



		素食星期一 Green Monday	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	星期五 Friday	星期六 Saturday
早餐 Breakfast		蒸饅頭 豆漿 Steamed bun Soy milk	娃娃菜牛肉米粉 Rice noodles with Chinese cabbage & minced beef	牛奶穀物 Cereal with milk	粟米瘦肉粥 Congee with corn & minced pork	芝麻包 牛奶 Sesame bread Milk	焗蛋 牛奶 Boiled egg
午餐 Lunch		椰菜甘筍蛋絲炒 上海麵 南瓜豆腐粥 Cabbage, carrot & egg with Shanghai noodle Pumpkin & tofu congee	雲耳蒸雞 銀芽炒蛋 老黃瓜赤小豆瘦肉 湯 Steamed shredded chicken with black fungus Stir fry sprouts with egg Yellow cucumber, rice bean & pork soup	豆腐蒸肉餅 菜心炒牛肉 紅蘿蔔西洋菜瘦肉 湯 Steamed tofu with minced pork Stir fry choy sum with minced beef Carrot, watercress & pork soup	蕃茄蛋絲燴魚柳 清炒生菜 無花果粉葛瘦肉湯 Stewed fish with tomato & egg Stir fry lettuce Fig, gourd & pork soup	冬菇翠肉瓜粟米 瘦肉炒飯 蕃茄薯仔魚湯 Stir fry rice with mushroom, zucchini, corn & minced pork Tomato, potato & fish soup	雜菜瘦肉米粉 Rice noodles with assorted vegetable & minced pork
水果 Fruits		蘋果+火龍果 Apple & Dragon Fruit	雪梨+橙 Pear & Orange	蘋果+香蕉 Apple & Banana	火龍果+雪梨 Dragon Fruit & Pear	蘋果+香蕉 Apple & Banana	
茶點 Snack		焗粟米 蘋果雪梨蜜棗水 Boiled sweet corn Apple, pear and date soup	芝士包 牛奶 Cheese bread Milk	椰菜雞絲米線 Rice noodles with cabbage & shredded chicken	果醬三文治 清水 Jam sandwich Water	南瓜牛肉字母粉 Pasta with pumpkin & minced beef	
延展 Extended Services	一小時 1hr	牛奶穀物 Cereal with milk	清蛋糕 牛奶 Sponge cake Milk	蒸饅頭 牛奶 Steamed bun Milk	焗蛋 牛奶 Boiled egg Milk	甜餐包 牛奶 Sweet bun Milk	
	二小時 2hrs	南瓜雞蛋飯 Rice with pumpkin & egg	菜心雞肉飯 Rice with choy sum & shredded chicken	生菜瘦肉飯 Rice with lettuce & minced pork	粟米牛肉飯 Rice with corn & minced beef	雜菜瘦肉飯 Rice with assorted vegetables & minced pork	

