

Jan 5<sup>th</sup> to 9<sup>th</sup>



# DINNER WEEKLY MENU



MONDAY 5<sup>th</sup>

TUESDAY 6<sup>th</sup>

WEDNESDAY 7<sup>th</sup>

THURSDAY 8<sup>th</sup>

FRIDAY 9<sup>th</sup>

## DINNER

Soup/ Salad	Gold and Silver Vegetable Soup 大白菜肉片湯	Papaya and Chicken Feet Soup 木瓜雞腳湯	Green Radish, Carrot, and Corn Soup 青紅蘿蔔粟米湯	Lotus Root and Sliced Pork Soup 蓮藕肉片湯	
Meal 1	Steam Chicken with Shitake Mushroom 香菇蒸雞	Stir-fried Beef with Enoki Mushroom 金針菇炒牛肉	Pork Chop with tomato and Onion Sauce 蕃茄洋葱豬扒	Bulgogi 韓式炒牛肉	
Meal 2	Stir -fried beef with black bean and pepper 豉椒炒牛肉	Steam Spare Ribs with Garlic 蒜蓉蒸排骨	Steam Chicken with Lily Flower & Wood Ear 金針雲耳蒸雞	Kung Pao Chicken 宮保雞丁	
Meal 3	Sliced Pork in Sweet Corn 粟米肉片	Portuguese Chicken 葡國雞	Braised Beef 紅燒牛肉	Steamed Pork Patty with Preserved Mustard Greens 梅菜肉餅	
Vegetarian	Stir Fried Kale 清炒芥蘭	Stir-Fried Cauliflower with Garlic 蒜蓉炒椰菜花	Grilled Zucchini with Garlic 蒜蓉燒翠玉瓜	Stir-Fried Choy Sum 清炒菜心	

Jan 12<sup>th</sup> to 16<sup>th</sup>



# DINNER WEEKLY MENU



MONDAY 12<sup>th</sup>

TUESDAY 13<sup>th</sup>

WEDNESDAY 14<sup>th</sup>

THURSDAY 15<sup>th</sup>

FRIDAY 16<sup>th</sup>

## DINNER

<b>Soup/ Salad</b>	Tofu and Egg Drop Soup 豆腐蛋花湯	Diced Chicken and Loofah soup 勝瓜雞粒湯	Watercress and Sweet Corn Soup 西洋菜粟米湯	Tomato Potato Soup 蕃茄薯仔湯	
<b>Meal 1</b>	Crispy Fried Salt and Pepper Chicken 鹽酥雞	Steam Chicken with Soy Sauce 醬油蒸雞	Thai-style Fish Cakes 泰式魚餅	Chicken with Potato in curry 咖喱薯仔雞	
<b>Meal 2</b>	Sweet and Sour Fish 糖醋魚	Stir-Fried Broccoli with Pork Slices 西蘭花炒肉片	Lemon Chicken 西檸雞	Peking Pork Chop with Pineapple 菠蘿京都骨	
<b>Meal 3</b>	Stir-Fried Silky Beef with Egg 滑牛炒蛋	Stir-fried Fillets in XO sauce XO醬炒魚塊	Steam Pork Ribs with Plum Sauce 梅子蒸排骨	Steamed Egg Custard with Vermicelli 粉絲蒸水蛋	
<b>Vegetarian</b>	Cold Tossed Okra 涼拌秋葵	Stir-fried Cabbage in Teriyaki Sauce 照燒汁炒椰菜	Stir-fried Bean Sprouts with fried beancurd 芽菜炒豆卜	Braised Tofu in Soy Sauce 紅燒豆腐	

Jan 19<sup>th</sup> to 23<sup>rd</sup>



# DINNER WEEKLY MENU



MONDAY 19<sup>th</sup>

TUESDAY 20<sup>th</sup>

WEDNESDAY 21<sup>st</sup>

THURSDAY 22<sup>nd</sup>

FRIDAY 23<sup>rd</sup>

## DINNER

Soup/ Salad	Chayote Soup 合掌瓜湯	Winter Melon and Barley Soup 冬瓜薏米湯	Tomato and Mixed Vegetable Soup 蕃茄雜菜湯	Cordyceps Flower Chicken Soup 蟲草花雞湯	
Meal 1	Steamed Fish Fillets with Tofu in Black Bean Sauce 豉汁豆腐蒸魚塊	Honey Glazed Chicken Wings 蜜汁燒雞翼	Stir-fried Shredded Chicken with Black Bean and Bell Pepper 豉椒炒雞絲	Stir-fried Chicken Fillet with Celery 西芹雞柳	
Meal 2	Beef with Tomato and Onion 蕃茄洋葱牛肉	Steamed Pork Patty with Corn 粟米蒸肉餅	Stir-fried Shrimp with Scrambled Eggs 蝦仁炒蛋	Korean-Style Glass Noodles with Beef 韓式粉絲牛肉	
Meal 3	Braised Chicken Wing with Potatoes 薯仔炆雞翼	Stir-Fried Minced Beef with Diced Potatoes in Black Pepper Sauce 黑椒薯仔粒炒牛肉碎	Thai Green Curry Pork Chop 泰式青咖喱豬扒	Taiwanese Style Fried Sauce Noodles 台式炸醬	
Vegetarian	Grilled Eggplant with Garlic Sauce 蒜蓉燒茄子	Stir-Fried Cabbage 清炒高麗菜	Roasted Pumpkin with Garlic Sauce 蒜蓉燒南瓜	Broccoli Au Gratin 芝士焗西蘭花	

Jan 26<sup>th</sup> to 30<sup>th</sup>



# DINNER WEEKLY MENU



**MONDAY 26<sup>th</sup>**

**TUESDAY 27<sup>th</sup>**

**WEDNESDAY 28<sup>th</sup>**

**THURSDAY 29<sup>th</sup>**

**FRIDAY 30<sup>th</sup>**

## DINNER

Soup/ Salad	Apple and Kelp Soup 蘋果海帶湯	Snow Pear & African Cherry Nut Soup 海底椰雪梨湯	Bak Kut The 肉骨茶	豆腐麵豉湯
Meal 1	Steamed Eggs with Spring Onion 蔥花蒸水蛋	Braised Pork Hock with Lotus Root 蓮藕炆豬手	Thai Lettuce Wraps with Minced Pork 泰式肉碎生菜包	Tang Yang Fried Chicken 唐陽炸雞
Meal 2	Beef Brisket Curry 咖喱牛腩	Japanese Gyudon 日式牛丼	Steamed Egg with Crab Sticks 蟹柳蒸水蛋	Mapo Tofu 麻婆豆腐
Meal 3	Seam Pork Patty with Pumpkin 南瓜蒸肉餅	Herb Roasted Chicken 香草焗雞	Stir-fried Celtuce with Dace and Black Bean 豆豉鯪魚油麥菜	Braised Chicken with Femented Tofu, Bean Curd Sticks and Wood Ear Mushrooms 支竹木耳南乳炆雞
Vegetarian	Stir-fried Chinese Cabbage with Garlic 蒜蓉炒白菜	Diced Winter Melon in Superior Broth 上湯冬瓜粒	Cheesy Cream Baked Dual Vegetables 忌廉焗雙蔬	Stir-Fried Cauliflower with Garlic 蒜蓉炒椰菜花