



	Tuesday	Wednesday	Thursday	Friday
			1/9	2/9
Main 主菜			Pan-Fried Fish Fillet 煎魚柳 	Pumpkin & Minced Pork Congee 南瓜肉碎粥
Grains 澱粉質			Tomato & Mixed Vegetables with Macaroni in Soup 番茄雜菜湯意粉	Fried Noodle with Supreme Soy Sauce 豉油皇炒麵
Beverage 飲品			Soy Milk 豆漿	Horlicks 好立克 
	6/9	7/9	8/9	9/9
Main 主菜	Luncheon Meat 午餐肉	Pan-fried Pork Chop 煎豬扒	Ham 火腿	Dim Sum 中式點心  
Grains 澱粉質	Fish Ball & Veggie Vermicelli in Soup 青菜魚蛋米粉	Sweet Corn 粟米 Hash Browns 薯餅	Shredded Pork & Mushroom with Rice Noodle in Soup 娃娃菜冬菇肉絲銀 針粉	Fried Rice Vermicelli 豉油皇香菇炒米粉 (少油)
Beverage 飲品	Ovaltine 阿華田 	Horlicks 好立克 	Soy Milk 豆漿	Chinese Tea 中國茶 

**EAT MORE**  
健康之選, 適合經常食用  
These foods should form  
the basis of your diet.  
So fill up on them.

**EAT MODERATELY**  
請適宜地食用  
Best eaten in moderation.  
These food are still important  
for a balanced diet.

**EAT LESS**  
建議少選擇為佳  
Don't have too much of these.  
Just treat ourselves  
every so often.



以相應的顏色標籤在餐單上 Highlighted in respective color on the menu



	Tuesday	Wednesday	Thursday	Friday
	13/9	14/9	15/9	16/9
<b>Main 主菜</b>	-	Grilled Chicken 烤雞扒	Dim Sum 中式點心  	Cheese and Ham Sandwich 芝士火腿三文治 
<b>Grains 澱粉質</b>	-	Baked Bean 焗豆 Roasted Potatoes 焗薯粒	Mushroom & Shredded Chicken Congee 香菇雞絲粥	Oatmeal 牛奶燕麥片 
<b>Beverage 飲品</b>	-	Ovaltine 阿華田 	Soy Milk 豆漿	Horlicks 好立克 
	20/9	21/9	22/9	23/9
<b>Main 主菜</b>	Bacon 煙肉	Dim Sum 中式點心  	Scrambled Egg 炒蛋	Mini Croissant 迷你牛角包 
<b>Grains 澱粉質</b>	Tomato & Mixed Vegetables with Macaroni in Soup 番茄雜菜湯意粉	Superme Soy Sauce Fried Rice Roll 豉油皇炒腸粉	Mixed Vegetable & Shredded Chicken with Vermicelli in Soup 時菜雞絲湯米粉	Ham 火腿 Grilled Tomato 烤番茄
<b>Beverage 飲品</b>	Ovaltine 阿華田 	Horlicks 好立克 	Chinese Tea 中國茶	Low Fat Milk 低脂奶 

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	Tuesday	Wednesday	Thursday	Friday
	27/9	28/9	29/9	30/9
<b>Main 主菜</b>	Sweet Corn 粟米	Pork Burger Patty Pan Fried Assorted Mushroom 豬柳漢堡 炒雜菌	Boiled Egg 焗蛋	Mini Pineapple Bun 迷你菠蘿包
<b>Grains 澱粉質</b>	Tomato & Shredded Pork with Macaroni in Soup 鮮茄肉絲湯通粉	English Muffin 英式鬆餅	Assorted Veggie, Beef & Rice Vermicelli In Soup 雜菜牛肉湯米	Corn Flakes 粟米片
<b>Beverage 飲品</b>	Low Fat Milk 低脂奶	Ovaltine 阿華田	Soy Milk 豆漿	Horlicks 好立克



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素食  
Vegetarian  
Choice



含有  
蛋類  
Egg Alert



含有  
奶類  
Dairy Alert



含有  
魚類  
Fish Alert



含有  
貝殼類海鮮  
Shellfish Alert

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