



Chinese Community Social Services Centre Inc.

On Luck Chinese Nursing Home

安樂華人護理院

Daily Menu Sample

Breakfast

Chicken porridge 雞粥

Steamed pumpkin cake 蒸南瓜糕 /或

Steamed egg with bacon & spinach 菠菜煙肉蒸蛋

Oatmeal 即食麥片

Morning Tea

Strawberry cake 草莓酥 /或 Pineapple cake 鳳梨酥

Raisin Bread 提子包

Apple Juice, Orange Juice, Milk, Soy milk, water, Milo, Coffee, Tea, Chinese tea and fruits

蘋果汁，橙汁，牛奶，豆奶，水，美祿，咖啡，茶，中國茶及水果

Lunch

Braised chicken wing with chestnut & steamed rice 栗子炆雞翼、白飯

Stir fried seasonal vegetables 清炒時菜

Pork bone soup with peanut and chicken feet 花生雞腳豬骨湯

Afternoon Tea

Waffle 格子奶蛋餅 /或 Steamed Red Bean Cake 蒸紅豆糕

Apple Juice, Orange Juice, Milk, Soy milk, water, Milo, Coffee, Tea, Chinese tea, Icy pole and fruits

蘋果汁，橙汁，牛奶，豆奶，水，美祿，咖啡，茶，中國茶，雪條及水果

Dinner

Steamed Fillet with preserved vegetables & steamed rice 梅菜蒸魚柳、白飯

Stir fried seasonal vegetables 清炒時菜

Chinese tea 中國茶

Supper

Biscuit 餅乾

Cake 蛋糕

Milk, Soy milk, water, Milo, Coffee, Tea, Chinese tea 牛奶，豆奶，水，美祿，咖啡，茶，中國茶

Remarks 備注:

*Menu may be changed depending on supply without notice. 如供應商未能配合當日之菜單時，則會作適當調改。恕不另行通告。

*If necessary resident may choose to have congee to substitute for the steamed rice. 如有需要院友可選擇食粥去代替白飯。

*Alternative food will be provided if resident has special request with advance notice e.g. vegetarian or food allergy to meals provided on the day. 如院友對某種食物敏感或食素，會以其他代替。