

Oct 1st to 2nd



DINNER WEEKLY MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY 1st

FRIDAY 2nd

DINNER

Soup

Meal 1

Meal 2

Meal 3

Vegetarian

Oct 5th to 9th



DINNER WEEKLY MENU



MONDAY 5th

TUESDAY 6th

WEDNESDAY 7th

THURSDAY 8th

FRIDAY 9th

DINNER

Soup/ Salad	Pork Ribs, Turnip and Sweet Corn Soup 蘿蔔粟米排骨湯	Papaya and Chicken Feet Soup 木瓜雞腳湯	Lotus Root and Sliced Pork Soup 蓮藕肉片湯	
Meal 1	Pork Chop with Tomato and Onion Sauce 蕃茄洋葱豬扒	Beef with Enoki Mushrooms 金菇炒牛肉	Bulgogi Beef 韓式炒牛肉	
Meal 2	Steamed Chicken with Lily Flower and Fungus Mushroom 金針雲耳蒸雞	Steamed Pork Ribs with Garlic 蒜蓉蒸排骨	Kung Pao Chicken 宮保雞丁	
Meal 3	Braised Beef in Brown Sauce 紅燒牛肉	Portuguese Style Braised Chicken 葡國雞	Steamed Pork Patty with Preserved Mustard Greens 梅菜蒸肉餅	
Vegetarian	Grilled Zucchini with Garlic 蒜蓉燒翠玉瓜	Stir-Fried Cauliflower in Brown Sauce 燒汁炒椰菜花	Stir-fried Choy Sum 清炒菜心	

Oct 12th to 16th



DINNER WEEKLY MENU



MONDAY 12th

TUESDAY 13th

WEDNESDAY 14th

THURSDAY 15th

FRIDAY 16th

DINNER

Soup/ Salad	Diced Chicken and Luffa Soup 勝瓜雞粒湯	Watercress and Sweetcorn Soup 西洋菜粟米湯	HK Style Mushroom, Egg, Bomb shoot Soup 碗仔翅	Chayote Melon Soup 合掌瓜湯
Meal 1	Poached Chicken with Soy Sauce 醬油雞	Thai Fish Cakes 泰式魚餅	Curry Chicken with Potato 咖喱薯仔雞	Steamed Fish Fillet 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	Sauteed Chicken with Chinese Zucchini 翠玉瓜炒雞球	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	Steamed 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 Wings with Honey & Black Pepper 蜜糖黑椒炆雞翼
Vegetarian	Stir-Fried Cabbage with Garlic 蒜蓉炒椰菜	Stir-Fried Bean Sprouts with Fresh Mushrooms 芽菜炒鮮冬菇	Braised Tofu in Soy Sauce 紅燒豆腐	Grilled Eggplant with Garlic 蒜蓉燒茄子

Oct 19th to 23rd



DINNER WEEKLY MENU



MONDAY 19th

TUESDAY 20th

WEDNESDAY 21st

THURSDAY 22nd

FRIDAY 23rd

DINNER

**Soup/
Salad**

**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

**Stir-fried Shredded
Chicken with Black Bean
and Bell Pepper**
豉椒炒雞絲

**Stir-fried Chicken Fillet
with Celery**
西芹炒雞柳

**Stir-fried Sliced Pork
with Three Shreds**
三絲炒肉絲

Meal 2

**Stir-fried Shrimp
with Scrambled Eggs**
蝦仁炒蛋

**Korean-Style Glass Noodles
with Beef**
韓式粉絲牛肉

Foo Yung Egg
芙蓉蛋

Meal 3

Thai Green Curry Pork Chop
泰式青咖喱豬扒

**Taiwanese
Brown Sauce Noodles**
台式炸醬麵

**Stir-fried Beef with
Pickled Mustard Greens**
酸菜炒牛肉

Vegetarian

**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

Oct 26th to 30th



DINNER WEEKLY MENU



MONDAY 26th

TUESDAY 27th

WEDNESDAY 28th

THURSDAY 29th

FRIDAY 30th

DINNER

Soup/ Salad	Apple and Kelp Soup 蘋果海帶湯	Snow Pear and Sea Coconut Soup 海底椰雪梨湯	Bak Kut Teh 肉骨茶	Winter Melon and Barley Soup 冬瓜薏米湯
Meal 1	Karaage Fried Chicken 唐揚炸雞	Braised Pork Hock with Lotus Root 蓮藕炆豬手	Thai Lettuce Wraps with Minced Pork 泰式肉碎生菜包	Honey Glazed Chicken Wings 蜜汁雞翼
Meal 2	Curry Beef Brisket 咖喱牛腩	Japanese Gyudon(Beef) 日式牛丼	Steamed Egg with Crab Sticks 蟹柳蒸水蛋	Steamed Pork Patty with Sweetcorn 粟米蒸肉餅
Meal 3	Steamed Pork Patty with Salted Egg 咸蛋蒸肉餅	Herb Roasted Chicken 香草焗雞	Stir-Fried Celtuce with Dace in Black Bean Sauce 豆豉鯪魚油麥菜	Stir-Fried Minced Beef with Black Pepper and Diced Potatoes 黑椒薯仔粒炒碎牛肉
Vegetarian	Stir-Fried Chinese Cabbage with Garlic 蒜蓉炒白菜	Stir-fried Mixed Vegetables Japanese Style 和風汁炒雜菜	Diced Hairy Gourd in Superior Broth 上湯節瓜粒	Stir-Fried Cabbage 炒高麗菜