



	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	黑豆全麥饅頭 牛奶 Wheat bun with black bean Milk	生菜瘦肉上海麵 Shanghai noodles with lettuce & minced pork	蔥花卷 豆漿 Scallion roll Soy milk	蕃茄牛肉通心粉 Pasta with tomato & minced beef	牛奶穀物 Cereal with milk	焗蛋 牛奶 Boiled egg Milk
午餐 Lunch	甘筍粟米燴豆腐 蕃茄炒蛋 南瓜腰果合桃湯 Stewed tofu with carrot & corn Stir fry egg with tomato Pumpkin, walnut, chestnut soup	冬菇蒸雞柳 清炒椰菜 淮山粟米薏米瘦肉 湯 Steamed chicken with dried mushroom Stir fry cabbage Yam, corn, barley & pork soup	粟米蛋絲燴魚柳 菜心炒牛肉 木瓜雪耳蜜棗瘦肉 湯 Stewed fish with corn & egg Stir fry choy sum with minced beef Papaya, snow fungus, date & pork soup	洋蔥薯仔燴瘦肉 清炒生菜 粉葛鯪魚赤小豆扁 豆湯 Stewed onion & potato with minced pork Stir fry lettuce Purple haircot, rice bean, gourd & fish soup	白汁蘑菇粟米魚柳 螺絲粉 蕃茄南瓜瘦肉湯 Pasta with mushroom, corn & fish filet in white sauce Tomato, pumpkin & pork soup	南瓜瘦肉米粉 Rice noodles with pumpkin & minced pork
水果 Fruits	蘋果+橙 Apple & Orange	香蕉+梨 Banana & Pear	橙+火龍果 Orange & Dragon Fruit	梨+香蕉 Pear & banana	蘋果+木瓜 Apple & Papaya	
茶點 Snack	冬菇甘筍粥 Congee with mushroom & carrot	焗蕃薯 清水 Boiled sweet potato Milk	紹菜雞絲米粉 Rice noodles with Chinese cabbage & shredded chicken	提子包 牛奶 Raisin bread Milk	節瓜瘦肉粥 Congee with gourd & minced pork	
延展 Extended Services	一小時 1hr	牛奶穀物 Cereal with milk	紙包蛋糕 牛奶 Sponge cake Milk	咸餐包 牛奶 Salty bun Milk	焗蛋 牛奶 Boiled egg Milk	甜餐包 牛奶 Sweet bun Milk
	二小時 2hrs	椰菜粟米飯 Rice with cabbage & corn	菜心雞肉飯 Rice with choy sum & shredded chicken	生菜牛肉飯 Rice with lettuce & minced beef	南瓜瘦肉飯 Rice with pumpkin & minced pork	雜菜瘦肉飯 Rice with assorted vegetables & minced pork

