



	Tuesday	Wednesday	Thursday	Friday
	31 Aug	01 Sep	02 Sep	03 Sep
Main 主菜		Grilled Chicken 烤雞扒	Bacon 煙肉	Sausage 香腸
Grains 澱粉質		Pancake 熱香餅 ✓ 🥛 🥚	Tomato & Shredded Pork with Macaroni in Soup 鮮茄肉絲湯通粉	Fish Ball & Veggie Vermicelli in Soup 青菜魚蛋米粉 🐟
Beverage 飲品		Ovaltine 阿華田 🥛	Horlicks 好立克 🥛	Low Fat Milk 低脂奶 🥛
	07 Sep	08 Sep	09 Sep	10 Sep
Main 主菜	Ham 火腿	Scrambled Egg 炒蛋 🥚	Dim Sum 中式點心 🍤 🐟	Pan-Fried Fish Fillet 煎魚柳 🐟 🐟
Grains 澱粉質	Sweet Corn 粟米 ✓	Luncheon Meat 午餐肉	Mushroom & Shredded Chicken Congee 香菇雞絲粥	Corn Flakes 粟米片 ✓ 🥛 🥚
Beverage 飲品	Mixed Vegetable & Shredded Chicken with Vermicelli in Soup 時菜雞絲湯米粉	Ovaltine 阿華田 🥛	English Muffin 英式鬆餅 ✓ 🥛 🥚	Chinese Tea 中國茶
		Soy Milk 豆漿	Low Fat Milk 低脂奶 🥛	



These foods should form the basis of your diet. So fill up on them.



Best eaten in moderation. These food are still important for a balanced diet.



Don't have too much of these. Just treat ourselves every so often.



Vegetarian Choice



Egg Alert



Dairy Alert



Fish Alert



Shellfish Alert



Sustainable Seafood

Highlighted in respective color on the menu



	Tuesday	Wednesday	Thursday	Friday
	14 Sep	15 Sep	16 Sep	17 Sep
Main 主菜	Scrambled Egg 炒蛋 ○	Sweet Corn & Minced Pork Congee 粟米肉碎粥	Bacon 煙肉 Boiled Egg 烩蛋 ○	Ham & Cheese Sandwich 芝士火腿三文治 i
Grains 澱粉質	Mixed Veggie & Luncheon Meat with Macaroni in Soup 雜菜餐肉湯通粉	Fried Noodle with Supreme Soy Sauce 豉油皇炒麵 ✓	Shredded Pork, Pickled Veggie & Rice Vermicelli in Soup 雪菜肉絲湯米粉	Oatmeal 牛奶燕麥片 ✓ i
Beverage 飲品	Low Fat Milk 低脂奶 i	Chinese Tea 中國茶	Horlicks 好立克 i	Ovaltine 阿華田 i
	21 Sep	22 Sep	23 Sep	24 Sep
Main 主菜	Pan-fried Pork Chop 煎豬扒	The Day Following Mid-autumn Festival	Grilled Tomato 烤番茄 ✓	Ham 火腿
Grains 澱粉質	Tomato & Mixed Vegetables with Macaroni in Soup 番茄雜菜湯意粉 ✓		Scrambled Egg 炒蛋 ○	Boiled Egg 烩蛋 ○
Beverage 飲品	Ovaltine 阿華田 i		Mixed Vegetable & Shredded Chicken with Vermicelli in Soup 時菜雞絲湯米粉	Shredded Pork & Mushroom with Rice Noodle in Soup 娃娃菜冬菇肉絲銀針粉
			Ovaltine 阿華田 i	Soy Milk 豆漿



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Vegetarian Choice



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Sustainable Seafood

Highlighted in respective color on the menu



Breakfast Menu September 2021

	Tuesday	Wednesday	Thursday	Friday
	28 Sep	29 Sep	30 Sep	01 Oct
Main 主菜	Dim Sum 中式點心  	Tuna Sandwich 吞拿魚三文治   	Grilled Chicken 烤雞扒 Baked Bean 焗豆 	National Day
Grains 澱粉質	Stir Fried Vermicelli 炒米粉	Oatmeal 牛奶燕麥片  	Hash Browns 薯餅  	
Beverage 飲品	Chinese Tea 中國茶	Ovaltine 阿華田 	Low Fat Milk 低脂奶 	



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Vegetarian Choice



Egg Alert



Dairy Alert



Fish Alert



Shellfish Alert



Sustainable Seafood

Highlighted in respective color on the menu