

June 1st to 5th



DINNER WEEKLY MENU



MONDAY 1st

TUESDAY 2nd

WEDNESDAY 3rd

THURSDAY 4th

FRIDAY 5th

DINNER

Soup/ Salad	Gold and Silver Vegetables Soup 金銀菜湯	Tomato and Egg Drop Soup 蕃茄蛋花湯	Old Cucumber & Lentils Soup 老黃瓜扁豆湯	New York Cheesecake 紐約芝士蛋糕
Meal 1	Stir-fried Sliced Pork with Onion and Black Beans 洋蔥豆豉炒肉片	Stir-fried Beef with Scallions and Mushrooms 京蔥香菇炒牛肉	Fried Fish Fillet with Creamy Sweetcorn 粟米魚塊	Stir-Fried Chicken with Tomatoes and Onion 蕃茄洋蔥炒雞絲
Meal 2	Fried Chicken Pieces Thai Style(Mildly Spicy) 泰式汁炸雞件(微辣)	Steamed Egg with Minced Pork 肉鬆蒸水蛋	Eggplant with Minced Pork 魚香茄子	Fried Chinese Zucchini with Pork Slices 翠肉瓜炒肉片
Meal 3	Braised Potatoes with Minced Beef 牛肉碎炆薯仔	Stir-fried Beans and Shredded Chicken 豆角炒雞絲	Curry Pork Chop 咖哩豬扒	Braised White Radish with Fish Cake 蘿蔔炆魚鬆
Vegetarian	Broccoli with Garlic 蒜蓉炒西蘭花	Sweet & Sour To-Fu 咕嚕豆腐	Poached Fuzzy Melon with Garlic 上湯蒜子浸節瓜	Spinach with Salted and Century Eggs 金銀蛋浸菠菜

June 8th to 12th



DINNER WEEKLY MENU



MONDAY 8th

TUESDAY 9th

WEDNESDAY 10th

THURSDAY 11th

FRIDAY 12th

DINNER

Soup/ Salad	Louts Root and Green Beans Soup 蓮藕綠豆湯	Chocolate Cake 朱古力蛋糕	Carrot & Corn Soup 粟米甘筍湯	Coconut Milk Sago 椰汁西米露
Meal 1	Steamed Pork Ribs with Black Bean Sauce 豆豉蒸排骨	Double Cheeses Pizza 雙色芝士薄餅	Sweet & Sour Pork 咕嚕肉	Braised Pork Chop with Coco-Cola 可樂豬扒
Meal 2	Sautéed Soybean Sprout with Sour Cabbage and Duck 大豆芽鹹酸菜炒鴨絲	Pasta with Chicken Alfredo 意式忌廉雞意粉	Teriyaki Chicken Steak 照燒汁雞扒	Smoked Duck Breast and Mushroom with BBQ Sauce Pizza 燒烤汁煙鴨胸蘑菇薄餅
Meal 3	Fried Eggs with Chives and Minced Pork 豬肉碎韭黃炒蛋	BBQ Ribs with Mashed Potatoes 燒烤豬肋骨配薯蓉	Fried Fish Cake with Vermicelli 炸魚片炒粉絲	Japanese Steamed Egg 日式蒸水蛋
Vegetarian	Oyster Sauce with Mushrooms 蠔油雙菇	Italian Baked Mixed Vegetables 焗雜菜	Roasted Chinese Zucchini with Tomato Sauce 茄汁燒翠肉瓜	Baked Mixed Vegetables with Cheese 芝士焗雜菜

June 15th to 19th



DINNER WEEKLY MENU



MONDAY 15th

TUESDAY 16th

WEDNESDAY 17th

THURSDAY 18th

FRIDAY 19th

DINNER

	MONDAY 15 th	TUESDAY 16 th	WEDNESDAY 17 th	THURSDAY 18 th	FRIDAY 19 th
Soup/ Salad	Winter Melon Soup 冬瓜粒湯	Seaweed and Egg soup 紫菜蛋花湯	Chinese Cabbage To-Fu 白菜豆腐湯		
Meal 1	Sautéed Pork with Tomato Sauce 蕃茄炒肉片	Steamed Chicken with Red Dates and Mushrooms 紅棗香菇蒸雞	Braised Drumstick and Red Sausage in Soy Sauce 滷水拼盤 (紅腸, 雞槌)		
Meal 2	Fried Chicken in Black Pepper Sauce 黑椒汁燴雞扒	Mapo Tofu 麻婆豆腐	Sauteed Pork slices in Spicy Sauce (Mildly Spicy) 回鍋肉片(微辣)		
Meal 3	Stir-fried Beef with Vegetable 時菜炒牛肉	Braised Pork in Sweet Corn Sauce 粟米肉粒	Fried Smoked Duck Breast with Mushroom and Onion 雜菌洋蔥煙鴨胸		
Vegetarian	Sautéed Cabbage 清炒白菜	Stir-fried Mixed Vegetables in Teriyaki Sauce 照燒汁炒雜菜	Baked Cabbage with Garlic 蒜蓉焗椰菜		

June 22nd to 26th



DINNER WEEKLY MENU



MONDAY 22nd

TUESDAY 23rd

WEDNESDAY 24th

THURSDAY 25th

FRIDAY 26th

DINNER

Soup/ Salad	Kudzu Root and Adzuki Bean Soup 粉葛赤小豆湯	Chocolate Brownie 朱古力布朗尼	Coconut & Chicken Soup 椰子雞湯	Miso Soup with Tofu 豆腐麵豉湯	
Meal 1	Salt and Pepper Pork Chop 椒鹽豬扒	American Fried Chicken with Cajun and Herbs 雜香草美式炸雞	Stir-fried Beef with Scrambled Eggs 滑蛋炒牛肉	Stir-fried Pork Slices with Black Bean Sauce 豉椒炒肉片	
Meal 2	Beef with Tomato and Onions 蕃茄洋葱牛肉	Grilled Sirloin Steak with Garlic Gravy and Waffle Potatoes 蒜蓉汁煎牛扒配格仔薯	Braised Chicken in Creamy Sauce 白汁燴雞球	Roasted Chicken in Gravy Sauce 燒汁雞扒	
Meal 3	Soy Sauce Chicken 豉油皇雞球	Mac and Cheese 芝士焗通粉	Stir-fried Chinese Lettuce with Dace Fish with Black Beans 豆豉鯪魚炒油麥菜	Baked Fish with Herbs Pumpkin Sauce 香草南瓜汁焗魚	
Vegetarian	Stir-Fried Lettuce 清炒西生菜	Stir Fried Mixed Mushrooms 炒雜菌	Fried Choy Sum with Garlic 蒜蓉炒菜芯	Braised Baby Bok Choy in Superior Broth 上湯焗白菜	