

March 2nd to 6th



DINNER WEEKLY MENU



MONDAY 2nd

TUESDAY 3rd

WEDNESDAY 4th

THURSDAY 5th

FRIDAY 6th

DINNER

	MONDAY 2 nd	TUESDAY 3 rd	WEDNESDAY 4 th	THURSDAY 5 th	FRIDAY 6 th
Soup/ Salad	Gold and Silver Vegetable Soup 金銀菜湯	Tomato Egg Drop Soup 蕃茄蛋花湯	Old Cucumber & Lentils Soup 老黃瓜扁豆湯	Kudzu Soup with Chi Xiao Dou 粉葛赤小豆豬片湯	
Meal 1	Stir-fried Sliced Pork with Onion and Fermented Black Soybeans 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 粟米魚柳	Stir-fried Chicken with Tomatoes 蕃茄洋蔥炒雞絲	
Meal 2	Fried Chicken Pieces in Thai Style 泰式汁炸雞件	Steamed Egg with Minced Pork 肉鬆蒸水蛋	Eggplant with Minced Pork 魚香茄子	Chinese Zucchini Fried 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 Hairy Gourd with Fish Cake 節瓜炆魚鬆	
Vegetarian	Garlic Broccoli 蒜蓉炒西蘭花	Sweet & Sour To-Fu 咕嚕豆腐	Poached Hairy Gourd with Garlic 上湯蒜子浸節瓜	Spinach with Salted and Century Eggs 金銀蛋浸菠菜	

March 9th to 13th



DINNER WEEKLY MENU



MONDAY 9th

TUESDAY 10th

WEDNESDAY 11th

THURSDAY 12th

FRIDAY 13th

DINNER

Soup/ Salad	Louts Root Green Beans Soup 蓮藕綠豆湯	Papaya & Apple Soup 木瓜蘋果湯	Carrot & Corn Soup 粟米甘筍湯	Carrot Radish Soup 三色蘿蔔湯	
Meal 1	Steamed Pork Ribs with Black Bean Sauce 豆豉蒸排骨	Japanese Curry Chicken 日式咖喱雞	Sweet & Sour Pork 咕嚕肉	Satay Pork Chop 沙嗲豬扒	
Meal 2	Sautéed Soybean Sprout Sour Cabbage with Duck 大豆芽鹹酸菜炒鴨絲	Cucumber Wood Ear Fish Ball 青瓜木耳炒魚片	Teriyaki Chicken 照燒汁雞扒	Potato Shredded Fried Shredded Pork 土豆絲炒肉絲	
Meal 3	Fried Eggs with Chives and Minced Meat 肉碎韭黃炒蛋	Lemongrass Pork Chop 香茅豬排	Fried Fish Cake Vermicelli 炸魚片炒粉絲	Japanese Steamed Egg 日式蒸水蛋	
Vegetarian	Oyster Sauce with Mushrooms 蠔油雙菇	Stir-fried Three Kinds of Vegetables 蒜蓉炒三絲	Roasted Chinese Zucchini with Tomato Sauce 茄汁燒翠肉瓜	Sauteed Beans with Preserved Olive Vegetable 欖菜炒豆角	

March 19th to 23rd



DINNER WEEKLY MENU



MONDAY 16th

TUESDAY 17th

WEDNESDAY 18th

THURSDAY 19th

FRIDAY 20th

DINNER

Soup/ Salad	Winter Melon Soup 冬瓜粒湯	Laver and Egg Soup 紫菜蛋花湯	Chinese Cabbage To-Fu 白菜豆腐湯	Ching Bo Leung 清補涼
Meal 1	Sauteed Pork with Tomato Sauce 蕃茄炒肉片	Steamed Chicken with Red Date 紅棗香菇蒸雞	Braised Drumstick with Soy Sauce 滷水雞槌	Twice-Cooked Pork 回鍋肉片
Meal 2	Fried Chicken with Black Pepper Sauce 黑椒汁燴雞扒	Mapo Tofu 麻婆豆腐	Braised Eggplant with Minced Pork 肉碎炆茄子	Sweet & Sour Chicken 甜酸雞球
Meal 3	Stir-fried Beef with Vegetable 時菜炒牛肉	Braised Pork with Sweet Corn 粟米肉粒	Smoked Duck Breast with Mushroom and Onion 雜菌洋蔥煙鴨胸	Steamed Fish with Fermented Black Beans and Onions 豆豉洋蔥蒸魚
Vegetarian	Sauteed Fried Cabbage 清炒白菜	Sauteed Fried Cabbage with Garlic 蒜蓉炒椰菜	Supreme Broth Choy Sum 上湯菜芯	Stir-fried Mixed Vegetables with Teriyaki Sauce 照燒汁炒雜菜

March 23rd to 27th



DINNER WEEKLY MENU



MONDAY 23rd

TUESDAY 24th

WEDNESDAY 25th

THURSDAY 26th

FRIDAY 27th

DINNER

Soup/ Salad	Bottle Gourd and Salted Egg Soup 節瓜鹹蛋湯	Tofu and Fermented Soybean Soup 豆腐麵豉湯	Coconut & Chicken Soup 椰子雞湯	Corn Soup 忌廉粟米湯
Meal 1	Salt and Pepper Pork Chop 椒鹽豬扒	Stir-fried Pork Slices with Black Bean Sauce 豉椒炒肉片	Stir-fried Beef with Scrambled Eggs 滑蛋炒牛肉	Swiss Sauce Chicken Drumstick 瑞士汁雞腿
Meal 2	Soy Sauce Chicken Wings 豉油皇雞翼	Roaster Chicken in Gravy 燒汁雞扒	Braised Chicken in Creamy Sauce 白汁燴雞球	Braised Fish Fillet with Tofu 紅燒豆腐炆魚塊
Meal 3	Beef with Tomatoes and Onions 蕃茄洋蔥牛肉	Herbed Pumpkin Sauce Baked Fish 香草南瓜汁焗魚	Stir-fried Bitter Melon with Fermented Black Beans and Fish 豆豉鯪魚炒節瓜	Onion, Luncheon Meat, and Scrambled Eggs 洋蔥午餐肉炒蛋
Vegetarian	Stir-fried Lettuce 清炒西生菜	Braised Baby Bok Choy in Superior Broth 上湯津白菜	Garlic Choy Sum 蒜蓉菜芯	Stir-fried Beans with Three-color Bell Peppers 三色彩椒炒青豆

March 30rd to 31st



DINNER WEEKLY MENU

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MONDAY 30rd

TUESDAY 31st

WEDNESDAY

THURSDAY

FRIDAY

DINNER

Soup/ Salad	Chayote Coconut Soup 佛手瓜海底椰湯	Tomato Egg Drop Soup 蕃茄蛋花湯		
Meal 1	Salt and Pepper Chicken Chop 椒鹽雞扒	Steamed Pork Patty with Salted Egg 咸蛋蒸肉餅		
Meal 2	Stir-fried Chinese Zucchini with Smoked Duck Breast 翠玉瓜炒煙鴨胸	Chicken Curry 咖喱雞球		
Meal 3	Scrambled Eggs with Ham & Chives 火腿韭王炒蛋	Braised Beef Brisket with Radish 蘿蔔牛腩		
Vegetarian	Boiled Baby Cabbage 上湯娃娃菜	Stir-fried Mixed Vegetables, Japanese Style 和風汁炒雜菜		



