

Week 3

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

BREAKFAST	Minced Pork Congee	Oatmeal	Minced Chicken Congee	Minced Pork Congee	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	Chicken Soup	Bok Choy Soup	Blackeye Pea Soup	Chicken Soup	Red and Green Carrot Soup	Mustard Green Soup	Winter Melon Soup
	Pork Slices in Oyster Sauce	Tofu and Minced Pork Stew	Sweet and Sour Chicken	Daikon and Pork Stew	BBQ Pork and Shrimp Fried Rice	Braised Black Cod	Steamed Mushroom and Minced Pork
	Tofu in Oyster Sauce	Steamed Low Salt Minced Pork	Steamed Low Salt Chicken Balls	Daikon and Chicken Stew	Steamed Chicken	Steamed Low Salt Minced Pork	Savory Custard
	Broccoli	Mustard Green	Cauliflower	Shanghai Bok Choy	Siu Choy	Mixed Vegetables	Broccoli
	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	Lotus Root Soup	Dried Dates and Chicken Soup	Red Carrot and Daikon Soup	Mixed Vegetable Soup	Moo Qua Soup	Arrowroot Soup	Blackeye Pea Soup
	Stir Fry Chicken with Onion and Green Onions	Stir Fry Basa Fillet	Steamed Salmon	Scrambled eggs with Imitation Crab	Stir Fry Kabocha Squash and Chicken Slices	Soy Sauce Drumsticks	Chicken and Potato Stew
	Scrambled Eggs	Steamed Low Salt Minced Pork	Steamed Low Salt Minced Pork	Fried Egg	Stir Fry Chicken Balls	Steamed Low Salt Chicken Balls	Steamed Low Salt Chicken Balls
	Lettuce	Yu Choy	Spinach	Bitter Melon	Bok Choy	Yu Choy	Bok Choy
	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 3

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	碎豬肉粥 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</p> <p>早餐飲料包括: 茶, 咖啡, 牛奶, 水, 果汁</p>						

午餐	清鷄湯	大白菜湯	眉豆湯	清雞湯	青紅蘿蔔豬 骨湯	芥菜鹹蛋湯	冬瓜湯
	蠔油肉片	豆腐炆碎豬 肉	咕嚕雞肉	蘿蔔炆豬肉	楊洲炒飯	煎封黑魚	冬菇蒸肉 餅
	炒百加利 鮮果	炒芥菜 鮮果	炒椰菜花 鮮果	炒上海白菜 鮮果	炒紹菜 啫喱	炒齋菜 鮮果	炒百加利 鮮果
<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>							

晚餐	蓮藕湯	紅棗雞湯	紅白蘿蔔豬 骨湯	羅宋湯	節瓜湯	赤小豆粉葛 湯	眉豆湯
	啫啫鷄煲	薑葱炆魚柳	蒸三文魚	蟹柳炒蛋	南瓜雞球	滷水鷄批	椰汁薯仔 炆鷄
	炒生菜	炒油菜	炒菠菜	炒苦瓜	炒白菜	炒油菜	炒白菜
	啫喱	桃果	乳酪	雜果	桃果	燉蛋	雜果
	蓮藕湯	紅棗雞湯	紅白蘿蔔豬 骨湯	羅宋湯	節瓜湯	赤小豆粉葛 湯	眉豆湯
<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>							