

Week 1



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

BREAKFAST	Minced Pork Congee	Oatmeal	Minced Chicken Congee	Oatmeal	Congee with Minced Pork and Century Egg	Oatmeal	Minced Pork Congee
	Scrambled Egg	Scrambled Egg	Soy milk	Hard Boiled Egg	Scrambled Egg	Soy milk	Scrambled Egg
	Oatmeal/Congee/Bread/Toast (available daily with jam, margarine, peanut butter) Tea, Coffee, Water, Milk (2%, Skim, Lactaid), Assorted Juice						

LUNCH	Winter Melon Soup	Red & Green Carrot Soup	Bok Choy Soup	Winter Melon Soup	Mixed Vegetable Soup	Moo Qua Soup	Chicken Soup
	Braised Pork	Tomato Sauce Braised Chicken	Baked Chicken	Barbecue Pork	Braised Black Cod	Rice Noodles with Pork Slices	Savory Minced Pork Custard
	Steamed Pork Slices	Steamed Low Salt Chicken Balls	Steamed Pork Slices	Tofu in Oyster Sauce	Steamed Low Salt Minced Pork	Stir Fry Pork Slices	Savory Custard
	Siu Choy	Bok Choy	Yu Choy	Cauliflower	Lettuce	Bok Choy	Mixed Vegetables
	Rice/Congee/Bread Fresh Fruit	Rice/Congee/Bread Fresh Fruit	Rice/Congee/Bread Fresh Fruit	Rice/Congee/Bread Fresh Fruit	Rice/Congee/Bread Jello	Rice/Congee/Bread Fresh Fruit	Rice/Congee/Bread Fresh Fruit
Tea, Coffee, Water, Milk (2%, Skim, Lactaid), Assorted Juice							

DINNER	Soy Bean Soup	Dried Bean Curd Soup	Dried Dates and Chicken Soup	Chicken Soup	Black Eye Pea Soup	Red Carrot and Daikon Soup	Lotus Root Soup
	Basa fillet and Tofu Stew	Pork Slices in Oyster Sauce	Ginger Braised Salmon	Chicken and Potato Stew	Baked Chicken Thigh	Soy Sauce Chicken Wings	Stir Fry Chicken with Onion and Green Onions
	Steamed Tofu	Tofu in Oyster Sauce	Steamed Low Salt Minced Pork	Steamed Low Salt Chicken Balls	Steamed Low Salt Chicken Balls	Steamed Low Salt Chicken Balls	Steamed Low Salt Chicken Balls
	Cabbage	Carrot and Celery	Moo Qua	Spinach	Yu Choy	Bitter Melon	Broccoli
	Rice/Congee/Bread Jello	Rice/Congee/Bread Canned Peach	Rice/Congee/Bread Yogurt	Rice/Congee/Bread Canned Fruit Cocktail	Rice/Congee/Bread Canned Peach	Rice/Congee/Bread Custard	Rice/Congee/Bread Canned Fruit Cocktail
Tea, Coffee, Water, Milk (2%, Skim, Lactaid), Assorted Juice							
NOURISHMENT	2 pm: cookies, coffee, tea, juice 8 pm: bread, margarine, peanut butter, jam 2% milk, apple juice						

*Pork bone soup is available as alternate choice when bean soup is on

週 1

星期日

星期一

星期二

星期三

星期四

星期五

星期六

早餐	碎豬肉粥 炒蛋	麥皮 炒蛋	碎雞肉粥 豆漿	麥皮 煮蛋	皮蛋瘦肉粥 炒蛋	麥皮 豆漿	碎豬肉粥 炒蛋
	<p>早餐必有: 麥皮/麵包/多士 早餐飲料包括: 茶, 咖啡, 牛奶, 水, 果汁</p>						

午餐	冬瓜湯 紅燒豬肉 炒紹菜 鮮果	青紅蘿蔔豬 骨湯 蕃茄燴雞柳 炒白菜 鮮果	大白菜湯 鹽焗雞 炒油菜 鮮果	冬瓜湯 烤肉 炒椰菜花 鮮果	羅宋湯 煎封黑魚 炒生菜 啫喱	節瓜湯 魚香肉絲炒 米粉 炒白菜 鮮果	清鷄湯 蒜茸雞蛋 蒸肉餅 羅漢齋 鮮果
	<p>午/晚餐必有: 白飯/粥 午/晚餐飲料包括: 茶, 咖啡, 牛奶, 水, 果汁</p>						

晚餐	黃豆湯 魚肉炆豆腐 炒椰菜 啫喱	腐竹湯 蠔油肉片 紅蘿蔔炒西 芹 桃果	紅棗雞湯 薑蔥焗三文 魚 炒節瓜 乳酪	清雞湯 薯仔炆雞球 炒菠菜 雜果	眉豆湯 日式醬汁焗 鷄扒 炒油菜 桃果	紅白蘿蔔豬 骨湯 滷水雞翼 炒苦瓜 燉蛋	蓮藕湯 啫啫雞煲 炒百加利 雜果
	<p>午/晚餐必有: 白飯/粥 午/晚餐飲料包括: 茶, 咖啡, 牛奶, 水, 果汁</p>						