

Sample Menu 參考餐單

	Mon 星期一	Tue 星期二	Wed 星期三	Thu 星期四	Fri 星期五	Sat 星期六	Sun 星期日
早餐 Breakfast	Fried egg and chicken fillet in pumpkin soup with egg noodles 雞柳煎蛋南瓜湯配幼蛋麵	Stir-fried silver pin noodles, mini Malay sponge cake, hard-boiled egg 家鄉銀針粉配馬拉盞及焗蛋	Chicken and corn congee, meat bun, hard-boiled egg 雞肉粟米粥配菜肉包及焗蛋	Chicken steak in garlic sauce and fried egg served with egg noodles in soup 蒜茸雞扒煎蛋配幼蛋麵	Pork chop in onion sauce and ham served with rice vermicelli in soup 洋蔥豬扒火腿配米粉	Minute steak with black pepper sauce and sausage served with macaroni in soup 薄切牛扒香腸配通粉	Chicken with salted egg congee, BBQ pork bun, siu mai 鹹蛋雞肉粥配叉燒包及燒賣
	Served with paper-packed beverage 配包裝飲品						
午餐 Lunch	Indonesian Fried Noodles 印尼炒麵	Spaghetti with shredded chicken, ham and tomato in Italian style 意式茄茸火腿雞絲意粉	Stewed penne with tuna in cream sauce 白汁吞拿魚燴長通粉	Pork mince in egg and corn sauce with rice 粟米滑蛋肉粒飯	Chicken steak in Thai style served with rice 泰式芭堤雅燒雞扒配米飯	Baked assorted seafood and spaghetti in cream sauce 白汁海鮮焗意粉	Beef steak in Italian herb sauce with rice 意式香草汁牛扒配米飯
	Served with seasonal fruits 配時令水果						
晚餐 Dinner	Pork cheek in Thai style served with rice 泰式燒豬頸肉配米飯	Chicken leg with herbs in Mexican style with rice 墨西哥烤雞髀配米飯	Chicken thigh in Teriyaki sauce with rice 日式雞扒飯	Fried spaghetti with beef in black pepper 黑椒牛肉炒意粉	Fish fillet cutlet in Japanese curry sauce with rice 日式咖喱魚柳飯	Sweet & sour chicken with rice 酸甜汁雞球飯	Grilled mackerel with rice 日式鯖魚柳飯
	Served with paper-packed beverage 配包裝飲品						

Sample Menu 參考餐單 (Vegetarian 素食)

	Mon 星期一	Tue 星期二	Wed 星期三	Thu 星期四	Fri 星期五	Sat 星期六	Sun 星期日
早餐 Breakfast	Vegetarian chicken and pumpkin noodle soup 素雞南瓜湯麵	Vegetarian stir-fried silver pin noodles, bun, hard-boiled egg 素家鄉銀針粉配饅頭及焗蛋	Vegetarian chicken with congee, vegan bean curd sheet roll, bun 素雞粥配上素鮮竹卷及饅頭	Vegetarian chicken with noodle soup, hard-boiled egg 素雞扒湯麵配焗蛋	Vegetarian pork chop with rice noodle soup, fried egg 素豬扒湯米粉配煎蛋	Vegetarian beef with macaroni, hard-boiled egg 素牛扒通粉配焗蛋	Salted egg porridge, bun, vegan bean curd sheet roll 鹹蛋粥配饅頭及上素鮮竹卷
	Served with paper-packed beverage 配包裝飲品						
午餐 Lunch	Vegetarian Indonesian fried noodles 素印尼炒麵	Spaghetti with vegetarian chicken and tomato in Italian style 意式素雞絲意粉	Vegetarian squid and penne in cream sauce 白汁素魷魚燴長通粉	Vegetarian pork mince in egg and corn sauce with rice 粟米滑蛋素肉飯	Sweet & sour vegetarian chicken with rice 酸甜素雞扒配米飯	Vegetarian fish fillet and spaghetti in cream sauce 白汁素魚意粉	Vegetarian beef in Italian herb sauce with rice 意式香草汁素牛肉配米飯
	Served with seasonal fruits 配時令水果						
晚餐 Dinner	Spaghetti with vegetarian chicken and tomato in Italian style 意式素雞絲意粉	Fried flat noodle with vegetarian beef 素乾炒牛河	Vegetarian fish fillet in cream sauce with rice 白汁素魚配米飯	Fried spaghetti with vegetarian beef 素乾炒牛肉意粉	Vegetarian Indonesian fried noodles 素印尼炒麵	Vegetarian pork and spaghetti in cream sauce 白汁素豬肉燴意粉	Vegetarian squid and creamy spinach sauce with rice 菠菜忌廉汁素魷魚飯
	Served with paper-packed beverage 配包裝飲品						