

Our Menu sample - Main meals

星期一
Monday

星期二
Tuesday

星期三
Wednesday

星期四
Thursday
早餐 Breakfast

星期五
Friday

星期六
Saturday

星期日
Sunday

菠菜煙肉粥
Spinch Bacon Porridge

牛奶麥片
Oatmeal with milk

火腿通粉
Macaroni with ham in soup

雞粥
Chicken porridge

牛奶麥片
Oatmeal with milk

粟米粥
Sweet Corn porridge

牛奶麥片
Oatmeal with milk

豬肉點心
Pork Dim Sum

鬆餅
Muffin

吞拿魚三文治
Tuna Sandwich

腸粉
Steamed vermicelli roll

冬菇雞包
Mushroom and Chicken Bun

蒸南瓜糕
Steamed Pumpkin Cake

熟蛋及煙肉、菠菜或腸
Boiled egg with bacon, spinach or sausage

即食麥片
Oatmeal

白粥
Porridge

火腿通粉
Macaroni with ham in soup

即食麥片
Oatmeal

菠菜煙肉粥
Spinch Bacon Porridge

即食麥片
Oatmeal

南瓜粥
Pumkin porridge

叉燒包
Barbecued pork bun

豆沙包
Red Bean bun

吞拿魚三文治
Tuna Sandwich

雞肉點心
Chicken Dim Sum

冬菇雞包
Mushroom and Chicken Bun

蒸南瓜糕
Steamed Pumpkin Cake

蒸蛋及菠菜、煙肉或腸
Steamed egg with spinach, bacon or sausage

午餐 Lunch

蝦仁炒粉或面
Stir fried vermicelli / noodle with shrimp meat

芋頭扣肉飯
Taro with pork belly & Steamed rice

椰汁南瓜煮肉片、白飯
Fried Sliced Pork wit pumpkin and coconut sauce & Steamed rice

三色蘑菇炒帶子飯
Stir fried scallop w/mushroom, capsicum & steam rice

咸魚茄子煮肉鬆
Fried Egg Plant with Salted fish & mince pork

五香梅肉、白飯
Five spice braised with port meat & Steamed rice

蝦仁炒蛋、白飯
Stir fried egg with shrimp meat & Steamed rice

清炒時菜
Stir fried seasonal vegetables

清炒時菜
Stir fried seasonal vegetables

清炒時菜
Stir fried seasonal vegetables

清炒時菜
Stir fried seasonal vegetables

清炒時菜
Stir fried seasonal vegetables

清炒時菜
Stir fried seasonal vegetables

清炒時菜
Stir fried seasonal vegetables

杏仁糊
Almond Sweet Soup

海鮮豆腐羹
Seafood soup with tofu

雞茸粟米羹
Sweet Corn Soup with chicken meat

合桃糊
Walnut Sweet Soup

豆腐紫菜雞粒湯
Seaweed with Tofu & Chicken mince Soup

木瓜花生眉豆紅棗雪耳湯
Papaya soup with peanut, cowpea, red dates, fungus

水果芒果西米露
Mango sago sweet soup

晚餐 Supper

節瓜炒牛肉片、白飯
Stir fried beef with hairy melon & Steamed Rice

粟米雞粒, 旦炒飯
Chicken with sweet corn sauce & egg fried rice

冬菇、冬菜蒸魚、白飯
Steamed fish with Chinese Mushroom, preserved vegetables w/steamed rice

梅菜蒸肉餅、白飯
Steamed minced pork with preserved mustard green (Mui Choy) & Steamed Rice

海南雞飯
Hainan Chicken Rice

臘腸雲耳蒸雞飯
Steamed chicken with Chinese susages, black fungus & steam rice

滷水雞翼、白飯
Soya chicken wing & Steamed rice

清炒時菜
Stir fried seasonal vegetables

清炒時菜
Stir fried seasonal vegetables

清炒時菜
Stir fried seasonal vegetables

清炒時菜
Stir fried seasonal vegetables

清炒時菜
Stir fried seasonal vegetables

清炒時菜
Stir fried seasonal vegetables

清炒時菜
Stir fried seasonal vegetables

中國茶
Chinese tea

中國茶
Chinese tea

中國茶
Chinese tea

中國茶
Chinese tea

中國茶
Chinese tea

中國茶
Chinese tea

中國茶
Chinese tea