

Week 4



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	Mixed Vegetable Soup	Moo Qua Soup	Carrot and Corn Soup	Bok Choy Soup	Red and Green Carrot Soup	Dried Dates and Chicken Soup	Spinach Soup
	Tofu and Minced Pork Stew	Stir Fry Basa Fillet	Baked Chicken Thigh	Chicken and Mushroom Yee Mein	Curry Chicken	Soy sauce Chicken Wings	Chicken Rice
	Savory Custard	Steamed Low Salt Minced Pork	Steamed Low Salt Chicken Balls	Steamed Low Salt Chicken Balls	Steamed Chicken	Steamed Low Salt Chicken Balls	Savory Custard
	Yu Choy	Shanghai Bok Choy	Bok Choy	Green Beans	Siu Choy	Lettuce	Shanghai Bok Choy
	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	Bok Choy Soup	Blackeye Pea Soup	Winter Melon Soup	Lotus Root Soup	Mixed Vegetables Soup	Dried Bean Curd Soup
	Sweet and Sour Chicken	Steamed Soy Custard	Pork and Daikon Stew	Stir Fry Pork Slices and Eggplant	Steamed Salmon	Barbecue Pork	Sweet and Sour Basa Fillet
	Scrambled Eggs and Beef in Tomato Sauce	Tofu and Minced Pork Stew	Chicken and Daikon Stew	Steamed Low Salt Minced Pork	Fried Eggs	Steamed Low Salt Minced Pork	Steamed Low Salt Minced Pork
	Spinach	Broccoli	Mixed Vegetables	Mustard Green	Cabbage	Spinach	Cauliflower
	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 4

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 煮蛋
	<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	羅宋湯	節瓜湯	玉米紅蘿蔔 湯	大白菜湯	青紅蘿蔔豬 骨湯	紅棗雞湯	菠菜湯
	豆腐炆碎豬 肉	薑葱炆魚柳	日式醬汁焗 雞扒	磨菇雞絲伊 麵	咖喱雞	滷水雞翼	碎雞撈飯
	炒油菜	炒上海白菜	炒白菜	炒豆仔	炒紹菜	炒生菜	炒上海白 菜
	鮮果	鮮果	鮮果	鮮果	啫喱	鮮果	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	大白菜湯	眉豆湯	冬瓜湯	蓮藕湯	羅宋湯	腐竹湯
	咕嚕雞肉	瓊山豆腐	蘿蔔炆豬肉	魚香肉絲茄 子	蒸三文魚	烤肉	甜酸魚片
	炒菠菜	炒百加利	羅漢齋	炒芥菜	炒椰菜	炒菠菜	炒椰菜花
	啫喱	桃果	乳酪	雜果	桃果	燉蛋	雜果
	黃豆湯	大白菜湯	眉豆湯	冬瓜湯	蓮藕湯	羅宋湯	腐竹湯
<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>							