Wood Ear Mushroom	花椰雙拼	Broccoli & cauli flower	洋芋咖哩	Curry potato	紅參炒蛋	Fried eggs with carrot sliced		
Side dishes 副菜	時蔬豆干	Vegetable with bean curd	芹香干絲	Parsley and dried bean curd noodle salad	海帶芽蛋	Sea weed and egg	什錦玉米	Corn Assorted Vegetables		
Side dishes 副菜	開陽白菜	Chinese leaves with dried shrimp	螞蟻上樹	Stir-fried Vermicelli with Minced Pork	薑絲絲瓜	Loofah with ginger	紅燒冬瓜	Stewed white ground		
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	海帶芽湯	Sea weed soup	冬瓜排骨	White ground soup with pork-ribs	柴魚豆腐湯	Bonito flake tofu 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		