

# Week 2



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BREAKFAST</b>	Minced Pork Congee Scrambled Eggs	Oatmeal Scrambled Eggs	Minced Chicken Congee Soy milk	Oatmeal Hard Boiled Eggs	Congee with Minced Pork and Century Egg Scrambled Eggs	Oatmeal Soy milk	Minced Pork Congee Scrambled Eggs
	Oatmeal/Congee/Bread/Toast (available daily with jam, margarine, peanut butter) Tea, Coffee, Water, Milk (2%, Skim, Lactaid), Assorted Juice						
<b>LUNCH</b>	* Red Carrot and Daikon Soup  Tofu and Minced Pork Stew  Tofu in Oyster Sauce Yu Choy Rice/Congee Bread Fresh Fruit	Winter Melon Soup  Stir Fry Beef with Onion and Green Onion  Steamed Low Salt Minced Pork Cauliflower Rice/Congee Bread Fresh Fruit	Chicken Soup  Scrambled Egg and Shrimp in Tomato Sauce  Stir Fry Chicken Balls Bok Choy Rice/Congee Bread Fresh Fruit	Lotus Root Soup  Soy Sauce Chicken Wings  Steamed Low Salt Chicken Balls Mixed Vegetables Rice/Congee Bread Fresh Fruit	Dried Dates and Chicken Soup  Pork and Potato Stew  Steamed Low Salt Minced Pork Siu Choy Rice/Congee Bread Jello	Bok Choy Soup  Stir Fry Pork Slices and Steamed Noodles  Stir Fry Pork Slices Shanghai Bok Choy Rice/Congee Bread Fresh Fruit	Dried Beancurd Soup  Braised Pork  Steamed Pork Slices Cabbage Rice/Congee Bread Fresh Fruit
	Tea, Coffee, Water, Milk (2%, Skim, Lactaid), Assorted Juice						
<b>DINNER</b>	* Moo Qua Soup  Steamed Chicken with Mushroom and Chinese Sausage  Steamed Low Salt Chicken Balls Green Beans Rice/Congee Bread Jello	Soy Bean Soup  Stir Fry Pork Slices and Eggplant  Savory Custard A Choy Rice/Congee Bread Canned Peach	Mixed Vegetables Soup  Barbecue Pork  Fried Eggs Bitter Melon Rice/Congee Bread Yogurt	Black Eye Pea Soup  Ginger Braised Salmon  Steamed Low Salt Minced Pork Lettuce Rice/Congee Bread Canned Fruit Cocktail	Red and Green Carrot Soup  Steamed Chicken  Scrambled Eggs and Beef in Tomato Sauce Zucchini Rice/Congee Bread Canned Peach	Corn and Carrot Soup  Stir Fry Basa Fillet  Steamed Low Salt Minced Pork Broccoli Rice/Congee Bread Custard	Moo Qua Soup  Steamed Chicken with Mushroom and Chinese Sausage  Steamed Low Salt Chicken Balls Spinach Rice/Congee Bread Canned Fruit Cocktail
	Tea, Coffee, Water, Milk (2%, Skim, Lactaid), Assorted Juice						
<b>NOURISHMENT</b>	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

晚餐	節瓜湯	黃豆湯	羅宋湯	眉豆湯	青紅蘿蔔豬 骨湯	玉米紅蘿蔔 湯	節瓜湯
	臘腸冬菇蒸 雞	魚香肉絲茄 子	烤肉	薑蔥焗三文 魚	白切雞	清炒魚片	臘腸冬菇 蒸雞
	炒豆仔	炒油蜜菜	炒苦瓜	炒生菜	炒意大利瓜	炒百加利	炒菠菜
	啫喱	桃果	乳酪	雜果	桃果	燉蛋	雜果
	<p>午/晚餐必有: 白飯/ 粥</p> <p>午/晚餐飲料包括: 茶, 咖啡, 牛奶, 水, 果汁</p>						