Our Menu sample - Main meals

updated 18/01/2019

星期一 Monday	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	星期五 Friday	星期六 Saturday	星期日 Sunday
早餐 Breakfast						
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	梅菜扣肉飯白飯 Preserved mustard green with Pork belly & Steam rice	椰汁南瓜煮肉片、白飯 Fried Sliced Pork wit pumpkin and coconut sauce & Steam rice	三色蘑菇炒帶子飯 Stir fried scallop w/mushroom, capsicum & steam rice	咸魚茄子煮肉鬆飯 Fried Egg Plant with Salted fish & mince pork & steam rice	五香梅肉 、白飯 Five spice braised with port meat & Steam rice	叉燒芙蓉蛋飯 BBQ Pork with omellete & steam 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	蘋果雪耳紅棗南北杏紅蘿蔔豬骨湯 Pork bone soup with apple, white fungus, red dates, & carrot	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 hairly melon & Steam Rice	粟米雞粒,蛋炒飯 Chicken with sweet corn sauce & egg fried rice	冬菇、冬菜蒸魚、白飯 Steamed fish with Chinese Murshroom, preserved vegetables w/steam rice	梅菜蒸肉餅、白飯 Steamed minced pork with preserved mustard green (Mui Choy) & Steam Rice	海南雞飯 Hainan Chicken Rice	臘腸雲耳蒸雞飯 Steamed chicken with Chinese susages, black fungus & steam rice	葡國雞飯 Portuguese Chicken 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