


Menu 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Water, Bread Roll	Corn Flakes with Milk	Water, Sesame Bread	Pork Oatmeal Porridge	Milk, Boiled eggs	Milk, Biscuits
Lunch	Fried Eggs with Chicken	Braised Beef with Vegetables (Choy Sum)	Fried Conchiglie with Beef & Chinese Cabbage	Fried Rice with Egg, Cabbage and Chicken	Steamed Pork with Black Fungus	Fusilli in Beef and Corn Kernels Soup
	Fried Fish Fillet with Corn Kernels	Steamed Pork Patty with Oatmeal			Fish Fillet with Pumpkin	
	Ching Po Leung Herbal Soup with Pork	Carrots, Tofu with Fish Mash Soup			Beef Soup with Chinese Cabbage	
Tea time	Water, Boiled Sweet Potatoes	Water, Steamed Cake	Pork Congee	Water, Jelly Sandwich	Fried Conchiglie with Tomato & Pork	
	Fruits	Fruits	Fruits	Fruits	Fruits	
Dinner	Farfalle with Pork	Fusilli with Corn Kernels & Chicken	Water, Peanut butter Sandwich	Beef Macaroni	Pork Oatmeal Porridge	

Menu 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Cocoa Krispies with Milk	Milk Oatmeal Porridge with Egg Drop	Milk, Steamed Bun	Water, Raisin Bun	Corns Kernels Congee	Water, Bread Roll
Lunch	Steamed Egg with Pork Mince	Fried Fusilli with Tomatoes and Chicken	Steamed Tofu with Beef Mince	Fried Rice with Broccoli, Corn Kernels and Beef	Fried Chicken with Green Zucchini	Fried Rice with Beef & Spinach
	Beef with Spinach		Steamed Chicken with Chinese Cabbage & Black Fungus		Braised Beef with vegetables (Bok Choy)	
	Shredded Chicken Soup with Rhizoma Polygonati Odorati, Lily Bulbs & Snow Fungus	Fuzzy Melon, Black- Eyed Pea and Pork Rib Soup	Tomato, Potato and Pork Soup	Chayote Pork Soup	Fish Mash Soup With Spinach	
Tea time	Water, Peanut Butter Sandwich	Congee with Pumpkin & Peanut	Water, Boiled Corns	Fried Conchiglie with Fish Fillet and Chinese Cabbage	Milk, Biscuits	
	Fruits	Fruits	Fruits	Fruits	Fruits	
Dinner	Mixed Vegetable Conchiglie	Beef Rice Noodle in Soup	Oatmeal Porridge with Beef and Egg Drop	Macaroni with Tomatoes & Corn Kernels	Water Jam Sandwich	

Menu 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Honey Star Cereal with Milk	Pork Congee	Water, Bread Roll	Beef Conchiglie	Corn Flakes with Milk	Milk, Biscuits
Lunch	Steamed Chicken with Black Fungus	Braised Fusilli with Tomatoes, Corn Kernels, Mushrooms and Chicken	Fish Fillet with Tomatoes	Fried Rice with Spinach and Chicken	Steamed Tofu with Beef Mince	Pork Conchiglie with Courgette
	Stir-Fry Shredded Mixed Vegetable (Cabbage, Bean Sprouts, Carrots)		Steamed Egg with Glass Noodles		Chicken with Courgette	
	Beef Soup with Corn Kernels	Carrot, Potato and Onion Soup	Hairy Gourd, Soybean and Pork Soup	Lean Meat Soup with Papaya & Snow Fungus	Ching Po Leung Herbal Soup with Pork	
Tea time	Pork Fusilli	Water, Jelly Sandwich	Fried Macaroni with Mixed Vegetables & Pork	Water, Scrambled Egg Sandwich	Fish Mash Congee with Corn Kernels	
	Fruits	Fruits	Fruits	Fruits	Fruits	
Dinner	Water Raisin Bun	Macaroni with Pork & Mixed Vegetables	Chicken Farfalle	Pork Macaroni	Conchiglie with Tomatoes & Beef	

Menu 4

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Cocoa Krispies with Milk	Water, Bread Roll	Milk, Boiled Eggs	Water, Sesame Bread	Chicken Oatmeal Porridge	Water, Bread Roll
Lunch	Fried Fish Fillet with Corn Kernels	Steamed Pork Patty with Oatmeal	Chicken & Cabbage Spaghetti	Fried Rice with Tomato, vegetables (Choy Sum) & Beef	Steamed Egg with Glass Noodles	Macaroni in soup with Minced Pork & Hairy Gourd
	Braised Beef with Pumpkins	Fried Cabbage			Beef with Hairy Gourd	
	Shredded Chicken Soup with Fragrant Solomonsel Rhizome, Dried Lily Bulbs & Snow Fungus	Fish Mash Soup with Tofu	Tomato, Potato and Pork Soup	Pumpkin, Corns and Minced Pork Soup	Fish Mash Soup With Spinach	
Tea time	Pork Congee	Tomato Conchiglie with Chicken	Water, Peanut Butter Sandwich	Fish Fillet Rice Noodle in soup with Chinese Cabbage	Water, Boiled sweet Potatoes	
	Fruits	Fruits	Fruits	Fruits	Fruits	
Dinner	Farfalle with with Corn Kernels & Chicken	Pork Oatmeal Porridge	Pork Macaroni	Water, Raisin Bun	Tomato Rice Noodle in Soup with Minced Pork	

Menu 5

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Honey Star Cereal with Milk	Water, Raisin Bun	Pork Fusilli	Beef Oatmeal Porridge	Water, Peanut Butter Sandwich	Milk, Biscuits
Lunch	Fried Fish Fillet with Corn Kernels	Cantonese Fried Noodles with Shredded Chicken & Mung Bean Sprouts	Tomato & Egg Stir-Fry	Pork Fried Rice with Eggs & Vegetables (Choy Sum)	Stir-Fry Chicken & Corns Kernels	Tomato Pork with Rice
	Braised Beef with Chinese Cabbage		Braised Chicken with Lettuce		Braised Beef with vegetables (Bok Choy)	
	Pork Soup with Burdock Root	Congee with Pork & Dried Bok Choy	Pork Soup with Carrot & Corns	Shredded Chicken Soup with Papaya & Snow Fungus	Tomato, Potato and Pork Soup	
Tea time	Water, Jelly Sandwich	Pumpkin & Beef Macaroni in Soup	Milk, Biscuits	Fish Mash Congee with Spinach	Congee with Pumpkin & Peanut	
	Fruits	Fruits	Fruits	Fruits	Fruits	
Dinner	Beef Farfalle	Fusilli with Corn Kernels & Chicken	Water, Scrambled Egg Sandwich	Milk, Peanut Butter Sandwich Roll-Ups	Macaroni with Pork & Mixed Vegetables	