

Lunch Menu 午膳餐單 Oct-Dec 2021



	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
	04 Oct	05 Oct	06 Oct	07 Oct	08 Oct
Meal 主菜 A				Braised Chicken and Potato with Rice 薯仔炆鸡配饭	Pineapple & Chicken Fried Rice 菠萝鸡粒炒饭
Meal 主菜 B				Beef Spaghetti Bolognese 肉酱意粉	Pan-fried Fish in Dill Lemon Sauce with Spaghetti 刁草檸檬汁煎魚柳配意粉
Meal 主菜 C				Stir-fried Spaghetti with Tri-pepper, Green Bean & Onion (Less Oil) 彩椒洋蔥青豆炒意粉 (少油)	Braised Vegetable Mix in Tomato Sauce with Rice 茄汁燴雜菜配饭
Meal 主菜 D				Baked Rice with Fish in Pumpkin Sauce 焗南瓜汁魚柳飯	Ham & Cheese Wrap with Garden Salad 芝士火腿三文治配田园沙拉
Meal 主菜 E				Tomato & Minced Pork in Rice Vermicelli Soup 蕃茄肉碎汤米粉	Japanese Style Pork Cartilage in Udon Soup 日式猪软骨汤乌冬



健康之選, 適合經常食用
These foods should form the basis of your diet. So fill up on them.



請適宜地食用
Best eaten in moderation. These food are still important for a balanced diet.



建議少選擇為佳
Don't have too much of these. Just treat ourselves every so often.



素食
Vegetarian Choice



含有蛋類
Egg Alert



含有奶類
Dairy Alert



含有魚類
Fish Alert



含有貝殼類海鮮
Shellfish Alert



Sustainable Seafood

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	18 Oct	19 Oct	20 Oct	21 Oct	22 Oct
Meal 主菜 A			Chinese BBQ Pork with Brown Red Rice 蜜汁叉烧配糙米饭	Pork in Sweetcorn & Egg Sauce with Red Rice 滑蛋粟米肉粒红米饭	Yeung Chow Fried Rice (Less Oil) 揚州炒饭 (少油)
Meal 主菜 B			Herb Baked Fish Fillet with Pasta 香草焗魚柳 配通粉	Stir-fried Spaghetti with BBQ Pork, Onion & Bean Sprout 洋葱芽菜叉烧炒意粉	Fish Fillet Pasta in Creamy Pumpkin Sauce 忌廉南瓜汁鱼柳意粉
Meal 主菜 C			Vegetarian Mapo Tofu with Brown Rice 素麻婆豆腐配糙米饭	Pumpkin and Vegetable in Portuguese Sauce with Rice 葡汁南瓜時蔬配饭	Japanese Style Eggplant with Rice 日式茄子配饭
Meal 主菜 D			Chicken Wrap with Caesar Salad 鸡肉卷配凯撒沙拉	Duck Breast and Cucumber Wrap with Sweetcorn Salad 鸭胸青瓜卷配玉米沙拉	Baked Pasta & Pork Chop in Tomato Sauce 焗鲜茄猪扒意粉
Meal 主菜 E			Grilled Chicken Steak with Rice Vermicelli 香烤鸡扒檬	Chao Zhou Fish Balls Soup Rice Vermicelli 潮州鱼蛋汤米粉	BBQ Pork Noodle Soup 叉烧汤面

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	25 Oct	26 Oct	27 Oct	28 Oct	29 Oct
Meal 主菜 A	Pineapple Fried Rice with Vegetables 菠蘿雜菜炒飯 	Honey Soy Chicken with Mixed Grain Rice 港式豉油雞紅米飯	Fresh Tomato Pork with Rice 鮮茄豬扒片配飯	Japanese Style Stir-fried Udon with Shredded Pork (Less Oil) 日式肉絲炒烏冬(少油)	Singapore Style Fried Vermicelli (Seafood Free) 星洲炒米粉(不含海鮮)
Meal 主菜 B	Sweetcorn Mac & Cheese 芝士玉米焗通粉  	Beef Stroganoff with Spaghetti 俄式牛肉蘑菇汁燴意粉 	Spaghetti Carbonara 卡邦尼意粉  	Japanese Style Teriyaki Chicken with Red Rice 日式照燒雞扒配紅米飯	Herbs fish and Pumpkin with Rice 南瓜香草魚柳燴飯 
Meal 主菜 C	Stir-fried Vermicelli with Mushroom, Carrot & Lettuce 蘑菇甘筍生菜炒米粉 	Lo Han Style Vegetables with Red Rice 羅漢齋配紅米飯	Thai Stir-Fried Ho Fan Noodles with Vegetables 泰式雜菜炒河粉	Japanese Style Braised Enoki Mushroom & Tofu with Red Rice 日式金菇豆腐配紅米飯	Tomato, Carrots & Kidney Beans with Brown Rice 鮮茄紅腰豆燴甘筍配糙米飯
Meal 主菜 D	Roasted Vegetable Wrap Served with Pasta Salad 雜存菜卷配粉仔沙拉  	Baked Chicken Rice in Black Pepper Sauce 焗黑椒雞扒飯	Pepperoni & Cheese Sandwich with Sweet Corn Salad 辣肉腸芝士三文治配粟米沙律 	Baked Rice & Shredded Chicken in Creamy Sweetcorn Mushroom Sauce 焗白汁粟米蘑菇雞絲飯  	Pork Burger with Wedges 豬柳漢堡配薯角  
Meal 主菜 E	Mixed vegetables & Bean curd w/noodles in curry soup 雜菜豆卜咖喱湯面 	Duck Breast and Macaroni in Tomato Soup 烟鴨胸羅宋湯通心粉 	Shiitake Mushroom & Shredded Pork Noodle Soup 冬菇肉絲湯面	Straw Mushroom & Shredded Pork in Rice Vermicelli Soup 草菇肉絲湯米粉	Shrimp Tempura in Udon Soup 吉列炸蝦烏冬 



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	01 Nov	02 Nov	03 Nov	04 Nov	05 Nov
Meal A 主菜 A	Braised Chicken in Portuguese Style & Spaghetti 葡國雞意粉 	Chinese BBQ Pork with Brown Red Rice 蜜汁叉燒配糙米飯	Minced Pork and Eggplant with Brown Rice 茄子肉燥配糙米飯	Sweet Soy Sauce Chicken with Rice 瑞士雞肉配飯	Mixed Pepper, Pineapple and Beef with Rice 洋蔥菠蘿雜椒燴牛肉飯
Meal B 主菜 B	Korean Pork Sliced & Rice (Less Spicy) 韓式肉片配飯(少辣)	Fish & Chips 炸魚柳配薯條 	Italian Braised Diced Chicken with Rice 意式雞粒燴飯  	Pan Fried Fish in Cream Sauce with Penne 煎魚柳白汁配長通粉  	Beef Spaghetti Bolognese 肉醬意粉 
Meal C 主菜 C 	Japanese Vegetable Curry with Rice (Mild) 日式雜菜淡咖哩飯 	Pumpkin and Vegetable in Portuguese Sauce & Rice 葡汁南瓜時蔬配飯 	Scrambled Tomato & Egg with Red Rice 蕃茄炒蛋配紅米飯 	Spinach & Mushroom Frittata with Roasted Potatoes 意式菠菜蘑菇烘蛋伴薯角 	Chinese Long Beans Omelette with Red Rice 豆角煎蛋配紅米飯 
Meal D 主菜 D	Ham Salad Roll Served with Sweetcorn Salad 火腿沙律卷配玉米沙拉 	Egg Salad Sandwich with Caesar Salad 雞蛋沙律三文治配凱撒沙拉  	Rice and Chicken Baked in Alfredo Sauce 焗白汁雞球飯 	Chicken Caesar Sandwich with Potato Salad 雞肉凱撒三文治配薯仔沙律 	Hot Dog with Sweet Corn 熱狗配玉米 
Meal E 主菜 E	Vietnamese Sausage with Rice Vermicelli 越式扎肉湯米粉	Beef Balls with Rice Vermicelli 牛丸湯米粉	Japanese Miso Beef Udon Soup 日式味噌牛肉湯烏冬	Duck Breast and Fusilli in Tomato Soup 烟鴨胸羅宋湯螺絲粉	Mustard Green and Shredded Pork with Rice Vermicelli 雪菜肉絲湯米粉

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	08 Nov	09 Nov	10 Nov	11 Nov	12 Nov
Meal 主菜 A	Steamed Chicken (Skinless), Chinese Mushroom & Black Fungus with Rice 冬菇雲耳蒸雞(去皮) 配飯	Sweet & Sour Chicken & Rice 咕嚕鸡球配飯	Hainanese Chicken with Rice 海南鸡配油飯	Pork in Sweetcorn & Egg Sauce with Red Rice 滑蛋粟米肉粒紅米飯	Peking Pork with Brown Rice 京都肉排配糙米飯
Meal 主菜 B	Mixed Pepper, Pineapple and Beef with Rice 洋葱菠萝杂椒 燴牛肉飯	Braised Pork Diced with Mixed Mushroom Cucumber & Red Rice 青瓜雜菌燴肉粒 配紅米飯	Lasagna Bolognese 肉醬千層面	Thai Minced Pork Fried Rice 泰式肉碎炒飯	Korean Fried Chicken with Sweetcorn 韓式炸鸡配玉米粒
Meal 主菜 C	Ratatouille with Spaghetti 意式雜菜配意粉	Mediterranean Style Roasted Assorted Veg. with Herbs & Spaghetti 地中海香草烤雜菜 配意粉	Japanese Grilled Eggplant with Rice 日式燒茄子配飯	Mixed Mushroom & Tomato Basil Sauce & Spaghetti 香草鮮茄雜菌意粉	Baked Cheesy Penne with Mushroom 芝士焗蘑菇長通粉
Meal 主菜 D	Ham & Cheese Sandwich with Garden Salad 芝士火腿三文治 配沙拉	Baked Rice & Duck Breast with Tomato Sauce 焗鮮茄鴨胸飯	Thai Chicken Wrap With Pumpkin Salad 泰式鸡卷配南瓜沙 律	Ham Salad Wrap with Sweetcorn Salad 火腿沙律卷 配玉米沙拉	Tuna Sandwich with Garden Salad 吞拿鱼三文治 配田园沙拉
Meal 主菜 E	Grilled Pork Chop Vermicelli 香烤猪扒檬	Japanese Teriyaki Chicken Noodle Soup 日式照烧鸡扒汤麵	Shrimp Tempura in Udon Soup 吉列炸蝦烏冬	Chao Zhou Fish Balls Soup Rice Vermicelli 潮州鱼蛋汤米粉	Beef Brisket & Macaroni in HK Style Borscht Soup 罗宋牛腩汤通粉

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	15 Nov	16 Nov	17 Nov	18 Nov	19 Nov
Meal A 主菜 A	Braised Daikon & Beef with Rice 蘿蔔牛肉飯	Yeung Chow Fried Rice (Less Oil) 揚州炒飯 (少油)	Chicken and Peach with Rice 蜜桃雞柳配飯	Steamed Minced Pork with Mushroom and Chestnut & Red Rice 冬菇馬蹄蒸肉餅配紅米飯	Pineapple & Pork Fried Rice (Less Oil) 菠蘿肉粒炒飯 (少油)
Meal B 主菜 B	Chicken A-La-King with Spaghetti 白汁雞皇意粉	Tomato Chicken with Spaghetti 鮮茄雞扒意粉	Russian Style Shredded Beef with Mac 俄式牛柳絲燴通粉	Curry Chicken Steak with Spaghetti 咖喱雞扒配意粉	Pork Bolognese Pasta 免治豬肉醬配通粉
Meal C 主菜 C	Stir Fried Garlic and Mixed Vegetable with Rice 蒜香炒雜菜配飯	Lo Hon Vegetable with Rice 羅漢齋配飯	Steamed Egg with Glass Noodle & Rice 粉絲蒸蛋配糙米飯	Ratatouille Pasta 意式雜菜配意粉	Teriyaki Tofu with Red Rice 照燒豆腐配紅米飯
Meal D 主菜 D	Mushroom Cheese & Ham Wrap with Cous Cous Salad 蘑菇芝士火腿卷配中東米沙拉	Chicken Wrap with Thai Vermicelli Salad 雞肉卷配泰式粉絲沙律	Baked Spaghetti with Chicken in Sweetcorn & Mushroom Sauce 焗白汁粟米蘑菇雞絲意粉	BBQ Chicken Sandwich with Garden Salad 燒汁雞肉三文治配田園沙律	Chicken Burger with Sweetcorn 雞扒包配玉米粒
Meal E 主菜 E	Vietnamese Pork in Rice Noodle Soup 越式豬肉湯河粉	Straw Mushroom & Shredded Pork in Rice Vermicelli Soup 草菇肉絲湯米粉	Japanese Pork Curry Udon Soup 日式咖喱豬肉湯烏冬	Duck Breast and Fusilli in Tomato Soup 烟鴨胸羅宋湯通心粉	Vietnamese Shredded Chicken in Rice Vermicelli Soup 越式雞絲湯米粉



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	 22 Nov	23 Nov	24 Nov	25 Nov	26 Nov
Meal 主菜 A	Vietnamese Fried Rice with Rice Noodles (Less Oil) 越式海鮮炒河粉 (少油) 	Braised Pumpkin and Sliced Pork with Rice 南瓜肉片配飯	Fresh Tomato and Pork with Rice 鮮茄肉片配飯	Braised Chicken with Potato & Brown Rice 薯仔炆雞配糙米飯	Chinese BBQ Pork with Brown Rice 蜜汁叉燒配糙米飯
Meal 主菜 B	Vietnamese Style Lemongrass Pork Chop with Rice 越式香茅豬扒配飯	Roasted Chicken & Tomato with Spaghetti 燒雞扒配茄肉意粉	Beef Spaghetti Bolognese 肉醬意粉  	Sicilian Meatballs with Spaghetti 西西里肉丸意粉 	Fish & Chips 炸魚柳配薯條  
Meal 主菜 C	Vietnamese Style Curry Mixed Vegetables with Rice 越式什菜咖喱配飯 	Vegetarian Egg Foo Yung with Red Rice 素芙蓉蛋配紅米飯 	Sautéed Veg Chicken in Sweet & Sour Sauce with Rice 甜酸汁燴素雞配飯	Mixed Bell Pepper & Pesto Sauce with Rice 香草醬炒雜椒配飯	Vegetarian Ma Po Tofu & Rice 素麻婆豆腐配飯
Meal 主菜 D	Duck Breast and Cucumber Wrap with Sweetcorn Salad 鴨胸青瓜卷配玉米沙拉	Baked Chicken Rice with Sweetcorn Sauce 焗粟米汁雞球飯 	Hot Dog with Fries 熱狗薯條	Baked Pork Chop with Onion Gravy 焗洋蔥豬扒意粉	Chicken & Cheese Wrap with Garden Salad 雞肉芝士卷配田園沙拉
Meal 主菜 E	Vietnamese Pork Sausages in Rice Noodle Soup 越式扎肉湯河粉	Tomato & Minced Pork in Rice Vermicelli Soup 蕃茄肉碎湯米粉	Japanese Style Pork Cartilage in Udon Soup 日式豬軟骨湯烏冬	Grilled Chicken Vermicelli 香烤雞肉檬	Chao Zhou Fish Balls Soup Rice Vermicelli 潮州魚蛋湯米粉 



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Meal A 主菜 A	Fresh Tomato Pork Chop with Rice 鮮茄豬扒配飯	Stir Fried Shredded Pork Ho Fan Noodle (Less Oil) 干炒肉片河(少油)	Yeung Chow Fried Rice (Less Oil) 揚州炒飯(少油)	Curry Chicken with Rice 咖哩鸡飯	Pineapple & Chicken Fried Rice 菠萝鸡粒炒飯
Meal B 主菜 B	Roasted Chicken & Garlic Spaghetti 燒鸡配蒜香意粉	Pan-fried Fish in Dill Lemon Sauce with Spaghetti 刁草檸檬汁煎魚柳配意粉	Italian Braised Diced Chicken with Rice 意式雞粒燴飯	Russian Style Shredded Beef with Spaghetti 俄式牛柳絲燴意粉	Pan Fried Fish in Pesto Sauce with Penne 青醬煎魚柳配長通粉
Meal C 主菜 C	Japanese Grilled Eggplant with Rice 日式茄子配飯	Stir Fried Veggie BBQ Pork with Green Bean & Rice 豆角炒素叉燒配飯	Mediterranean Style Roasted Assorted Veg. with Herbs & Spaghetti 地中海香草烤雜菜配意粉	Braised Mushroom and Corn with Olive Oil and Herbs & Spaghetti 香草攪油粟米白菌燴意粉	Mixed Mushroom & Tomato Basil Sauce & Rice 香草鮮茄雜菌飯
Meal D 主菜 D	Baked Fusilli with Duck Breast in Tomato Sauce 焗鮮茄鴨胸螺絲粉	Korean Chicken Sandwich Served with Fresh Garden Salad 韩式鸡肉三文治配田园沙律	Chicken & Tomato Sandwich with Pumpkin Salad 鸡肉番茄三文治配南瓜沙拉	Duck Breast and Cucumber Wrap with Sweetcorn Salad 鴨胸青瓜卷配玉米沙拉	Chicken Burger with Wedges 鸡扒包配薯角
Meal E 主菜 E	Beef Balls in Rice Vermicelli Soup 牛丸湯米粉	Vietnamese Pork in Rice Vermicelli Soup 越式猪肉汤米粉	Teriyaki Chicken in Udon Soup 日式照烧鸡扒汤乌冬	Shiitake Mushroom & Shredded Pork in Noodle Soup 冬菇肉丝汤面	Tomato & Chicken in Macaroni Soup 蕃茄鸡扒汤通粉

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Meal 主菜 A	Braised Chicken (Skinless) and Mixed Mushroom with Brown Rice 雜菌燴鸡柳(去皮) 配糙米飯	Fresh Tomato Pork with Rice 鮮茄豬扒配飯	Stir-fried Vermicelli with Pork, Carrot & Lettuce 三絲炒米 (肉絲, 椰菜, 甘筍)	Minced Pork and Eggplant with Brown Rice 茄子肉燥配糙米飯	Steamed Mince Pork, Water Chestnut & Mushroom with Rice 馬蹄冬菇蒸肉餅配飯
Meal 主菜 B	Herbs fish and Pumpkin with Spaghetti 南瓜香草魚柳燴意粉	Beef Spaghetti Bolognese 肉醬意粉	Chicken in Egg and Sweet Corn Sauce with Rice 滑蛋粟米鸡粒配飯	Herb Braised Chicken (Skinless) with Spaghetti 法式香草燴鸡(去皮)意粉	Portuguese Braised Chicken & Spaghetti 葡國鸡意粉(不含椰汁)
Meal 主菜 C	Fresh Tomato Scrambled Egg with Brown Rice 鮮茄炒蛋配糙米飯	Stir Fry Spaghetti with Sundried Tomato & Olive (Less Oil) 茄乾黑水欖炒意粉(少油)	Potato and Vegetable in Portuguese Sauce with Rice 葡汁薯仔雜菜配飯(不含椰汁)	Ratatouille Pasta 意式雜菜配意粉	Teriyaki Tofu with Red Rice 照燒豆腐配紅米飯
Meal 主菜 D	Chicken & Tomato Sandwich with Garden Salad 鸡肉番茄三文治配田园沙拉	Baked Chicken & Rice in Black Pepper Sauce 焗黑椒鸡丝飯	Ham Salad Roll Served with Sweetcorn Salad 火腿沙律卷配玉米沙拉	BBQ Chicken Sandwich with Garden Salad 燒汁鸡肉三文治配田园沙律	Pork Burger with Wedges 豬柳漢堡配薯角
Meal 主菜 E	BBQ Pork Noodle Soup 叉燒湯面	Vietnamese Sausage in Rice Vermicelli Soup 越式扎肉湯米粉	Beef Balls in Rice Vermicelli Soup 牛丸湯米粉	Pork Knuckles in Noodle Soup 豬手湯面	Tomato & Shredded Chicken in Rice Vermicelli Soup 蕃茄鸡丝湯米粉



健康之選, 適合經常食用
These foods should form the basis of your diet. So fill up on them.



請適宜地食用
Best eaten in moderation. These food are still important for a balanced diet.



建議少選擇為佳
Don't have too much of these. Just treat ourselves every so often.



素食
Vegetarian Choice



含有蛋類
Egg Alert



含有奶類
Dairy Alert



含有魚類
Fish Alert



含有貝殼類海鮮
Shellfish Alert



Sustainable Seafood

以相應的顏色標籤在餐單上 Highlighted in respective color on the menu



Lunch Menu 午膳餐單 Oct-Dec 2021



	Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
	13 Dec	14 Dec	15 Dec	16 Dec	17 Dec
Meal 主菜 A	Chinese BBQ Pork with Rice 蜜汁叉烧配饭	Singapore Style Fried Vermicelli (Seafood Free) 星洲炒米粉 (不含海鮮)	Hainanese Chicken with Rice 海南鸡配油饭	Braised Potato & Chicken with Red Rice 薯仔炆雞配紅米飯	Beef Spaghetti Bolognese 肉醬意粉
Meal 主菜 B	Baked Cheese & Tuna with Macaroni 芝士焗吞拿魚通粉	Italian Braised Diced Chicken with Rice 意式雞粒燴飯	Pork Bolognese over Rice 免治豬肉醬配飯	Chicken A La King with Rice 白汁鸡皇飯	Chicken with Rice & Onion Sauce 洋蔥汁雞肉配飯
Meal 主菜 C	Steamed egg with Glass Noodle & Red Rice 粉絲蒸蛋配紅米飯	Lo Hon Vegetable with Rice 羅漢齋配飯	Vegetarian Mapo Tofu with Red Rice 素麻婆豆腐紅米飯	Stir Fry Udon with Mixed Veg and Mushrooms (Less Oil) 雜菜雙菇炒烏冬 (少油)	Japanese Style Braised Enoki Mushroom & Tofu with Rice 日式金菇豆腐配飯
Meal 主菜 D	Korean Chicken Sandwich with Garden Salad 韩式鸡肉三文治 配田园沙律	Baked Penne Bolognese 焗肉醬長通粉	Ham Salad Roll Served with Sweetcorn Salad 火腿沙律卷 配玉米沙拉	Baked Spaghetti & Pork Chop in Onion Gravy 焗洋葱猪扒意粉	Hot Dog with Chips 热狗配薯条
Meal 主菜 E	Pork Dumplings Ramen 猪肉餃汤面	Fish Ball with Vermicelli in Soup 潮州魚蛋汤米粉	Pork Sausage Vermicelli in Soup 越式扎肉汤米粉	Beef Brisket & Mac in Soup 牛腩汤通粉	Pork Cartilage Udon in Soup 日式猪软骨汤乌冬



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Seafood**

以相應的顏色標籤在餐單上 Highlighted in respective color on the menu

