

星期一
MONDAY

MAY
12

早餐 Breakfast

午餐肉湯通粉 Macaroni with Luncheon Meat
雞肉腸 Chicken Sausage
蟹肉粥 Crab Meat Congee
炒蛋 Scrambled Egg



午餐 & 晚餐 Lunch & Dinner

湯 Soup

粉葛赤小豆豬骨湯
Pork Bone Soup with Red Rice Bean and Arrowroot

主菜 Main

燒腩仔 Roast Pork
上湯浸牛脷 Ox-Tongue in Broth
剝椒蒸魚雲 Steamed Fish with Chopped Chilli
乾炒雞絲河 Stir-fried Flat Noodle with Shredded Chicken
時令蔬菜 Seasonal Vegetable

糖水 Sweet Soup

番薯糖水 Sweet Potato Soup



宵夜 Supper

粟米白汁雞絲 Shredded Chicken with White Sauce
香蔥炒飯 Scallion Fried Rice
雞粥 Chicken Congee