


























## Lunch Menu: Dec 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
	29/11	30/11	1/12	2/12 	3/12
<u>Meal A</u>			紅酒燉雞配薯蓉 Coq Au Vin with Mash 	吞拿魚粟米薄餅配薯粒 Tuna and Sweet Corn Pizza with Potato Cubes 	粟米魚柳配飯 Fried Fish in Sweet Corn Sauce with Rice 
<u>Meal B</u>			京蔥炒肉片飯 Stir Fried Pork & Leek with Rice	雞肉芽菜炒烏冬 Yaki Udon with Shredded Chicken & Bean Sprouts 	欖菜四季豆配飯 Green Bean and Preserved Olive Leaves with Rice 
<u>Meal C</u>			蕃茄芝士三文治 Tomato & Cheese Sandwich 	火腿芝士三文治 Ham & Cheese Sandwich 	雞肉沙律三文治 Chicken Mayo Sandwich 
Vegetables			西蘭花 & 甘筍 Broccoli & Carrot	椰菜花 Cauliflower	蘿蔔 & 甘筍 White Radish & Carrot
Dessert			Fresh Fruit 時令鮮果	Banana Cake 香蕉蛋糕 	Fresh Fruit 時令鮮果

	Monday	Tuesday	Wednesday	Thursday	Friday
	6/12	7/12	8/12	9/12 	10/12
<u>Meal A</u>	牙買加燴雞配飯 Jamaican Brown Stew Chicken with Rice	味噌焦糖龍脷柳配紅米飯 Miso-Caramel Glazed Sole with Red Rice 	白汁雞皇飯 Chicken A La King with Rice 	熱狗配田園沙律 Hot Dog with Garden Salad	法式紅酒燉牛肉配薯蓉 Bourguignon Beef with Mash 
<u>Meal B</u>	蕃茄乾, 蘑菇炒蒜香羅勒汁長通粉 Stir Fried Sundried Tomato & Mushroom Penne in Garlic Basil Sauce 	港式瑞士雞肉配飯 HK Style Chicken in Swiss Sauce with Rice	台式豆腐肉燥配菜飯 Taiwanese Braised Minced Pork & Tofu with Vegetable Rice	揚州炒飯 Yangzhou Fried Rice 	上海香菇豆乾粗炒 Shanghai Style Fried Noodle with Shittake Mushrooms & Beancurd 
<u>Meal C</u>	京醬雞胸青瓜三文治 Peking Chicken Breast & Cucumber Sandwich 	烤芝士茄子三文治 Grilled Eggplant & Cheese Sandwich 	烤野菜芝士三文治 Roasted Vegetables & Cheese Sandwich 	雞蛋沙律三文治 Egg Salad Sandwich 	吞拿魚沙律三文治 Tuna Mayo 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	Brownies 布朗尼 	Fresh Fruit 時令鮮果

**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 foods 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.



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



## Lunch Menu: Dec 2021 & Jan 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
	13/12	14/12	15/12	16/12	17/12
<b>Meal A</b>	蘑菇卡邦尼意粉 Mushroom Spaghetti Carbonara	烤豬柳伴蒜蓉汁配飯 Roasted Pork Loin with Garlic Sauce with Rice	肉醬意粉 Spaghetti Bolognese	蕃茄羅勒水牛芝士薄餅配薯粒 Margherita Pizza with Potato Cube	匈牙利燉豬肉配飯 Pork Goulash with Rice
<b>Meal B</b>	雲耳西芹炒雞柳配紅米飯 Stir-fried Black Fungus, Celery with Red Rice	印度烤雞配飯 Tandoori Chicken with Rice	野菌焗時蔬配糙米飯 Braised mushroom & Mixed Vegetables with Brown Rice	菠蘿雞粒炒飯 Pineapple & Chicken Fried Rice	香煎魚柳伴蕃茄汁配長通粉 Pan Fried Fish Fillet with Tomato Sauce with Penne
<b>Meal C</b>	煙肉生菜蕃茄三文治 BLT Sandwich	烤彩椒芝士三文治 Grilled Bell Pepper & Cheese Sandwich	青醬烤雞三文治(不含堅果) Pesto Chicken Sandwich (No nuts)	蘑菇芝士三文治 Mushroom & Cheese Sandwich	蕃茄芝士三文治 Tomato & Cheese Sandwich
<b>Vegetables</b>	焗時蔬 Roasted Vegetables	牛油甘筍 & 粟米 Buttered Carrot & Sweet Corn	蒜蓉時蔬 Mixed Garlic Veg	翠肉瓜 & 甘筍 Chinese Zucchini & Carrot	椰菜花 Cauliflower
<b>Dessert</b>	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

	Monday	Tuesday	Wednesday	Thursday	Friday
	3/1	4/1	5/1	6/1	7/1
<b>Meal A</b>	素千層麵 Vegetable Lasagna	蒜蓉汁燒豬柳配薯蓉 Roasted Pork Loin & Garlic Gravy with Mash	匈牙利牛肉配意粉 Beef Goulash with Pasta	熱狗配田園沙律 Hot Dog with Garden Salad	肉醬意粉 Spaghetti Bolognese
<b>Meal B</b>	台式肉燥茄子飯 Taiwanese style minced pork & eggplant with rice	蛋黃卷配糙米飯 Egg Foo Yung with Brown Rice	蜜汁叉燒飯 Chinese Style Honey Glazed BBQ Pork with Rice	素星洲炒米 Vegetarian Singapore-style Noodle	粟米汁香煎魚柳飯 Pan-Fried Fish Fillet & Sweet Corn Sauce with Rice
<b>Meal C</b>	BBQ烤雞三文治 BBQ chicken sandwich	火腿芝士三文治 Ham & Cheese Sandwich	烤時蔬芝士三文治 Grilled Mixed Vegetables & Cheese Sandwich	青醬烤雞三文治(不含堅果) Pesto Chicken Sandwich (No nuts)	青瓜雞蛋沙律三文治 Egg & Cucumber Salad Sandwich
<b>Vegetables</b>	亞洲時蔬 Asian Green	西蘭花 & 甘筍 Broccoli & Carrot	蒜蓉雜菜 Garlic Vegetables	椰菜花 & 甘筍 Cauliflower & Carrot	豆角 & 甘筍 Beans & Carrot
<b>Dessert</b>	Fresh Fruit 時令鮮果	Fresh Fruit 時令鮮果	Fresh Fruit 時令鮮果	Brownies 布朗尼	Fresh Fruit 時令鮮果

**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 foods 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



## Lunch Menu: Jan 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
	10/1	11/1	12/1	13/1	14/1
<b>Meal A</b>	洋蔥汁烤豬柳配意粉 Roasted Pork Loin with Onion Gravy & Pasta	香草烤雞配薯蓉 Herbed Roasted Chicken with Roasted Potatoes	香煎魚柳伴南瓜汁配意粉 Pan Fried Fish with Pumpkin Sauce with Pasta	烤雞薄餅配薯粒 BBQ Chicken Pizza with Potato Cubes	芝士焗通心粉 Mac & Cheese
<b>Meal B</b>	薯仔炆雞配飯 Braised Chicken & Potato with Rice	日式照燒茄子配糙米飯 Teriyaki Eggplant with Brown Rice	叉燒炒飯 BBQ Pork Fried Rice	素星洲炒米 Vegetarian Singapore-style Noodle	咕嚕魚柳配飯 Sweet & Sour Fish with Rice
<b>Meal C</b>	烤野菜芝士三文治 Roasted Vegetables & Cheese Sandwich	吞拿魚沙律三文治 Tuna Mayo Sandwich	蘑菇芝士三文治 Mushroom & Cheese Sandwich	火腿芝士三文治 Ham & Cheese Sandwich	青醬烤雞三文治 Pesto Chicken Sandwich
<b>Vegetables</b>	蒜蓉椰菜 Garlic Cabbage	焗時蔬 Roasted Vegetables	西蘭花 & 甘筍 Broccoli & Carrot	椰菜花 Cauliflower	蘿蔔 & 甘筍 White Radish & Carrot
<b>Dessert</b>	Fresh Fruit 時令鮮果	Fresh Fruit 時令鮮果	Fresh Fruit 時令鮮果	Brownies 布朗尼	Fresh Fruit 時令鮮果

	Monday	Tuesday	Wednesday	Thursday	Friday
	17/1	18/1	19/1	20/1	21/1
<b>Meal A</b>	俄式燴牛肉配飯 Beef Stroganoff with Rice	紅酒燉雞配飯 Coq Au Vin with Rice	蕃茄羅勒牛至煎魚柳配薯蓉 Sole with Basil, Tomato & Oregano with Mashed Potato	烤雞漢堡配薯粒 Grilled Chicken Burger with Potato Cubes	普羅旺斯燉菜配意粉 Ratatouille with Pasta
<b>Meal B</b>	雲耳蒸雞配飯 Steamed Chicken (Skinless) with Black Fungus with Rice	粟米素魚柳配飯 Veggie Fish in Sweet Corn Sauce with Rice	照燒雞配飯 Teriyaki Chicken with Rice	日式雜菜炒烏冬 Japanese style Fries Udon with mixed Vegetables	香茅豬扒配飯 Lemongrass Pork Chop with Rice
<b>Meal C</b>	雞蛋粟米沙律三文治 Egg Salad & Sweetcorn Sandwich	火腿芝士三文治 Ham & Cheese Sandwich	蕃茄芝士三文治 Tomato & Cheese Sandwich	煙肉芝士三文治 Bacon & Cheese Sandwich	火腿雞蛋沙律三文治 Ham & Egg Mayo Sandwich
<b>Vegetables</b>	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
<b>Dessert</b>	Fresh Fruit 時令鮮果	Fresh Fruit 時令鮮果	Fresh Fruit 時令鮮果	Banana Cake 香蕉蛋糕	Fresh Fruit 時令鮮果

**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 foods 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.



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





	Monday	Tuesday	Wednesday	Thursday	Friday
	24/1	25/1	26/1	27/1	28/1
<u>Meal</u> A	印度烤雞配飯 Tandoori Chicken with Rice	青醬烤雞配意粉 Chicken in Pesto Sauce with Pasta	蒜香孜然烤豬柳 配香草薯角 Roasted Pork Loin with Cumin and Garlic & Herbed Potato Cubes	蕃茄羅勒水牛芝士 薄餅配薯粒 Margherita Pizza with Potato Cube ✔️ 🥛	迷迭香烤豬柳 配薯蓉 Rosemary Roasted Pork Loin with Mashed Potato
<u>Meal</u> B	蘑菇卡邦尼意粉 Mushroom Spaghetti Carbonara ✔️ 🥛	茄子肉絲配飯 Braised Shredded Pork & Eggplant with Rice	椰菜花芝士 焗長通粉 Cheese Bake Penne with Cauliflower ✔️ 🥛	楊州炒飯 Yangzhou Fried Rice 🍌	素西班牙炒飯 Vegetable Paella ✔️
<u>Meal</u> C	吞拿魚沙津三文治 Tuna Mayo Sandwich 🥛 🥛	雞蛋粟米沙津 三文治 Egg Salad & Sweetcorn Sandwich ✔️ 🥛 🍌	雞肉沙津三文治 Chicken Mayo Sandwich 🥛	京醬雞胸青瓜 三文治 Peking Chicken Breast & Cucumber Sandwich	青醬烤雞三文治 Pesto Chicken Sandwich
Vegetables	焗時蔬 Roasted Vegetables	牛油甘筍 & 粟米 Buttered Carrot & Sweet Corn ✔️ 🥛 🍌	蒜蓉時蔬 Mixed Garlic Veg	翠肉瓜 & 甘筍 Chinese Zucchini & Carrot	椰菜花 Cauliflower
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