























Lunch Menu: May 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
	2 May	3 May	4 May	5 May 	6 May
<u>Meal A</u>	Day After Labour Day	意式鮮茄肉丸意粉 Italian Meatball & Spaghetti in Marinara Sauce	肉碎蒸水蛋配飯 Steamed Minced Pork & Egg with Rice	夏威夷薄餅配薯粒 Hawaiian Pizza with Potato Cube 	香煎魚柳伴南瓜汁配意粉 Pan Fried Fish with Pumpkin Sauce with Pasta
<u>Meal B</u>		香茅雞扒配飯 Lemongrass Chicken with Rice	素星洲炒米 Vegetarian Singaporean Stir-fried Vermicelli	和風洋蔥牛肉飯 Japanese Gyudon	菠蘿雞粒炒飯 Pineapple & Chicken Fried Rice
<u>Meal C</u> 		蘑菇芝士三文治 Mushroom & Cheese Sandwich 	蕃茄芝士三文治 Tomato & Cheese Sandwich 	青醬烤雞三文治 Pesto Chicken Sandwich	火腿芝士三文治 Ham & Cheese Sandwich 
Vegetables		椰菜 & 豆角 Cabbage & Green Bean 	粟米 & 甘筍 Sweet Corn & Carrot 	蒜蓉椰菜 Garlic Cabbage	翠肉瓜 & 椰菜花 Chinese Zucchini & Cauliflower
Dessert		Fresh Fruit 時令鮮果	Fresh Fruit 時令鮮果	Brownie 布朗尼 	Fresh Fruit 時令鮮果

	Monday	Tuesday	Wednesday	Thursday	Friday
	9 May	10 May	11 May	12 May 	13 May
<u>Meal A</u>	Day After Buddha's Birthday	意式菠菜烘蛋配薯粒 Spinach Frittata with Potato Cubes 	印度烤雞配飯 Tandoori Chicken with Rice	熱狗配薯粒 Hot Dog with Potato Cubes 	香辣茄醬雞肉意粉 Chicken Arrabiata with Pasta 
<u>Meal B</u>		楊州炒飯 Yangzhou Fried Rice	粟米滑蛋肉粒配紅米飯 Diced Pork in Sweet Corn & Egg Drop Sauce with Red Rice 	鮮茄洋蔥燴雞絲飯 Stew Tomato, Onion & Chicken with Rice	蜜汁叉燒飯 Honey-glazed BBQ Pork with Rice
<u>Meal C</u> 		煙肉生菜蕃茄三文治 BLT Sandwich	吞拿魚沙律三文治 Tuna Mayo Sandwich 	烤彩椒芝士三文治 Grilled Bell Pepper & Cheese Sandwich 	京醬雞胸青瓜三文治 Peking Chicken Breast & Cucumber Sandwich
Vegetables		粟米 & 甘筍 Sweet Corn & Carrot	椰菜 & 豆角 Cabbage & Green Bean	蒜蓉椰菜 Garlic Cabbage	西蘭花 & 洋蔥 Broccoli & Onion
Dessert		Fresh Fruit 時令鮮果	Fresh Fruit 時令鮮果	Banana Cake 香蕉蛋糕 	Fresh Fruit 時令鮮果


































	Monday	Tuesday	Wednesday	Thursday	Friday
	16 May	17 May	18 May	19 May 🍕	20 May
<u>Meal A</u>	和風雞肉本菇意粉 Japanese Chicken & Hon Shimeji Mushroom Spaghetti	肉醬意粉 Spaghetti Bolognaise	檸檬香草煎魚柳配意粉 Sole with Lemon & Herb with Spaghetti	吞拿魚粟米薄餅配薯粒 Tuna and Sweet Corn Pizza with Potato Cubes	葡國雞配長通粉 Portuguese Chicken with Penne
<u>Meal B</u>	雲耳西芹炒肉片配紅米飯 Stir-fried Black Fungus, Celery and Pork with Red Rice	鮮茄炒蛋飯 Sautéed Tomato & Scrambled Egg with Rice	雞肉芽菜炒烏冬 Yaki Udon with Shredded Chicken & Bean Sprouts	冬菇粉絲蒸水蛋配紅米飯 Steamed Shiitake, Vermicelli and Egg with Red Rice	南瓜蒸肉餅配飯 Steamed Pork Patty with Pumpkin with Rice
<u>Meal C</u> 	烤芝士茄子三文治 Grilled Eggplant & Cheese Sandwich	煙肉生菜蕃茄三文治 BLT Sandwich	青醬烤雞三文治 Pesto Chicken Sandwich	蘑菇芝士三文治 Mushroom & Cheese Sandwich	蕃茄芝士三文治 Tomato & Cheese Sandwich
Vegetables	焗時蔬 Roasted Vegetables	甘筍 & 粟米 Carrot & Sweet Corn	蒜蓉時蔬 Mixed Garlic Veg	翠肉瓜 & 甘筍 Chinese Zucchini & Carrot	椰菜 & 豆角 Cabbage & Green Bean
Dessert	Fresh Fruit 時令鮮果	Fresh Fruit 時令鮮果	Fresh Fruit 時令鮮果	Brownie 布朗尼	Fresh Fruit 時令鮮果

	Monday	Tuesday	Wednesday	Thursday	Friday
	23 May	24 May	25 May	26 May	27 May
<u>Meal A</u>	紅酒燉雞配意粉 Coq Au Vin with Pasta	味噌焦糖龍脷柳配意粉 Miso-Caramel Glazed Sole with Spaghetti	椰菜花芝士焗長通粉 Cheese Bake Penne with Cauliflower	烤雞漢堡配薯粒 Grilled Chicken Burger with Potato Cubes	菠蘿燴雞球配飯 Chicken & Pineapple Stew with Rice
<u>Meal B</u>	台式茄子肉燥飯 Taiwanese Eggplant & Minced Pork with Rice	韓式雜菜炒粉絲 Korean Japchae Glass Noodle with Veggie Mix	京蔥炒肉片飯 Stir Fried Pork & Leek with Rice	粟米滑蛋豆腐配紅米飯 Silky Tofu in Sweet Corn & Egg Drop Sauce with Red Rice	雲耳冬菇炒豬肉配飯 Black Fungus, Mushroom & Pork with Rice
	吞拿魚沙律三文治 Tuna Mayo Sandwich	京醬雞胸青瓜三文治 Peking Chicken Breast & Cucumber Sandwich	法式脆脆芝士火腿三文治 Croque Monsieur	烤彩椒芝士三文治 Grilled Bell Pepper & Cheese Sandwich	雞蛋沙律三文治 Egg Salad Sandwich
Vegetables	翠肉瓜 & 椰菜花 Chinese Zucchini & Cauliflower	粟米 & 甘筍 Sweet Corn & Carrot	椰菜 & 豆角 Cabbage & Green Bean	蒜蓉椰菜 Garlic Cabbage	西蘭花 & 洋蔥 Broccoli & Onion
Dessert	Fresh Fruit 時令鮮果	Fresh Fruit 時令鮮果	Fresh Fruit 時令鮮果	Vanilla Cake 雲呢拿蛋糕	Fresh Fruit 時令鮮果



Lunch Menu: June 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
	30 May	31 May	1 Jun	2 Jun 	3 Jun
<u>Meal A</u>	匈牙利豬柳配意粉 Pork Goulash with Spaghetti 	檸檬香草烤雞配飯 Lemon Rosemary Chicken with Rice	彩椒野菌炒意粉 Stir-fried Spaghetti with Tri-pepper & Mushrooms 	蕃茄羅勒芝士薄餅配薯粒 Margherita Pizza with Potato Cube  	
<u>Meal B</u>	茄子肉片配飯 Braised Shredded Pork & Eggplant with Rice	香茅豬扒配飯 Lemongrass Pork Chop with Rice	日式咖哩野菜雞肉飯 Japanese Chicken Curry with Rice	星洲炒米 Singaporean Stir-fried Vermicelli  	
<u>Meal C</u> 	青醬烤雞三文治 Pesto Chicken Sandwich 	烤芝士茄子三文治 Grilled Eggplant & Cheese Sandwich  	火腿&雞蛋沙律三文治 Ham & Egg Mayo Sandwich 	煙肉芝士三文治 Bacon & Cheese Sandwich 	
Vegetables	焗時蔬 Roasted Vegetables	甘筍 & 粟米 Carrot & Sweet Corn	蒜蓉時蔬 Mixed Garlic Veg	翠肉瓜 & 甘筍 Chinese Zucchini & Carrot	
Dessert	Fresh Fruit 時令鮮果	Fresh Fruit 時令鮮果	Fresh Fruit 時令鮮果	Banana Cake 香蕉蛋糕  	

	Monday	Tuesday	Wednesday	Thursday	Friday
	6 Jun	7 Jun	8 Jun	9 Jun 	10 Jun
<u>Meal A</u>	肉醬意粉 Spaghetti Bolognese	焗甘筍紅腰豆芝士長通粉 Cheese Bake Penne with Cauliflower Carrot & Red Kidney Bean  	烤豬柳伴洋蔥汁配意粉 Roasted Pork Loin with Onion Gravy with Spaghetti	BBQ烤雞薄餅配薯粒 BBQ Chicken Pizza with Potato Cubes 	吞拿魚芝士焗長通粉 Cheese Bake Penne with Cauliflower  
<u>Meal B</u>	韓式雜菜炒粉絲 Korean Veggie Japchae 	肉碎蒸蛋配飯 Steamed Minced Pork & Egg with Rice 	雲耳蒸雞配飯 Steamed Chicken (Skinless) with Black Fungus with Rice	鮮茄洋蔥燴雞絲飯 Stew Tomato, Onion & Chicken with Rice	茄子肉絲配飯 Braised Shredded Pork & Eggplant with Rice
<u>Meal C</u> 	京醬雞胸青瓜三文治 Peking Chicken Breast & Cucumber Sandwich	雞肉沙律三文治 Chicken Mayo Sandwich 	烤芝士茄子三文治 Grilled Eggplant & Cheese Sandwich  	火腿芝士三文治 Ham & Cheese Sandwich 	蘑菇芝士三文治 Mushroom & Cheese Sandwich 
Vegetables	翠肉瓜 & 椰菜花 Chinese Zucchini & Cauliflower	粟米 & 甘筍 Sweet Corn & Carrot	椰菜 & 豆角 Cabbage & Green Bean	蒜蓉椰菜 Garlic Cabbage	西蘭花 & 洋蔥 Broccoli & Onion
Dessert	Fresh Fruit 時令鮮果	Fresh Fruit 時令鮮果	Fresh Fruit 時令鮮果	Vanilla Cake 雲呢拿蛋糕  	Fresh Fruit 時令鮮果



Lunch Menu: June 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
	13 June	14 June	15 June	16 June	17 June
<u>Meal A</u>	匈牙利豬柳配意粉 Pork Goulash with Spaghetti	檸檬香草烤雞配意粉 Lemon Rosemary Chicken with Spaghetti	彩椒野菌炒意粉 Stir-fried Spaghetti with Tri-pepper & Mushrooms	蕃茄羅勒水牛芝士薄餅配薯粒 Margherita Pizza with Potato Cube	
<u>Meal B</u>	草菇扒玉子豆腐飯 Braised Cap Mushrooms & Egg-Tofu with Rice	香茅豬扒配飯 Lemongrass Pork Chop with Rice	日式咖喱野菜雞肉飯 Japanese Chicken Curry with Rice	星洲炒米 Singaporean Stir-fried Vermicelli	
<u>Meal C</u>	煙肉生菜蕃茄三文治 BLT Sandwich	烤芝士茄子三文治 Grilled Eggplant & Cheese Sandwich	火腿芝士三文治 Ham & Cheese Sandwich	蘑菇芝士三文治 Mushroom & Cheese Sandwich	
Vegetables	焗時蔬 Roasted Vegetables	甘筍 & 粟米 Carrot & Sweet Corn	蒜蓉時蔬 Mixed Garlic Veg	翠肉瓜 & 甘筍 Chinese Zucchini & Carrot	
Dessert	Fresh Fruit 時令鮮果	Fresh Fruit 時令鮮果	Fresh Fruit 時令鮮果	Banana Cake 香蕉蛋糕	

EAT MORE
健康之選, 適合經常食用
These foods should form the basis of your diet. So fill up on them.

EAT MODERATELY
請適宜地食用
Best eaten in moderation. These food are still important for a balanced diet.

EAT LESS
建議少選擇為佳
Don't have too much of these. Just treat ourselves every so often.



素食
Vegetarian Choice



含有蛋類
Egg Alert



含有奶類
Dairy Alert



含有魚類
Fish Alert



含有貝殼類海鮮
Shellfish Alert

以相應的顏色標籤在餐單上 Highlighted in respective color on the menu