

Dec 1st to 4th



DINNER WEEKLY MENU



MONDAY 1st

TUESDAY 2nd

WEDNESDAY 3rd

THURSDAY 4th

FRIDAY 5th

DINNER

Soup/ Salad	Tomato and Potato Soup 蕃茄薯仔湯	Papaya and Snow Fungus Soup 木瓜雪耳湯	Green Radish and Carrot Pork Soup 青紅蘿蔔肉片湯	Lotus Root and Octopus Soup 蓮藕章魚湯
Meal 1	Coconut Chicken Curry 椰香咖喱雞球	Steamed Spare Ribs with Black Bean and Chili 豉椒蒸排骨	Pepper-Salt Pork Chop 椒鹽豬扒	Sweet and Sour Pork 咕嚕肉
Meal 2	Stir-Fried Cucumber, Wood Ear Fungus with Fried Fish Slices 青瓜木耳炒炸魚片	Stir-Fried Shredded Duck with Soybean Sprouts and Pickled Mustard Greens 大豆芽酸菜炒鴨絲	Stir-Fried Shredded Potato with Chicken 土豆絲炒雞柳	Black Pepper Sauce with Chicken 黑椒汁雞扒
Meal 3	Grilled Pork Neck 炭燒豬頸肉	Stir-Fried Shrimp with eggs 蝦仁炒蛋	Steamed Egg with Glass Noodles and Dried Shrimp 粉絲蝦米蒸水蛋	Fish with Pickled Mustard Greens 酸菜魚
Vegetarian	Stir-fried Three Shreds with Garlic 蒜蓉炒三絲	Braised Two Mushrooms in Oyster Sauce 蠔油雙菇	Stir-Fried Long Beans with Olive Vegetable 欖菜炒豆角	Stir-Fried Zucchini in Typhoon Shelter Style 避風塘炒翠肉瓜

Dec 8th to 11th



DINNER WEEKLY MENU



MONDAY 8th

TUESDAY 9th

WEDNESDAY 10th

THURSDAY 11th

FRIDAY 12th

DINNER

Soup/ Salad		Chinese Cabbage Soup 金銀菜湯	Pumpkin and Carrot Soup 南瓜甘筍湯	
Meal 1		Stir-Fried Pork with Black Bean and Chili 豉椒炒肉片	Saliva Chicken 口水雞	
Meal 2		Deep-Fried Chicken in Thai Sauce 泰式汁炸雞件	Stir-Fried Sliced Pork with Zucchini 翠玉瓜炒肉片	
Meal 3		Braised Minced Beef with Potatoes 牛肉碎炆薯仔	Steamed Egg with Dried Scallops 瑤柱蒸水蛋	
Vegetarian		Sweet and Sour Tofu 咕嚕豆腐	Stir-Fried Choy Sum 清炒菜心	

Dec 15th to 18th



DINNER WEEKLY MENU

sodexo

MONDAY 15th

TUESDAY 16th

WEDNESDAY 17th

THURSDAY 18th

FRIDAY 19th

DINNER

Soup/ Salad	Shredded Pork and Sweet Corn Soup 粟米肉片湯	Winter Melon and Barley Soup 冬瓜粒薏米湯		 Sweet Potato and Taro Balls 番薯芋圓	
Meal 1	Steamed Chicken with Red Dates and Shiitake Mushroom 紅棗香菇蒸雞	Stir-Fried Sliced Pork with Onion and Tomato 洋蔥蕃茄炒肉片		 Braised Pork with Soy-Marinated Eggs 滷肉滷蛋	
Meal 2	Braised Eggplant with Minced Pork 魚香茄子	Pan-Fried Stuffed Vegetables Trio 煎釀三寶		 Jumbo Fried Chicken Steak 豪大大雞扒	
Meal 3	Stir-Fried Smoked Duck Breast with Three Colors Peppers 三色椒炒煙鴨胸	Stir-Fried Beef with Choy Sum 菜心炒牛肉		 Traditional Taiwanese Braised Pork Knuckle 古早味滷豬腳	
Vegetarian	Shanghai Bok Choy in Superior Broth 上湯小棠菜	Two Vegetables Baked in Portuguese Sauce 葡汁焗雙蔬		 Taiwanese-Style Stir-Fried Cabbage 台式炒高麗菜	