

Feb 2nd to 6th



DINNER WEEKLY MENU



MONDAY 2nd

TUESDAY 3rd

WEDNESDAY 4th

THURSDAY 5th

FRIDAY 6th

DINNER

Soup/ Salad	Steamed Turnip with Bean Curd Stick, Sweet Corn Soup 腐竹蘿蔔粟米湯	Winter Melon and Ching Po Liang Doup 冬瓜清補涼	Ficus Hirta Soup 五指毛桃湯	Tofu Miso Soup 豆腐麵豉湯	
Meal 1	Stir-fried Beef with Tomato and Broccoli 蕃茄西蘭花炒牛肉	Braised Minced Pork with Potato 肉碎炆薯仔	Lemon Chicken Wings 檸檬雞翼	Chinese Steamed Eggs with Spring onion 蔥花蒸水蛋	
Meal 2	Green Curry Chicken 青咖喱雞	Stir-fried Shredded Chicken with Honey Bean 蜜糖豆炒雞絲	Stir-fried Beef with Chinese Broccoli 芥蘭炒牛肉	Mapo Tofu 麻婆豆腐	
Meal 3	Braised Fish Maw with Hairy Gourd 節瓜炆魚鬆	Fish Fillets in Sweet Corn Sauce 粟米魚件	Braised Eggplant with Minced Pork 魚香茄子	Braised Chicken with Fermented Tofu, Bean Curd Sticks and Wood Ear Mushrooms 枝竹木耳南乳炆雞	
Vegetarian	Stir-fried Three Shreds with Garlic 蒜蓉炒三絲	Thai-Style stir-fried Mixed Vegetables 泰式炒雜菜	Stir-fried Chinese cabbage 清炒大白菜	Stir-Fried Cauliflower with Garlic 蒜蓉炒椰菜花	

Feb 9th to 13th



DINNER WEEKLY MENU



MONDAY 9th

TUESDAY 10th

WEDNESDAY 11th

THURSDAY 12th

FRIDAY 13th

DINNER

Soup/ Salad	Seaweed Egg Drop Soup 紫菜蛋花湯	Chinese Cabbage and Tofu Soup 白菜豆腐湯	Winter Melon and Barley Soup 冬瓜薏米湯	Green Radish and Carrot Sliced Meat Soup 青紅蘿蔔肉片湯	
Meal 1	Chicken Teriyaki 日式照燒汁雞扒	Sautéed Soybean Sprout Sour Cabbage with Duck 大豆芽鹹酸菜炒鴨絲	Curry Pork Ribs with Potatoes 咖喱薯仔排骨	Three Cup Chicken 三杯雞	
Meal 2	Steamed Pork Slices with Preserved Vegetable 榨菜蒸肉片	Braised Chicken Wings with Potato 薯仔炆雞翼	Steamed Chicken with Lily Flower and Fungus 金針雲耳蒸雞	Pork Chop with Tomato and Onion Sauce 蕃茄洋蔥豬扒	
Meal 3	Sichuan Boiled Beef 水煮牛肉 (微辣)	Pork Chop with Black Pepper and Onion 黑椒洋蔥豬扒	Stir-fried Green Beans with Olive Paste 欖菜肉絲四季豆	Steam Egg with Crab Stick and Corn 蟹柳粟米蒸水蛋	
Vegetarian	Poached Hairy Gourd with garlic 上湯蒜子浸節瓜	Oyster Sauce with Mushrooms 蠔油雙菇	Roast Zucchini with tomato Sauce 茄汁燒翠肉瓜	Spinach with Salted and Century Eggs 金銀蛋浸菠菜	

Feb 19th to 23rd



DINNER WEEKLY MENU



MONDAY 16th

TUESDAY 17th

WEDNESDAY 18th

THURSDAY 19th

FRIDAY 20th

DINNER

**Soup/
Salad**

Meal 1

Meal 2

Meal 3

Vegetarian

Feb 23rd to 27th



DINNER WEEKLY MENU



MONDAY 23rd

TUESDAY 24th

WEDNESDAY 25th

THURSDAY 26th

FRIDAY 27th

DINNER

**Soup/
Salad**

**Papaya and Snow Fungus
Soup**
木瓜雪耳湯

Meal 1

**Stir-fried Sliced Pork with
Scallion and Shiitake
Mushrooms**
京蔥香菇炒肉片

Meal 2

**Deep-fried Chicken Pieces
with Thai Sweet Chili
Sauce**
泰醬炸雞件

Meal 3

**Steamed Tofu with Minced
Dace**
鯪魚肉蒸豆腐

Vegetarian

**Stir-fried Mixed Vegetables,
Japanese Style**
和風汁炒雜菜