

OCT 1<sup>st</sup> to 3<sup>rd</sup>



# DINNER WEEKLY MENU



WEDNESDAY 1<sup>st</sup>

THURSDAY 2<sup>nd</sup>

FRIDAY 3<sup>rd</sup>

## DINNER

Soup/  
Salad

Meal 1

Meal 2

Meal 3

Vegetarian

OCT 6<sup>th</sup> to 10<sup>th</sup>



# DINNER WEEKLY MENU



MONDAY 6<sup>th</sup>

TUESDAY 7<sup>th</sup>

WEDNESDAY 8<sup>th</sup>

THURSDAY 9<sup>th</sup>

FRIDAY 10<sup>th</sup>

## DINNER

Soup/ Salad		Lotus Root and Sliced Pork Soup 蓮藕肉片湯	Tofu and Egg Drop Soup 豆腐蛋花湯	
Meal 1		Bulgogi 韓式炒牛肉	Crispy Fried Salt and Pepper Chicken 鹽酥雞	
Meal 2		Kung Pao Chicken 宮保雞丁	Sweet and Sour Fish 糖醋魚	
Meal 3		Steamed Pork Patty With Preserved Mustard Greens梅菜肉餅	Stir-Fried Silky Beef with Egg 滑牛炒蛋	
Vegetarian		Stir-Fried Choy Sum 清炒菜心	Cold Tossed Okra 涼拌秋葵	

OCT 13<sup>rd</sup> to 17<sup>th</sup>



# DINNER WEEKLY MENU

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MONDAY 13<sup>rd</sup>

TUESDAY 14<sup>th</sup>

WEDNESDAY 15<sup>th</sup>

THURSDAY 16<sup>th</sup>

FRIDAY 17<sup>th</sup>

## DINNER

Soup/ Salad	Diced Chicken and Loofah soup 勝瓜雞粒湯醬油蒸雞	Watercress and Sweet Corn Soup 西洋菜粟米湯	Limited Shark Fin Soup 碗仔翅	Chayote Soup 合掌瓜湯
Meal 1	Steam Chicken with Soy Sauce 醬油蒸雞	Thai-style Fish Cakes 泰式魚餅	Pork Chop with Potato in curry 咖喱薯仔豬扒	Steamed Fish Fillets with Tofu in Black Bean Sauce 豉汁豆腐蒸魚塊
Meal 2	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	Beef with Tomato and onion 蕃茄洋葱牛肉
Meal 3	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 Minced Salmon 三文魚碎蒸水蛋	Braised Chicken Wing with Potatoes 薯仔炆雞翼
Vegetarian	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	Grilled Eggplant with Garlic Sauce 蒜蓉燒茄子

SEPT 20<sup>th</sup> to 24<sup>th</sup>



# DINNER WEEKLY MENU



MONDAY 20<sup>th</sup>

TUESDAY 21<sup>st</sup>

WEDNESDAY 22<sup>nd</sup>

THURSDAY 23<sup>rd</sup>

FRIDAY 24<sup>th</sup>

## DINNER

Soup/ Salad	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	Sweet Red Bean Paste 紅豆沙	
Meal 1	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	Stir-fried Sliced Pork with Three Shreds 三絲炒肉絲	
Meal 2	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	Fu Yung Egg 芙蓉蛋	
Meal 3	Stir-fried Minced Beef with Diced Potatoes in Black Pepper Sauce 黑椒薯仔粒炒碎牛	Thai Green Curry Pork Chop 泰式青咖喱豬扒	Taiwanese Style Fried Sauce 台式炸醬	Stir-fried Beef with Pickled Mustard Greens 酸菜炒牛肉	
Vegetarian	Stir-fried Cabbage 炒高麗菜	Roasted Pumpkin with Garlic Sauce 蒜蓉燒南瓜	Broccoli Au Gratin 芝士焗西蘭花	Thai-style Stir-fried Mix Vegetables 泰式炒雜菜	

SEPT 27<sup>th</sup> to 31<sup>st</sup>



# DINNER WEEKLY MENU



MONDAY 27<sup>th</sup>

TUESDAY 28<sup>th</sup>

WEDNESDAY 29<sup>th</sup>

THURSDAY 30<sup>th</sup>

FRIDAY 31<sup>st</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

**Meal 1**

**Tang Yang Fried Chicken**  
唐揚炸雞

**Braised Pork Hock with  
Lotus Root**  
蓮藕炆豬手

**Meal 2**

**Beef Brisket Curry**  
咖喱牛腩

**Japanese Gyudon**  
日式牛丼

**Meal 3**

**Steam Pork Patty with  
Pumpkin**  
南瓜蒸肉餅

**Herb Roasted Chicken**  
香草焗雞

**Vegetarian**

**Stir-fried Cabbage with  
Garlic**  
蒜蓉炒白菜

**Diced Winter Melon in  
Superior Broth**  
上湯冬瓜粒