



		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		牛奶穀物 Cereal with Milk	提子包 豆漿 Raisin bread Soy milk	雜菜瘦肉上海麵 Shanghai noodles with assorted vegetables & minced pork	牛奶雞蛋麥皮 Oatmeal with milk & egg	蕃茄雞絲通粉 Pasta with tomato & shredded chicken	牛奶穀物 Cereal with milk
午餐 Lunch		蕃茄粟米蘑菇 燴意粉 雜菜湯 (甘筍、西芹、薯 仔、椰菜、洋蔥) Stewed pasta with tomato, corn & mushroom Assorted vegetable soup (Carrot, celery, potato, cabbage, onion)	甜椒雞肉燴豆腐 清炒西蘭花 木瓜豆腐魚湯 Stewed tofu with shredded chicken & sweet pepper Stir fry broccoli Papaya, tofu & fish soup	粟米炒蛋 白菜炒牛肉 合桃腰果瘦肉湯 Stir fry corn with egg Stir fry pak choi with minced beef Walnut, cashew nut & pork soup	南瓜燴牛肉 魚肉蒸豆腐 蓮藕綠豆瘦肉湯 Stewed pumpkin with minced beef Steamed tofu with fish paste Lotus gourd, green bean & pork soup	冬菇粟米蒸肉餅 清炒紹菜 蘋果雪耳瘦肉湯 Steamed minced pork with mushroom & corn Stir fry Chinese cabbage Apple, snow fungus & pork soup	蕃茄椰菜雞蛋米粉 Rice noodles with tomato, cabbage & egg
水果 Fruits		香蕉+橙 Banana & Orange	蘋果+火龍果 Apple & Dragon Fruit	雪梨+橙 Pear & Orange	蘋果+香蕉 Apple & Banana	雪梨+火龍果 Pear & Dragon Fruit	
茶點 Snack		蕃薯小米粥 Sweet potato & millet congee	菜心牛肉米線 Rice noodles with choi sum & minced beef	吞拿魚甜餐包 清水 Sweet bun with tuna Water	椰菜瘦肉米粉 Rice noodles with cabbage & minced pork	椰汁西米露 甜餐包 Sago with coconut milk Sweet bun	
延展 Extended Services	一小時 1hr	芝麻包 牛奶 Sesame bread Milk	焗蛋 牛奶 Boiled egg Milk	牛奶雞蛋麥皮 Oatmeal with milk & egg	牛奶穀物 Cereal with milk	紙包蛋糕 牛奶 Sponge cake Milk	
	二小時 2hrs	菜心粟米飯 Rice with choi sum & corn	白菜瘦肉飯 Rice with pak choi & minced	椰菜牛肉飯 Rice with cabbage & minced beef	雜菜雞肉飯 Rice with assorted vegetable & shredded chicken	紹菜瘦肉飯 Rice with Chinese cabbage & minced pork	

