



		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	粟米瘦肉螺絲粉 Pasta with corn & minced pork	雞蛋牛奶麥皮 Oatmeal with egg & milk	雜菜瘦肉字母粉 Pasta with assorted vegetables & minced pork	芝士條麵包 豆漿 Cheese bread Soy milk	烩蛋 牛奶 Boiled egg Milk
午餐 Lunch		蕃茄蘑菇翠肉瓜意大利粉 南瓜洋葱粟米湯 Pasta with tomato, mushroom & zucchini Pumpkin, onion & corn soup	甘筍薯仔燴牛肉 豆腐蒸魚鬆 冬瓜冬菇瘦肉湯 Stewed minced beef with carrot & potato Steamed tofu with fish paste Winter melon, mushroom & pork soup	南瓜蒸肉餅 清炒西蘭花 青紅蘿蔔南北杏 瘦肉湯 Steamed pumpkin with minced pork Stir fry broccoli Carrot, green gourd, apricot kernel & pork soup	粟米蛋絲燴魚柳 椰菜炒牛肉 蘋果雪梨無花果蜜棗 瘦肉湯 Stewed fish filet with corn & egg Stir fry cabbage with minced beef Apple, pear, fig, date soup	港式西炒飯 (蕃茄、免治瘦肉、雜菜、雞蛋) 木瓜花生眉豆瘦肉湯 Hong Kong style fried rice (Tomato, minced pork, assorted vegetables & egg) Papaya, peanut, black eye pea & pork soup	南瓜粟米雞蛋字母粉 Pasta with pumpkin, corn & egg
水果 Fruits		蘋果+木瓜 Apple & Papaya	橙+香蕉 Orange & Banana	蘋果+金奇異果 Apple & Gold Kiwifruit	哈蜜瓜 Hami Melon	蘋果+香蕉 Apple & Banana	
茶點 Snack		腐竹雞蛋薏米糖水 甜餐包 Dried bean curd sheet, egg & barley soup Sweet bun	蒸蛋糕 牛奶 Steamed cake Milk	紹菜雞肉上海麵 Shanghai noodles with Chinese cabbage & shredded chicken	吞拿魚三文治 清水 Tuna sandwich Water	白菜雞絲米粉 Rice noodles with pak choi & shredded chicken	
延展 Extended Services	一小時 1hr	烩蛋 牛奶 Boiled egg Milk	雞蛋牛奶麥皮 Oatmeal with egg & milk	紙包蛋糕 牛奶 Sponge cake Milk	芝麻包 牛奶 Sesame bread Milk	牛奶穀物 Cereal with milk	
	二小時 2hrs	南瓜雞蛋飯 Rice with pumpkin & egg	西蘭花瘦肉飯 Rice with broccoli & minced pork	粟米牛肉飯 Rice with corn & minced beef	白菜牛肉飯 Rice with pak choi & minced beef	雜菜雞肉飯 Rice with assorted vegetables & shredded chicken	

