



Breakfast Menu May 2022

	Tuesday	Wednesday	Thursday	Friday
	3/5	4/5	5/5	6/5
Main 主菜	-	Pumpkin & Minced Pork Congee 南瓜肉碎粥	Fish Ball & Veggie Vermicelli in Soup 青菜魚蛋米粉 	Ham & Cheese Sandwich 芝士火腿三文治
Side 配菜	-	Fried Noodle with Supreme Soy Sauce 豉油皇炒麵	Scrambled Egg 炒蛋 	Oatmeal 牛奶燕麥片
Beverage 飲品	- 	Chinese Tea 中國茶	Soy Milk 豆漿	Low Fat Milk 低脂奶
	10/5	11/5	12/5	13/5
Main 主菜	-	Dim Sum 中式點心 	Mixed Vegetable & Shredded Chicken with Fusilli in Soup 時菜雞絲湯螺絲粉	Mixed Vegetable & Meatballs with Vermicelli in Soup 時菜肉丸湯米粉
Side 配菜	-	Fried Rice Vermicelli with Shiitake Mushroom 香菇炒米粉	Luncheon Meat 午餐肉	Sweet Corn 粟米
Beverage 飲品	- 	Chinese Tea 中國茶	Soy Milk 豆漿	Low Fat Milk 低脂奶

EAT MORE
健康之選，適合經常食用
These foods should form
the basis of your diet.
So fill up on them.

EAT MODERATELY
請適宜地食用
Best eaten in moderation.
These food are still important
for a balanced diet.

EAT LESS
建議少選擇為佳
Don't have too much of these.
Just treat ourselves
every so often.



以相應的顏色標籤在餐單上 Highlighted in respective color on the menu



Breakfast Menu May 2022

	Tuesday	Wednesday	Thursday	Friday
	17/5	18/5	19/5	20/5
Main 主菜	Tomato & Mixed Vegetables with Macaroni in Soup 番茄雜菜湯意粉	Dim Sum 中式點心  	Shredded Pork & Mushroom with Rice Noodle in Soup 娃娃菜冬菇肉絲銀針粉	Shredded Pork, Pickled Veggie & Rice Vermicelli in Soup 雪菜肉絲湯米粉
Side 配菜	Bacon 煙肉	Minced Pork Congee with Preserved Egg 皮蛋瘦肉粥	Ham 火腿	Boiled Egg 烩蛋 
Beverage 飲品	Low Fat Milk 低脂奶 	Chinese Tea 中國茶	Soy Milk 豆漿	Low Fat Milk 低脂奶 
	24/5	25/5	26/5	27/5
Main 主菜	Pan-fried Pork Chop 煎豬扒	Mixed Veggie & Sweetcorn with Macaroni in Soup 雜菜粟米湯通粉	Dim Sum 中式點心  	Mixed Veggie & Chicken Meat with Vermicelli in Soup 雜菜雞絲湯米粉
Side 配菜	Jam & Toast 果醬多士	Sausage 香腸	Steam Rice Roll 蒸腸粉	Stir-fried Mushroom 炒蘑菇
Beverage 飲品	Ovaltine 阿華田 	Low Fat Milk 低脂奶 	Chinese Tea 中國茶	Low Fat Milk 低脂奶 



健康之選，適合經常食用
These foods should form the basis of your diet. So fill up on them.



請適宜地食用
Best eaten in moderation. These foods are still important for a balanced diet.



建議少選擇為佳
Don't have too much of these. Just treat ourselves every so often.



素食
Vegetarian Choice



含有蛋類
Egg Alert



含有奶類
Dairy Alert



含有魚類
Fish Alert



含有貝殼類海鮮
Shellfish Alert

以相應的顏色標籤在餐單上 Highlighted in respective color on the menu



	Tuesday	Wednesday	Thursday	Friday
	31/5			
Main 主菜	Grilled Chicken 烤雞扒			
Side 配菜	Mixed Veggie & Sweetcorn with Marconi in Soup 雜菜粟米湯通粉			
Beverage 飲品	Low Fat Milk 低脂奶			



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素食
Vegetarian
Choice



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蛋類
Egg Alert



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含有
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