NOV 2nd to 6th

DINNER WEEKLY MENU

	MONDAY 2nd	TUESDAY 3rd	WEDNESDAY 4th	THURSDAY 5th	FRIDAY 6th
	DINNER				
Soup/ Salad	Tomato and Potato Pork Slice Soup 蕃茄薯仔肉片湯	Winter Melon and Ching Po Liang Soup 冬瓜清補涼	Ficus Hirta Soup 五指毛桃湯	Tofu Miso Soup 豆腐麵豉湯	
Meal 1	Stir-fried Beef with Broccoli 西蘭花炒牛肉	Braised Minced Pork with Potato 豬肉碎炆薯仔	Lemon Chicken Wings 檸檬雞翼	Steamed Eggs with Spring onion 蔥花蒸水蛋	
Meal 2	Green Curry Chicken 青咖喱雞	Stir-fried Shredded Chicken with Honey Bean 蜜糖豆炒雞絲	Stir-fried Beef with Chinese Kale 芥蘭炒牛肉	Mapo Tofu (Mildly Spicy) 麻婆豆腐（微辣）	
Meal 3	Braised Fish Cake with Hairy Gourd 節瓜炆魚鬆	Fish Fillets in Sweet Corn Sauce 粟米魚件	Braised Eggplant with Minced Pork 魚香茄子	Braised Chicken with Fermented Tofu, Bean Curd Sticks and Black Fungus 支竹木耳南乳炆雞	
Vegetarian	Stir-fried Three Shreds with Garlic 蒜蓉炒三絲	Thai-Style Stir-fried Mixed Vegetables 泰式炒雜菜	Stir-fried Chinese Cabbage 清炒大白菜	Stir-Fried Cauliflower with Garlic 蒜蓉炒椰菜花	

NOV 9th to 13th

DINNER WEEKLY MENU

sodexo

	MONDAY 9th	TUESDAY 10th	WEDNESDAY 11th	THURSDAY 12th	FRIDAY 13th
			DINNER		
Soup/ Salad	Seaweed Egg Drop Soup 紫菜蛋花湯	Chinese Cabbage and Tofu Soup 白菜豆腐湯	Winter Melon and Barley Soup 冬瓜薏米湯	Green Radish and Carrot Sliced Meat Soup 青紅蘿蔔肉片湯	
Meal 1	Chicken Teriyaki 日式照燒汁雞扒	Sautéed Soybean Sprout, Sour Cabbage with Duck 大豆芽鹹酸菜炒鴨絲	Curry Pork Ribs with Potatoes 咖喱薯仔排骨	Three Cups Chicken 三杯雞	
Meal 2	Steamed Pork Slices with Preserved Vegetable 榨菜蒸肉片	Braised Chicken Wings with Potato 薯仔炆雞翼	Steamed Chicken with Lily Flower and Black Fungus 金針雲耳蒸雞	Pork Chop with Tomato and Onion Sauce 蕃茄洋蔥豬扒	
Meal 3	Steamed Fish Fillet with Ginger and Spring Onion 薑蔥蒸魚柳	Pork Chop with Black Pepper and Onion 黑椒洋蔥豬扒	Stir-fried Green Beans with Pork & Olive Leaf Paste 欖菜肉絲四季豆	Steamed Egg with Crab Stick and Corn 蟹柳粟米蒸水蛋	
Vegetarian	Poached Hairy Gourd with garlic 上湯蒜子浸節瓜	Oyster Sauce with Mushrooms 蠔油雙菇	Roasted Chinese Zucchini with Tomato Sauce 茄汁燒翠肉瓜	Spinach with Salted and Century Eggs 金銀蛋浸菠菜	

NOV 16th to 20th

DINNER WEEKLY MENU

	MONDAY 16th	TUESDAY 17th	WEDNESDAY 18th	THURSDAY 19th	FRIDAY 20th
	DINNER				
Soup/ Salad	Sea Cocont Soup with Cordyceps Flower, Apple and Pear 蟲草花蘋果雪梨海底椰湯	Mustard Green and Tofu Soup 芥菜豆腐湯	Chicken Feet Soup with Hairy Gourd and Black-Eyed Peas 節瓜眉豆雞腳湯	Sweet Corn & Tofu Broth 粟米豆腐羹	
Meal 1	White Curry Beef 白咖喱牛肉	Steamed Egg with Minced Pork and Preserved Radish 菜脯肉碎蒸蛋	Steamed Fish with Black Bean Sauce and Glass Noodles 豉汁粉絲蒸魚件	Steamed Chicken with Chinese Sausage and Black Fungus 臘腸雲耳蒸雞	
Meal 2	Steamed Chicken with Shiitake Mushrooms 北菇蒸雞	Stir-fried chicken with Onion and Black Beans 洋蔥豆豉炒雞件	Korean Honey Fried Chicken Wings 韓式蜜糖雞翼	Braised Beef with Bean Curd Sticks 枝竹炆牛肉	
Meal 3	Stir-fried Lotus Root with Fermented Tofu and Minced Pork 南乳肉鬆炒蓮藕片	Stir-fried Shredded Beef with Bell Peppers and Potato 三色椒炒土豆牛肉絲	Braised Pork Sliced with Enoki Mushrooms in Satay Sauce 沙嗲金菇肉片	Stir-fried Shredded Pork with Potato Strips 土豆絲炒肉絲	
Vegetarian	Sweet & Sour ToFu 咕嚕豆腐	Sauteed String Beans with Olive Leaf Paste 欖菜炒豆角	Supreme Broth Choy sum 上湯菜芯	Garlic Baked Eggplant 蒜香焗茄子	

NOV 23th to 27th

DINNER WEEKLY MENU

sodexo

	MONDAY 23rd	TUESDAY 24th	WEDNESDAY 25th	THURSDAY 26th	FRIDAY 27th
	DINNER				
Soup/ Salad	Tomato and Egg Drop Soup 蕃茄蛋花湯	Chicken and Sea Coconut Soup 海底椰雞湯	Papaya and Snow Fungus Soup 木瓜雪耳湯	Hot and Sour Soup 酸辣湯	
Meal 1	Stir-fired Chicken Fillet with Peach 蜜桃炒雞柳	Braised Pork Hock with Lotus Root 蓮藕炆豬手	Stir-fried Sliced Pork with Scallion and Shiitake Mushrooms 京蔥香菇炒肉片	Stir-fried Vegetarian Chicken with Zucchini and Black Fungus 翠玉瓜雲耳炒素雞	
Meal 2	Steamed Sliced Pork with Garlic and Oyster Sauce 蒜蓉蠔油蒸肉片	Japanese Gyudon(Beef) 日式牛丼	Deep-fried Chicken Pieces with Thai Sweet Chili Sauce 泰雞醬炸雞件	Steam Fish Fillets with Preserved Mustard Greens 梅菜蒸魚件	
Meal 3	Scallion-Sauteed Duck Breast 蔥爆鴨胸	Herb Roasted Chicken 香草焗雞	Steamed Tofu with Minced Dace 鯪魚肉蒸豆腐	Stir-fried Eggs with Luncheon Meat 午餐肉炒蛋	
Vegetarian	Stir-fried Chinese Kale 清炒芥蘭	Stir-fried Mixed Vegetables Japanese Style 和風汁炒雜菜	Stir-fried Choi Sum with Garlic 蒜蓉炒菜心	Braised Baby Bok Choy in Superior Broth 上湯津白菜	

NOV 30th

DINNER WEEKLY MENU

	MONDAY 30th	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	DINNER				
Soup/ Salad	Apple and Kelp Soup 蘋果海帶湯				
Meal 1	Japanese Fried Chicken 唐揚炸雞				
Meal 2	Curry Beef Brisket 咖喱牛腩				
Meal 3	Steamed Pork Patty with Salted Egg 咸蛋蒸肉餅				
Vegetarian	Stir-Fried Chinese Cabbag with Garlic 蒜蓉炒白菜				