



Dinner Menu January 2022

		Monday	Tuesday	Wednesday	Thursday
		3/1	4/1	5/1	6/1
	Ѕоир	合掌瓜豬肉湯	Cream of Pumpkin 南瓜忌廉湯	Sweet Corn & Minced Chicken Soup <b>粟米</b> 雞 <b>蓉湯</b>	Hairy Grourd & Pork Soup 節瓜肉片湯
00	Main A	咕嚕雞 <b>球</b> Sweet & Sour Chicken with Pineapple & Mixed Peppers	<b>匈牙利燴豬肉</b> Pork Goulash	百里香檸檬烤雞 <b>胸</b> Roasted Chicken Breast with Thyme and Lemon	豉 <b>汁蒸魚</b> Steamed Fish with Soy Sauce
	Main B	雜菌炒菠菜 Stir Fried Mixed & Spinach ✓	日式冬菇蒸蛋 Steamed Egg with Shiitake Mushroom	<b>肉醬意粉</b> Spaghetti Bolognese	Japanese Onion Miso Eggplant 日式洋蔥味噌茄子
`	Vegetables	Garlic Cabbage 蒜蓉椰菜	Braised Assorted Veg in Tomato Sauce 茄汁燴雜菜	Japanese Veggie Curry with Rice 日式野菜咖哩	Carrot & Turnip <b>甘筍蘿蔔</b>
25	Grains	Rice 白飯	Brown Ri <i>ce</i> 糙 <b>米飯</b>	Pasta 意粉	RedRice <b>紅米飯</b>
	Other	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果







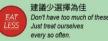






























Dinner Menu January 2022

		Monday	Tuesday	Wednesday	Thursday
Ī		10/1	11/1	12/1	13/1
	Soup	Old Cucumber & Sweet Corn Soup 老黃瓜粟米湯	OnionSoup 洋蔥湯	Tomato Soup 蕃茄蓉湯	Seaweed, Meat Floss & Egg Drop Soup 紫菜肉鬆蛋花湯
0	Main A	黑椒薯仔牛肉 Black Pepper Potato & Beef	Baked Fish Fillet with Cheese 芝士焗魚柳	日式咖哩豬柳 Japanese Curry Pork	彩椒牛柳絲意粉 Stir-fried Spaghetti with Tri-pepper & Shredded Beef
	Main B	Stir-fried Sliced Fish with Cabbage 椰菜炒魚片	Sautéed Tri-Pepper, Potato & Mushroom 蜜椒薯仔爆雜菇粒	韓式泡菜炒豬肉 Korean Style Pork Bulgogi & Vegetable	Sauteed Sliced Pork & Broccoli with Egg Drop Sauce 滑蛋肉片扒西蘭花
>	Vegetables	Broccoli & Carrots <b>西蘭花 &amp; 甘筍</b>	Stir fried Mixed Vegetables & Vermicelli 雜菜炒粉絲	Roasted Vegetables 焗雜菜	<b>葡汁雜菜</b> Assorted Vegetable with Portuguese Sauce
ことか	Grains	Brown Rice 糙 <b>米飯</b>	Rice 白飯	Red Rice <b>紅米飯</b>	Pasta 意粉
	Other	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit <b>生果</b>	Fresh Fruit 生果





































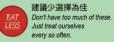
Dinner Menu January 2022

		Monday	Tuesday	Wednesday	Thursday 🔰
		17/1	18/1	19/1	20/1
	Ѕоир	Sugar Cane, Imperatae & Carrot Soup <b>茅根竹庶甘筍</b> 湯	Sweet Corn Soup <b>粟米湯</b>	Apricot Kernel& Watercress soup <b>南北杏西洋菜</b> 湯	Cream of Mushroom Soup 雜菌濃湯
00	Main A	味噌焦糖龍脷柳 Miso-Caramel Glazed Sole	瑪沙那燴豬柳飯 Pork Tenderloin in Marsala Sauce	Steamed PorkRib in Soy Sauce 豉汁蒸排骨	Mild Curry Chicken <mark>淡咖喱鷄</mark>
	Main B	Stir-fried Fresh Tomato with Chicken 鮮茄炒雞柳	Chicken & Mushroom Stew 蘑菇燴雞	Steamed Egg with Minced Pork 肉鬆蒸水蛋	Pan-fried Fish Fillet with Pumpkin Sauce 南瓜汁煎魚柳
	Vegetables	Stir-friedRomaine Lettuce with Garlic 蒜蓉油麥菜	Sautéed Mixed Vegetables 清 <b>炒時蔬</b>	Boiled Bay Choi <b>白灼菜芯</b>	Roasted Vegetables <b>燒雜瓜</b>
1 2 5 S	Grains	Rice 白飯	Mashed Potato 薯蓉	Rice 白飯	Pasta 意粉
)	Other	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果



























Dinner Menu January 2022

1		Monday	Tuesday	Wednesday	Thursday 🗸
ĺ		24/1	25/1	26/1	27/1
	Soup	Fresh & Dried Cabbage with Pork Bone Soup 金銀菜煲豬骨湯	Bacon & Cauliflower Soup <b>煙肉椰菜湯</b>	Winer Melon, Semen Coicis, Egyptian Bean & Pork Bone Soup 冬瓜薏米豬骨湯	Seafood Chowder Soup 周打海鮮湯
00	Main A	Fish Fillet with Sweet Corn Sauce <b>粟米魚柳</b>	British Beef Stew <b>英式燴牛肉</b>	Steamed Pork Patty & Mushroom 香菇蒸肉餅	Portuguese Chicken 葡國雞
	Main B	Minced Beef Tomato with Pasta <b>番茄免治牛肉</b>	Chicken & Assorted Mushrooms 日式野菌雞肉	Stir-fried Fish with Chinese Zucchini 翠玉瓜炒魚片	Shredded Chicken in Mushroom Sauce with Penne 蘑菇汁雞絲 長通粉
\ \ \ \ \	Vegetables	上湯娃娃菜 Baby Cabbage in Broth	Baked Pumpkin 焗 <b>南瓜</b>	日式雜菜 Japanese Mixed Veg	Coleslaw <b>甘荀椰菜沙律</b>
5	Grains	RedRice 紅米飯	Pasta 意 <b>粉</b>	飞ice 白飯	Penne <b>長通粉</b>
	Other	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果	Fresh Fruit 生果







