

星期四
THURSDAY

NOV
20

早餐 Breakfast

蒸魚肉燒賣 Fish Siu Mai

蒸腸粉 Rice Roll

皮蛋肉碎粥 Congee with Century Egg and Minced Pork

烩蛋 Boiled Egg



午餐 & 晚餐 Lunch & Dinner

湯 Soup

粉葛赤小豆豬骨湯

Pork Bone Soup with Arrowroot and Red-rice Bean

主菜 Main

黑椒蒸雞翼 Steamed Chicken Wing with Black Pepper Sauce

南瓜粟米蒸肉餅 Steamed Minced Pork with

欖菜青豆角炒鮮魷 Stir-fried Squid and Snap Pea with Olive Vegetable

乾燒伊麵 Braised E-fu Noodle

時令蔬菜 Seasonal Vegetable

甜品 Dessert

羅漢果茶 Monk Fruit Tea



宵夜 Supper

蒸包 Steamed Bun

蒸牛肉燒賣 Steamed Beef Siu Mai

白果粥 Congee with Gingko