



		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	粟米牛肉米粉 Rice noodles with corn & minced beef	芝士條 豆漿 Cheese bread Soy milk	菜心瘦肉上海麵 Shanghai noodles with choy sum & minced pork	雞蛋肉碎通心粉 Pasta with egg & minced pork	牛奶穀物 Cereal with milk
午餐 Lunch		甘筍洋蔥燴薯仔 粟米蒸蛋 老黃瓜粟米赤小豆 扁豆腰果素湯 Stewed carrot, onion & potato Steamed egg with corn Old cucumber, corn, rice bean, purple haricot, cashew soup	翠肉瓜燴瘦肉 西蘭花炒魚柳 青紅蘿蔔瘦肉湯 Stewed zucchini with minced pork Stir fry fish with broccoli Carrot, green gourd & pork soup	彩椒燴雞肉 炒椰菜花 蕃茄豆腐魚湯 Stewed sweet pepper with shredded chicken Stir fry cauliflower Tomato, tofu & fish soup	肉碎蒸豆腐 小白菜炒牛肉 淮山薏米瘦肉湯 Steamed tofu with minced pork Stir fry Chinese cabbage with minced beef Yam, barley & pork soup	白汁南瓜粟米雞柳 燴螺絲粉 雜菜湯 (椰菜、甘筍、洋蔥、西芹) Pasta with pumpkin, corn & shredded chicken in white sauce Assorted vegetable soup (Cabbage, carrot, onion & celery)	雜菜雞蛋雞肉米粉 Rice noodles with assorted vegetables, egg & shredded chicken
水果 Fruits		蘋果+蜜柑 Apple & Tangerine	橙+木瓜 Orange & Papaya	蘋果+香蕉 Apple & Banana	橙+雪梨 Orange & Pear	蘋果+蜜柑 Apple & Tangerine	
茶點 Snack		果醬麥包 清水 Jam sandwich Water	焗蕃薯 清水 Steamed sweet potato Water	紹菜瘦肉米線 Rice noodles with Chinese cabbage & minced pork	腐竹雞蛋糖水 芝麻包 Bean curd & egg sweet soup Sesame bread	節瓜牛肉粥 Congee with hairy gourd & minced beef	
延展 Extended Services	一小時 1hr	焗蛋 牛奶 Boiled egg Milk	紙包蛋糕 牛奶 Paper wrapped cake Milk	牛奶穀物 Cereal with milk	咸餐包 牛奶 Salty bun Milk	牛奶穀物 Cereal with milk	
	二小時 2hrs	甘筍粟米蛋飯 Rice with carrot, corn & egg	紹菜牛肉飯 Rice with Chinese cabbage & minced beef	菜心瘦肉飯 Rice with choy cum & minced pork	節瓜瘦肉飯 Rice with hairy gourd & minced pork	粟米雞肉飯 Rice with corn & chicken	

