



## Tea Menu December 2021

	Monday	Tuesday	Wednesday	Thursday
			1/12	2/12
Main			Siu Mai 魚肉燒賣 	Braised Egg (One) 鹵水蛋 (1隻)
Beverage			Ovaltine 阿華田	Fruit Juice 果汁
	6/12	7/12	8/12	9/12
Main	Mini Chocolate Muffin 迷你朱古力鬆餅 	Mini Tuna Sandwich 迷你吞拿魚三文治 	Curry Fish Ball 咖喱魚蛋 	Mini Hog dog 迷你熱狗
Beverage	Low Fat Milk 低脂奶	Horlicks 好立克	Fruit Juice 果汁	Light Chinese Tea 淡中國茶
	13/12	14/12	15/12	16/12
Main	中式餃子 Chinese Dumpling 	Oatmeal Raisin Cookies 燕麥葡萄乾餅乾 	Sweetcorn Cup 粒粒粟米杯 	Mini Butter Muffin 迷你牛油鬆餅 
Beverage	Light Chinese Tea 淡中國茶	Low Fat Milk 低脂奶	Ovaltine 阿華田	Low Fat Milk 低脂奶



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



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



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



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

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