

星期二
TUESDAY

Oct
6

早餐 Breakfast

蒸叉燒包 Steamed BBQ pork buns
蒸潮州粉果 Steamed Chiu Chow dumplings
雞粥 Chicken congee
炒蛋 Scrambled eggs

午餐 & 晚餐 Lunch & Dinner

沙律吧 Salad bar

湯 Soup

涼瓜黃豆豬骨湯 Bitter melon, soybean, and pork bone soup

主菜 Main

燒腩仔 Roasted pork belly
蒸馬蹄香茜牛肉餅 Steamed beef patty with water chestnuts and cilantro
節瓜炒魚片 Stir-fried fish slices with hairy gourd
乾燒伊麵 Braised e-fu noodles
白灼油菜 Poached seasonal greens

糖水 Sweet Soup

綠豆沙 Sweet green bean soup

宵夜 Supper

地瓜粥 Sweet potato porridge
炸蝦角 Deep-fried shrimp dumplings
肥牛湯烏冬 Sliced beef udon in soup