

Sep 1st to 4th



DINNER WEEKLY MENU



MONDAY 31st

TUESDAY 1st

WEDNESDAY 2nd

THURSDAY 3rd

FRIDAY 4th

DINNER

Soup	Gold and Silver Vegetables Soup 金銀菜湯	Tomato & Egg Drop Soup 蕃茄蛋花湯	Old Cucumber & Lentils Soup 老黃瓜扁豆湯	
Meal 1	Stir-fried Sliced Pork with Onion and Black Bean 洋蔥豆豉炒豬肉片	Stir-fried Beef with Scallions and Mushrooms 京蔥香菇炒牛肉	Fried Fish Fillet with Sweetcorn Cream Sauce 粟米魚件	
Meal 2	Thai Style Fried Chicken Pieces 泰式雞球	Steamed Egg with Minced Pork 豬肉鬆蒸水蛋	Curry Pork Chop 咖喱豬扒	
Meal 3	Braised Minced Beef with Potato 牛肉碎炆薯仔	Stir-fried Beans and Shredded Chicken 豆角炒雞絲	Braised Eggplant with Minced Pork 魚香茄子	
Vegetarian	Stir-fried Broccoli with Garlic 蒜蓉炒西蘭花	Sweet & Sour To-Fu 咕嚕豆腐	Braised Fuzzy Melon with Whole Garlic in Supreme Broth 上湯蒜子浸節瓜	

Sep 7th to 11th



DINNER WEEKLY MENU



MONDAY 7th

TUESDAY 8th

WEDNESDAY 9th

THURSDAY 10th

FRIDAY 11th

DINNER

Soup/ Salad	Louts Root, Green Beans Soup 蓮藕綠豆湯	Papaya, Red Date & Apple Soup 木瓜紅棗蘋果湯	Chinese Cabbage To-Fu Soup 白菜豆腐湯	Triple Radish Soup 三色蘿蔔湯	
Meal 1	Steamed Pork Ribs in Black Bean Sauce 豆豉蒸排骨	Japanese Curry Chicken 日式咖喱雞	Sweet & Sour Pork 咕嚕肉	Pork Chop with Black Pepper 黑椒豬扒	
Meal 2	Sautéed Bean Sprout, Pickle Vegetable and Shredded Duck 大豆芽鹹酸菜炒鴨絲	Sauteed Fish Cake with Cucumber & Black Fungus 青瓜木耳炒魚片	Teriyaki Chicken 照燒汁雞扒	Stir-fried Shredded Potato with Beef Fillet 土豆絲炒牛肉絲	
Meal 3	Fried Eggs with Chives and Minced Meat 豬肉碎韭黃炒蛋	Lemongrass Pork Chop 香茅豬排	Satay Beef with Vermicelli 沙嗲牛肉粉絲	Japanese Steamed Egg 日式蒸水蛋	
Vegetarian	Oyster Sauce with Mushrooms 蠔油雙菇	Stir-fried Three Kinds of Vegetables with Garlic 蒜蓉炒三絲	Roast Zucchini with Tomato Sauce 茄汁燒翠玉瓜	Sautéed String Beans with Preserved Olive Vegetable 欖菜炒豆角	

Sep 14th to 18th



DINNER WEEKLY MENU



MONDAY 14th

TUESDAY 15th

WEDNESDAY 16th

THURSDAY 17th

FRIDAY 18th

DINNER

Soup/ Salad	Winter Melon Soup 冬瓜粒湯	Seaweed and Egg Soup 紫菜蛋花湯	Papaya Pork Rib Soup with Snow Fungus and Lily Bulb 雪耳百合木瓜排骨湯	Ching Bo Leung 清補涼
Meal 1	Sautéed Pork with Tomato Sauce 蕃茄炒豬肉片	Steamed Chicken with Red Dates 紅棗香菇蒸雞球	Braised Drumstick with Soy Sauce 鹵水雞腿	Twice-cooked Pork 回鍋肉片
Meal 2	Fried Chicken with Black Pepper Sauce 黑椒汁燴雞扒	Mapo Tofu 麻婆豆腐	Braised Eggplant with Minced Pork 肉碎炆茄子	Sweet & Sour Chicken 甜酸雞球
Meal 3	Stir-fried Beef with Seasonal Vegetables 時菜炒牛肉	Braised Pork with Sweet Corn 粟米豬肉粒	Smoked Duck Breast with Mushroom and Onion 雜菌洋蔥煙鴨胸	Steamed Fish with Black Beans and Onions 豆豉洋蔥蒸魚件
Vegetarian	Stir-fried Chinese Cabbage 清炒白菜	Sautéed Cabbage with Garlic 蒜蓉炒椰菜	Supreme Broth Choy Sum 上湯菜心	Stir-fried Mixed Vegetables with Teriyaki Sauce 照燒汁炒雜菜

Sep 21st to 25th



DINNER WEEKLY MENU



MONDAY 21st

TUESDAY 22nd

WEDNESDAY 23rd

THURSDAY 24th

FRIDAY 25th

DINNER

Soup/ Salad	Fuzzy Melon and Salted Egg Soup 節瓜鹹蛋湯	Tofu and Fermented Soybean Soup 豆腐麵豉湯	Five-Fingered Hairy Peach Soup 五指毛桃湯	Cream of Corn Soup 忌廉粟米湯
Meal 1	Pork Chop with Salt and Pepper 椒鹽豬扒	Stir-fried Pork Slices with Black Bean Sauce 豉椒炒豬肉片	Stir-fried Beef with Scrambled Eggs 滑蛋炒牛肉	Chicken Drumsticks in Swiss Sauce 瑞士汁雞腿
Meal 2	Chicken Wings in Premium Soy Sauce 豉油皇雞翼	Gravy Chicken Patties 燒汁雞肉漢堡扒	Braised Chicken in Creamy Sauce 白汁燴雞球	Braised Fish Fillet with Tofu 紅燒豆腐炆魚塊
Meal 3	Stir-fried Beef with Tomatoes and Onions 蕃茄洋蔥牛肉	Baked Fish in Herb and Pumpkin Sauce 香草南瓜汁焗魚	Stir-fried Fuzzy Melon with Dace in Black Bean Sauce 豆豉鯪魚炒節瓜	Onion, Luncheon Meat and scrambled eggs 洋蔥午餐肉炒蛋
Vegetarian	Stir-fried Lettuce 清炒西生菜	Braised Baby Bok Choy in Superior Broth 上湯津白菜	Garlic Choy Sum 蒜蓉菜心	Stir-fried Green Peas with Mixed Bell Peppers 雜錦燈籠椒炒青豆

Sep 28th to 30th



DINNER WEEKLY MENU

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MONDAY 28th

TUESDAY 29th

WEDNESDAY 30th

THURSDAY

FRIDAY

DINNER

**Soup/
Salad**

**Kudzu Root and Red Bean
Soup**
粉葛赤小豆湯

Sweet Red Bean Soup
紅豆沙

Meal 1

**Salt and Pepper
Chicken Steak**
椒鹽雞扒

**Steamed Pork Patty
with Salted Egg**
咸蛋蒸豬肉餅

Meal 2

**Stir-fried Zucchini
with Smoked Duck Breast**
翠玉瓜炒煙鴨胸

Chicken Curry
咖喱雞球

Meal 3

**Scrambled Eggs
with Ham & Chives**
火腿韭王炒蛋

**Braised Beef Brisket
with Radish**
蘿蔔燴牛腩

Vegetarian

Boiled Baby Bok Choy
上湯娃娃菜

**Stir-fried Mixed Vegetables
Japanese Style**
和風汁炒雜菜