

#### Week 1 第 1 周

														WeekI 第 I 同	<u> </u>
日期 Date		星期日	Sun	星期一	Mon	星期二	Tue	星期三	Wed	星期四	Thurs	星期五	Fri	星期六	Sat
早餐		蒸菜肉飽 雞粥	ļ	湯雲吞 咸瘦肉粥	<u> </u>	蒸豆沙飽 北菇雞粥		肉絲炒麵 魚粥		煮水餃 皮蛋瘦肉粥	B	蒸雞飽 海鮮粥	·	蒸腸粉 碎菜瘦肉粥	£
		Steamed Pork and Veggie Bun Wonton in Soup		Red Bean Bun		Pork and Veggie Noodles		Boiled dumplings		Steamed Chicken B	un	Rice Noodle Roll with	Egg		
Breakfast		Chicken Congee Salted Lean Pork Congee			Chinese Mushroom and Chicken Congee		Fish Congee		Lean Pork and Preserved I	Egg Congee	Seafood Congee (Fish and	Shrimp)	Seasonal Vegetables and Minced Pork Congee		
Br		鮮奶,果汁,白粥,麥片,多士		鮮奶,果汁,白粥,麥片,多	,,	鮮奶,果汁,白粥,麥片,多士	,	鮮奶,果汁,白粥,麥片,多士		鮮奶,果汁,白粥,麥片,多:	,,	鮮奶,果汁,白粥,麥片,多士		鮮奶,果汁,白粥,麥片,多士,	
		Milk,Juice,Oatmeal,Toast,C	Coffee,Tea	Milk, Juice, Oatmeal, Toast, O	Coffee,Tea	Milk, Juice, Oatmeal, Toast, C	offee,Tea	Milk,Juice,Oatmeal,Toast,Co	offee,Tea	Milk,Juice,Oatmeal,Toast,C	offee,Tea	Milk, Juice, Oatmeal, Toast, Co	ffee,Tea	Milk, Juice, Oatmeal, Toast, Cof	ffee,Tea
	湯	什豆煲雞沒	湯	雪耳紅棗煲	雞	青紅蘿蔔煲豬煲	擅肉	西洋菜南北杏煲	痩肉	蕃茄薯仔蜆肉	<b>褚</b> 骨湯	菜干煲猪煲	<b>†</b>	霸王花羅漢果煲豬	骨瘦肉
午餐		Chicken and Mixed Bo	ean Soup	Chicken Soup with Snow Fu Dates	ingus and Red	Green Radish and Carrot and I	Pork Bone Soup	Watercress and Pork Box	ne Soup	Tomato Vegetable Soup v	vith Clams	Dried Vegetables and Po	rk Soup	Night Blooming Cereus Flowe Fruit Soup	er and Monk
		番茄牛肉	A	雞茸蒸滑蛋	A	豉汁蒸排骨	A	粟米魚塊	A	椒鹽大蝦球	A	<b>菠蘿咕</b> 噜肉	A	北 茹 蒸滑雞	A
L		Beef with Toma	ito	Steamed Eggs with Minc	ed Chicken	Ribs in Black Bean S	Sauce	Fish in Creamy Corn S	Sauce	Fried Shrimp Bal	ls	Sweet and Sour Po	rk	Steamed Chicken	
u n		臘腸燴粉絲	В	肉片妙菜心	В	沙爹豆角炒魚片	В	味菜雞片	В	雞絲炒米粉	В	雞片炒白菜	В	薯仔燜肉片	В
c		Chinese Sausage with Glass Noodles Pork with Fried Choy Sum		Stir-Fried Fish Cakes and Beans in Satay Sauce		Stir-Fried Shredded Chicken with Preserved Vegetables		Stir-Fried Rice Noodle	with Pork	Chicken Stir Fly with Bok Choy		Pork with Potato Stew			
h	菜							炒百加利							
		Baby Bok Choy with 鮮奶.果汁.茶.白粥.肉		鮮奶,果汁,茶,白粥,肉	20 AG	鮮奶.果汁,茶,白粥,肉粥	P ń AG	鮮奶、果汁、茶、白粥、肉粥	i in de	Broccoli 鮮奶、果汁、茶、白粥、肉	₽ ⇔ <b>å</b> G	鮮奶、果汁、茶、白粥、肉粥	1 A	鮮奶.果汁.茶.白粥,肉粥	<b>∸4</b> 5
		Milk,Juice,Tea,Congee,S		Milk,Juice,Tea,Congee,S		所列,来开,来,口ත,风的 Milk,Juice,Tea,Congee,St		所列来/T,来,日始,內第 Milk,Juice,Tea,Congee,Ste		所则,朱/T,来,白狗,內: Milk,Juice,Tea,Congee,S		Milk,Juice,Tea,Congee,Ste	.,	Milk,Juice,Tea,Congee,Stea	,
	湯	什豆煲雞沒	湯	雪耳紅棗煲	雞	青紅蘿蔔煲豬份	身瘦肉	西洋菜南北杏煲	痩肉	菜干煲猪炒	寻	蕃茄薯仔蜆肉豩	<b>首</b> 骨湯	合桃元肉煲奚	淮
晩餐		Chicken and Mixed Bo	ean Soup	Chicken Soup with Snow Fu Dates	ingus and Red	Green Radish and Carrot and I	Pork Bone Soup	Watercress and Pork Box	ne Soup	Dried Vegetables and P	ork Soup	Tomato Vegetable Soup w	ith Clams	Night Blooming Cereus Flowe Fruit Soup	er and Monk
		榨菜冬菇蒸肉片	A	豉汁龍利柳	A	豉油皇雞腿	A	滑蛋炒蝦仁	A	麻婆豆腐	A	廚師精選	A	蒜蓉蒸排骨	A
S		Steamed Pork with Mu	ishrooms	Basa Filet in Black Be	an Sauce	Drumsticks in Soy S	auce	Scramble Eggs with S	nrimp	Braised Tofu with Mince	d Chicken	Chef Choice		Diced Pork in Garlic Sa	auce
u		雙花豆腐	В	翠玉瓜雲耳雞柳	В	雜菜炒肉片	В	豆角雞片	В	豉椒肉片	В	香炒肉片	В	腊腸燴粉丝	В
p		Braised Tofu with Cl	hicken	Stir-Fried chicken with Zuc Fungus	chini & Black	Stir-Fried Mixed Vegetab	les & Pork	Stir-Fried Chicken with S	now Peas	Sliced pork & peppers with bla	ck beans sauce	Stir Fried Zucchini and C	Chicken	Dried & Chinese Sausage wit Glass Noodles	th
p	菜	炒百加利		炒紹菜		炒椰菜花		炒雜豆		炒紹菜		炒椰菜花		鹽油上海菜	
e		Stir-Fried Brocco		Stir-Fried Suey C 鮮奶.果汁.茶.白粥.肉		Stir-Fried Cauliflor 鮮奶、果汁、茶、白粥、肉		Stir-Fried Mixed be 鮮奶.果汁.茶.白粥.肉粥		Stir-Fried Suey Cl 鲜奶.果汁.茶.白粥.肉	-	Stir-Fried Cauliflower 鲜奶.果汁.茶.白粥.肉粥.白飯		Shanghai Bok Choy 鮮奶,果汁,茶,白粥,肉粥	,
r		Milk,Juice,Tea,Congee,S		Milk, Juice, Tea, Congee, S		Milk, Juice, Tea, Congee, S		Milk,Juice,Tea,Congee,Sto	-,	Milk, Juice, Tea, Congee, S	,	Milk, Juice, Tea, Congee, Ste	,,	Milk, Juice, Tea, Congee, Stea	,
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## Week 2 第 2 周

日期 Date	星期日	Sun	星期一	Mon	星期二	Tue	星期三	Wed	星期四	Thurs	星期五	Fri	星期六	Sat
早	奶皇飽		雞湯通心粉		煮水餃		炒烏冬		蒸雞飽		<b>雪菜肉絲</b> 焖米	ı	蒸腸粉	•
餐	雞粥		咸瘦肉粥		魚粥		碎菜雞肉粥		皮蛋瘦肉粥		海鮮粥		北菇雞粥	
ıst	Steamed Egg Bun		Steamed Egg Bun Chicken and Macaroni Soup		Macaroni Soup Boiled Dumplings		Stir-Fried Udon with Pork		Steamed Chicken Bun		Braised Rice Noodle with Preserved Veggies and Shredded Pork		Rice Noodle Roll with l	Egg
Breakfast	Chicken Congee		Salted Lean Pork Cong	gee	Fish Congee		Seasonal Vegetables and M Chicken Congee	linced	Lean Pork and Preserved Egg	Congee	Seafood Congee (Fish and S	hrimp)	Chinese Mushroom & Chicke	en Congee
Br	鮮奶,果汁,白粥,麥片,多士, Milk,Juice,Oatmeal, Toast,Co	, ,	鮮奶,果汁,白粥,麥片,多士,I Milk.Juice.Oatmeal, Toast.Coff		鮮奶,果汁,白粥,麥片,多士,叫 Milk,Juice,Oatmeal, Toast,Coff	,	鮮奶,果汁,白粥,麥片,多士,吲 Milk,Juice,Oatmeal, Toast,Coffe	,	鮮奶,果汁,白粥,麥片,多士,咖啡 Milk,Juice,Oatmeal, Toast,Coffe		鮮奶,果汁,白粥,麥片,多士,咖 Milk Juice,Oatmeal, Toast,Coffe		鮮奶,果汁,白粥,麥片,多士,u Milk,Juice,Oatmeal, Toast,Coff	,
	什豆煲雞湯		霸王花羅漢果煲豬冑	瘦肉	雪耳紅棗煲雞		青紅蘿蔔煲豬骨		<b>清保涼甘筍</b> 煲瘦	肉	蕃茄薯仔蜆肉豬帽	<b>予湯</b>	<b>黑豆眉豆腐竹</b> 煲豬閉	擅肉
午	Chicken and Mixed Bear	n Soup	Night Blooming Cereus Flower Fruit Soup	and Monk	Chicken Soup with Snow Fun Red Dates	ngus and	Green Radish and Carrot and I Soup	Pork Bone	Pork Broth with Carrots and C Leung	hing Po	Tomato Vegetable Soup with	Clams	Black Eyed Beans and Pork B	Bone Soup
餐	麻婆豆腐	A	肉松蒸蛋	A	豉汁蒸排骨	A	<b>菠蘿咕</b> 噜肉	A	<b>紅燒豆腐</b> 燴蝦丸	A	五香牛腩	A	北 茹 蒸滑雞	A
L	Braised Tofu with Minced	Chicken	Steamed Egg with Por	rk	Steamed Ribs in Black Bear	Sauce	Sweet & Sour Pork		Braise Tofu with Shrimp E	Balls	Beef Brisket		Steamed Chicken	
u n	<b>家</b> 鄉炒河	В	時菜雞片	В	雙菇滑豆腐	В	<b>節瓜生筋</b> 雞	В	干炒雞絲意粉	В	味菜肉片	В	薯仔燜肉片	В
c	c Stir-Fried Rice Noodle with Pork		Stir-Fried Yu Choy with C	hicken	Two Kind of Mushrooms & Chicken with Tofu	Minced	Chicken with Winter Melon & Ball	& Gluten	Pan Fried Chicken and Pa	ısta	Stir-Fried Shredded Pork with I Vegetables	Preserved	Pork and Potato Stew	v
h	炒菜芯				鹽油上海菜				炒高麗菜				炒紹菜	
	Stir-Fried Choy Sur				Shanghai Bok Choy				Stir-Fried Taiwan Cabba	ge			Stir-Fried Suey Choy	-
	鮮奶,果汁,茶,白粥,肉粥	,	鮮奶,果汁,茶,白粥,肉粥,		鮮奶,果汁,茶,白粥,肉粥,		鮮奶,果汁,茶,白粥,肉粥,日		鮮奶,果汁,茶,白粥,肉粥,白		鮮奶,果汁,茶,白粥,肉粥,白		鮮奶,果汁,茶,白粥,肉粥,	
	Milk,Juice,Tea,Congee,Ste		Milk,Juice,Tea,Congee,Stea		Milk,Juice,Tea,Congee,Stea		Milk,Juice,Tea,Congee,Stear		Milk,Juice,Tea,Congee,Stean		Milk,Juice,Tea,Congee,Stear		Milk,Juice,Tea,Congee,Stea	
	什豆煲雞湯		霸王花羅漢果煲豬骨	瘦肉	<b>雪耳紅棗</b> 煲雞	隹	<b>青紅蘿蔔</b> 煲豬骨!	要肉	<b>清保涼甘筍</b> 煲瘦	肉	蕃茄薯仔蜆肉豬帽	<b>計湯</b>	<b>黑豆眉豆腐竹</b> 煲豬骨	痩肉
晚	Chicken and Mixed Bear	n Soup	Night Blooming Cereus Flower Fruit Soup	and Monk	Chicken Soup with Snow Fur Red Dates	ngus and	Green Radish and Carrot and I Soup	Pork Bone	Pork Broth with Carrots and C Leung	hing Po	Tomato Vegetable Soup with	Clams	Black Eyed Beans and Pork B	Bone Soup
餐	泰汁龍利柳	A	豉油皇雞腿	A	滑蛋炒蝦仁	A	雙花豆腐	A	青椒西芹炒雞片	A	廚師精選	A	粟米龍利柳	A
s	Steamed Basa Fillets in Th	ai Sauce	Drumsticks in Soy Sau	ce	Scrambled Eggs with Shr	imps	Braised Tofu with Chick	ken	Chicken with Bell Peppers, Ce Carrot Stir Fry	lery and	Chef Choice	_	Steamed Basa Fillets in Cor	rn Sauce
u p	<b>蘿蔔</b> 燴肉片	В	翠玉瓜炒牛肉	В	<b>蘿蔔</b> 燴三絲	В	沙爹豆角炒魚片	В	腊味燴津絲	В	翠玉瓜炒雞柳	В	魚香茄子	В
p	Daikon Pork Stew		Stir-Fried Zucchini with	Beef	Shredded Pork with Mushrooms	and Daikon	Stir-Fried Fish Cakes and Bean Sauce	s in Satay	Cabbage with Glass Noo	dle	Stir-Fried Chicken with Zuc	echini	Minced Pork with Eggplant and	l Fish Sauce
e	炒雜豆		炒紹菜		炒椰菜花		炒菜芯		蒜茸白菜仔		炒椰菜花		炒百加利	
1	Stir-Fried Mixed bea		Stir-Fried Suey Choy	1	Stir-Fried Cauliflowe		Stir-Fried Choy Sum	ı	Baby Bok Choy with Gar	lic	Stir-Fried Cauliflower	•	Stir-Fried Broccoli	
	鮮奶,果汁,茶,白粥,肉粥	,白飯	鮮奶,果汁,茶,白粥,肉粥,	白飯	鮮奶,果汁,茶,白粥,肉粥,		鮮奶,果汁,茶,白粥,肉粥,日		鮮奶,果汁,茶,白粥,肉粥,白	飯	鮮奶,果汁,茶,白粥,肉粥,白	飯	鮮奶,果汁,茶,白粥,肉粥,	白飯
	Milk,Juice,Tea,Congee,Ste	am rice	Milk,Juice,Tea,Congee,Stea	m rice	Milk,Juice,Tea,Congee,Stea	m rice	Milk,Juice,Tea,Congee,Stear	m rice	Milk,Juice,Tea,Congee,Stean	n rice	Milk,Juice,Tea,Congee,Stear	n rice	Milk,Juice,Tea,Congee,Stea	am rice



# Week 3 第 3 周

													WEEK3第3周	,
日期Da te	星期日	Sun	星期一	Mon	星期二	Tue	星期三	Wed	星期四	Thurs	星期五	Fri	星期六	Sat
早餐	蒸菜肉飽 滑雞粥		湯雲吞 咸瘦肉粥		蒸豆沙飽 北菇雞粥		肉絲炒麵 魚粥		煮水餃 皮蛋瘦肉弽	f	蒸雞飽 海鮮粥		蒸腸粉 碎菜瘦肉粥	<b>3</b>
st	Steamed Pork and Veg	gie Bun	Wonton in Soup		Red Bean Bun		Pork and Veggie Nood	les	Boiled dumpling	SS	Steamed Chicken B	un	Rice Noodle Roll with	Egg
Breakfast	Chicken Congee		Salted Lean Pork Cong	gee	Chinese Mushroom and Chicker	n Congee	Fish Congee		Lean Pork and Preserved E	Egg Congee	Seafood Congee (Fish and	l Shrimp)	Seasonal Vegetables and Minced	d Pork Congee
3re	鮮奶,果汁,白粥,麥片,多士,	咖啡,茶	鮮奶,果汁,白粥,麥片,多士,	咖啡,茶	鮮奶,果汁,白粥,麥片,多士,咖啡	非,茶	鮮奶,果汁,白粥,麥片,多士,	加啡,茶	鮮奶,果汁,白粥,麥片,多出	上,咖啡,茶	鮮奶,果汁,白粥,麥片,多士	:,咖啡,茶	鮮奶,果汁,白粥,麥片,多士,	,咖啡,茶
	Milk,Juice,Oatmeal,Toast,Co	ffee,Tea	Milk,Juice,Oatmeal,Toast,Coff	ee,Tea	Milk,Juice,Oatmeal,Toast,Coffee	e,Tea	Milk,Juice,Oatmeal,Toast,Coffe	ee,Tea	Milk,Juice,Oatmeal,Toast,Co	offee,Tea	Milk,Juice,Oatmeal,Toast,Co	offee,Tea	Milk,Juice,Oatmeal,Toast,Cof	ffee,Tea
	<b>青紅蘿蔔</b> 煲豬骨	瘦肉	雪耳紅棗煲雞	È	西洋菜南北杏煲瘦	更肉	霸王花羅漢果煲豬	骨瘦肉	蕃茄薯仔雜菜質	<b></b>	菜干煲猪饲	þ	什豆煲雞湯	
	Green Radish and Carrot Bone Soup	and Pork	Chicken Soup with Snow Fung Dates	us and Red	Watercress Soup		Night Blooming Cereus Flower Fruit Soup	and Monk	Tomato Soup with Potatoes a	nd Pork Bone	Dried Vegetables and Po	ork Soup	Chicken and Mixed Bear	n Soup
午餐	麻婆豆腐	A	粟米魚塊	A	<b>菠蘿咕</b> 噜肉		豉油皇雞腿	A	豉汁蒸排骨	A	椒鹽大蝦	A	雞粒炒蛋	A
L	Tofu with Minced Ch	nicken	Fish in Creamy Corn Sa	iuce	Sweet and Sour Pork		Drumstick in Soy Sauc	ce	Steamed Ribs in Black Bo	ean Sauce	Stir-Fried Shrimp B	alls	Scramble Egg with Minced	Chicken
u	榨菜冬菇蒸肉片	В	節瓜生筋肉片	В	沙爹豆角炒魚片	В	时菜炒肉片	В	四季豆炒雞片	В	雞絲炒米粉	В	豉汁肉片	В
c h	Steamed Pork with Musl	hrooms	Roast Pork with Winter Melon Ball	& Gluten	Stir-Fried Fish Cakes and Beans Sauce	s in Satay	Stir-Fried Mixed Veggie Wi	th Pork	Stir-Fried Chicken with S	Snow Peas	Stir-Fried Rice Noodle wit	h Chicken	Stir-Fried Mushroom and	d Pork
"	炒百加利 Stir-Fried Broccol	i									鹽油上海菜 Shanghai Bok Cho		炒紹菜 Stir-Fried Suey Cho	ру
	鮮奶,果汁,茶,白粥,肉粥 Milk,Juice,Tea,Congee,Ste		鮮奶,果汁,茶,白粥,肉粥, Milk,Juice,Tea,Congee,Stea		<b>鮮奶,果汁,茶,白粥,肉粥,</b> 白 Milk,Juice,Tea,Congee,Steam		<b>鮮奶,果汁,茶,白粥,肉粥</b> , Milk,Juice,Tea,Congee,Stea		<b>鮮奶,果汁,茶,白粥,肉</b> Milk,Juice,Tea,Congee,St		<b>鮮奶,果汁,茶,白粥,肉乳</b> Milk,Juice,Tea,Congee,St		鮮奶,果汁,茶,白粥,肉粥 Milk,Juice,Tea,Congee,Stea	
	<b>青紅蘿蔔</b> 煲豬骨	瘦肉	雪耳紅棗煲雞	È	西洋菜南北杏煲瘦	<b>夏</b> 肉	霸王花羅漢果煲豬魚	骨瘦肉	<b>蕃茄薯仔雜菜</b> 煲	<b>经</b> 豬骨	菜干煲猪贯	ŀ	什豆煲雞湯	
	Green Radish and Carrot Bone Soup	and Pork	Chicken Soup with Snow Fung Dates	us and Red	Watercress Soup		Night Blooming Cereus Flower Fruit Soup	and Monk	Tomato Soup with Potatoes a	nd Pork Bone	Dried Vegetables and Po	ork Soup	Chicken and Mixed Bear	n Soup
晩餐	滑蛋牛肉	A	榨菜冬菇蒸肉片	A	雞茸蒸滑蛋	A	豆腐薑葱龍唎柳	A	蘿蔔牛腩	A	廚師精選	A	北 茹 蒸滑雞	A
s	Beef with Scrambled	Eggs	Steamed Pork with Mush	nrooms	Steamed Eggs with Minced 0	Chicken	Steamed Tofu and Basa Fish in S Sauce	weet Ginger	Beef Brisket with Da	aikon	Chef Choice	•	Steamed Chicken	1
u p	<b>蘿蔔</b> 燴三絲	В	翠玉瓜炒肉片	В	<b>薯仔燜肉片</b>	В	雙花炒雞片	В	雜菜炒肉片	В	腊味節瓜粉絲	В	沙爹豆角炒魚片	В
p e	Shredded Pork with Mushroom	s and Daikor	Stir-Fried chicken with Zu	cchini	Pork and Potato Stew		Stir-Fried Mixed Vegetables &	c Chicken	Stir-Fried Mixed Vegetabl	les & Pork	Dried Shrimp, Hairy Melon Noodles	with Glass	Stir-Fried Fish Cakes and Beans i	in Satay Sauce
r	炒紹菜		炒高麗菜		鹽油上海菜		炒菜芯		鹽油雜豆		炒椰菜花		炒百加利	
	Stir-Fried Suey Cho		Stir-Fried Taiwan Cabb		Shanghai Bok Choy		Stir-Fried Choy Sum		Stir Fried Mixed Be	eans	Stir-Fried Cauliflov	ver	Stir-Fried Broccoli	i
	<b>鮮奶,果汁,茶,白粥,肉粥</b> Milk,Juice,Tea,Congee,Ste	.,	鮮奶,果汁,茶,白粥,肉粥, Milk,Juice,Tea,Congee,Stea		鮮奶,果汁,茶,白粥,肉粥,白 Milk,Juice,Tea,Congee,Steam		<b>鮮奶,果汁,茶,白粥,肉粥</b> , Milk,Juice,Tea,Congee,Stea		鮮奶,果汁,茶,白粥,肉奶 Milk,Juice,Tea,Congee,St		<b>鮮奶,果汁,茶,白粥,肉</b> Milk,Juice,Tea,Congee,St	-,	鮮奶,果汁,茶,白粥,肉粥 Milk,Juice,Tea,Congee,Ste	,



## Week 4 第 4 周

Date													
日期	星期日 Sui	星期一	Mon	星期二	Tue	星期三	Wed	星期四	Thurs	星期五	Fri	星期六	Sat
早	奶皇飽	雞湯通心	粉	煮水餃		炒烏冬		蒸雞飽		雪菜肉絲焖>	<del>*</del>	蒸腸粉	
餐	雞粥	雞粥       咸瘦肉粥		魚粥		碎菜雞肉粥		皮蛋瘦肉粥		海鮮粥		北菇雞粥	
	Steamed Egg Bun	Chicken and Maca	roni Soup	Dumplings		Stir-Fried Udon with	Pork	Steamed Chicken Bur	ı	Braised Rice Noodle with I Veggies and Shredded		Rice Noodle Roll with	Egg
Breakfast	Chicken Congee	Salted Lean Pork	Congee	Fish Congee		Seasonal Vegetables and Mic Congee	nced Chicken	Lean Pork and Preserved Egg	Congee	Seafood Congee (Fish and	Shrimp)	Chinese Mushroom & Chicke	en Congee
Br	鮮奶,果汁,白粥,麥片,多士,咖啡,茶	鮮奶,果汁,白粥,麥片	多士,咖啡,茶	鮮奶,果汁,白粥,麥片,多士,咖	啡,茶	鮮奶,果汁,白粥,麥片,多二	上,咖啡,茶	鮮奶,果汁,白粥,麥片,多士,咖	啡,茶	鮮奶,果汁,白粥,麥片,多士	,咖啡,茶	鮮奶,果汁,白粥,麥片,多士,	咖啡,茶
	Milk, Juice, Oatmeal, Toast, Coffee, Tea	Milk,Juice,Oatmeal, To	st,Coffee,Tea	Milk, Juice, Oatmeal, Toast, Coffee	e,Tea	Milk, Juice, Oatmeal, Toast, C	offee,Tea	Milk, Juice, Oatmeal, Toast, Coff	ee,Tea	Milk,Juice,Oatmeal, Toast,Co	ffee,Tea	Milk,Juice,Oatmeal, Toast,Coff	fee,Tea
	<b>黑豆眉豆腐竹</b> 煲豬骨瘦肉	蕃茄薯仔蜆网	7豬骨湯	雪耳紅棗煲雞		霸王花羅漢果煲豕	<del></del> 诸骨瘦肉	青紅蘿蔔無花果煲豬	肾瘦肉	<b>清保涼甘筍</b> 煲	 更肉	<b>合桃圓肉</b> 煲雞	<b>±</b>
	Black Eyed Beans and Pork Bone Sou	p Tomato Vegetable Sou	p with Clams	Chicken Soup with Snow Fungus and	l Red Dates	Night Blooming Cereus and Soup	Mangosteen	Green Radish, carrot and pork	bone soup	Pork Broth with Carrots and Leung	Ching Po	Walnuts, Dried Lungan & Chi	cken Soup
午餐	豉汁蒸排骨 A	豉油皇雞腿	A	鴛鴦蒸滑蛋	A	粟米魚塊	A	蘿蔔牛腩	A	<b>菠蘿咕</b> 噜肉	A	<b>紅燒豆腐</b> 燴蝦丸	A
L	Steamed Pork Ribs in Black Bean Sauce	Drumstick in So	y Sauce	Steamed Eggs with Preserved	l Eggs	Steamed Basa Fillets in C	Corn Sauce	Beef Brisket With Daik	on	Sweet & Sour Porl	k	Braised Tofu with Shrimp	p Ball
u n	揚洲炒飯 B	節瓜生筋肉片	В	时菜炒牛肉	В	菜心炒肉片	В	干炒雞絲意粉	В	翠玉瓜雲耳雞柳	В	<b>蘿蔔</b> 燴雞片	В
c h	Yangzhou Fried Rice	Roast Pork with Win Gluten B		Stir-Fried Mixed Veggie with	Beef	Stir-Fried Mixed Veggie	With Pork	Pan Fried Chicken and Pa	sta	Stir-Fried Chicken with Zucchin Fungus	ni and Black	Daikon chicken Stev	v
	炒高麗菜							炒菜心				炒紹菜	
	Stir-Fried Taiwan Cabbage							Stir-Fried Choy Sum				Stir-Fried Suey Chor	,
	鮮奶,果汁,茶,白粥,肉粥,白飯	鮮奶,果汁,茶,白粥	肉粥,白飯	鮮奶,果汁,茶,白粥,肉粥,白	魬	鮮奶,果汁,茶,白粥,肉引	料,白飯	鮮奶,果汁,茶,白粥,肉粥,	<b>白飯</b>	鮮奶,果汁,茶,白粥,肉粥	,白飯	鮮奶,果汁,茶,白粥,肉粥,	白飯
	Milk,Juice,Tea,Congee,Steam rice	Milk,Juice,Tea,Congo	-	Milk,Juice,Tea,Congee,Steam	rice	Milk,Juice,Tea,Congee,S		Milk,Juice,Tea,Congee,Stea		Milk,Juice,Tea,Congee,Ste	am rice	Milk,Juice,Tea,Congee,Stea	am rice
	<b>黑豆眉豆腐竹</b> 煲豬骨瘦肉	☑ 蕃茄薯仔蜆團	8豬骨湯	雪耳紅棗煲雞		霸王花羅漢果煲豕	诸骨瘦肉	青紅蘿蔔無花果煲豬	肾瘦肉	<b>清保涼甘筍</b> 煲	<b></b>	<b>合桃圓肉</b> 煲雞	È
晩餐	Black Eyed Beans and Pork Bone Sou	p Tomato Vegetable Sou	p with Clams	Chicken Soup with Snow Fungus and	l Red Dates	Night Blooming Cereus and Soup	Mangosteen	Green Radish, carrot and pork	bone soup	Pork Broth with Carrots and Leung	Ching Po	Walnuts, Dried Lungan & Chi	icken Soup
	姜葱龍脷柳 A	麻婆豆腐	A	<b>菠蘿咕</b> 噜肉		蕃茄雞片	A	涼瓜炒牛肉	A	廚師精選	A	青椒西芹炒肉片	A
s	Steamed Basa Fillet in Ginger & Gree Onion Sauce	Tofu with Minced	Chicken	Sweet & Sour Pork		Stir Fry Chicken with	Готаtо	Beef with Bittermelor	1	Chef Choice		Pork with Bell Peppers, Celery Str Fry	and Carrot
u p	蘿蔔燴肉片 B	<b>翠玉瓜炒</b> 肉月	В	沙爹豆角炒魚片	В	<b>蘿蔔</b> 燴三絲	В	味菜肉片	В	<b>豉汁南瓜</b> 燴肉片	В	雙花雞片	В
p e	Daikon Pork Stew	Stir-Fried Pork wit	n Zucchini	Stir-Fried Fish Cakes and Beans Sauce	in Satay	Stir-Fried Daikon with Chine Mushroom	se Sausage &	Stir-Fried Sliced Pork with Preserve	d Vegetables	Steamed Pumpkin and Pork in Sauce	Black Bean	Stir-Fried Broccoli with Ch	nicken
r	蒜茸白菜仔	炒紹화		鹽油上海菜		油鹽雜豆		炒百加利		鹽油上海菜		炒椰菜花	
	Baby Bok Choy with Garlic	Stir-Fried Sue		Stir-Fried Shanghai Bok C		Stir-Fried Mixed Bo		Stir-Fried Broccoli		Shanghai Bok Cho	•	Stir-Fried Cauliflowe	
	鮮奶,果汁,茶,白粥,肉粥,白飯 Milk,Juice,Tea,Congee,Steam rice	鮮奶,果汁,茶,白粥 Milk,Juice,Tea,Conge		鮮奶,果汁,茶,白粥,肉粥,白 Milk,Juice,Tea,Congee,Steam r		鮮奶,果汁,茶,白粥,肉引 Milk,Juice,Tea,Congee,Ste		鮮奶,果汁,茶,白粥,肉粥,I Milk,Juice,Tea,Congee,Steam		鮮奶,果汁,茶,白粥,肉粥 Milk,Juice,Tea,Congee,Stea		鮮奶,果汁,茶,白粥,肉粥, Milk,Juice,Tea,Congee,Stean	
	wink,Juice, rea,Congee,Steam fice	ivilik, Juice, 1 ea, Conge	,steam nee	wink, Juice, Tea, Congee, Steam f	ICC .	wink, juice, rea, Congee, Ste	ani iice	wink, Juice, Tea, Congee, Steam	TICE	wink, Juice, Tea, Congee, Stea	III IICC	wink, Juice, Tea, Congee, Steam	11 1100



## Edmonton Chinatown Care Centre Dessert Menu 甜點餐牌

#### Week 1 and 3 第1周同第3周

Meal Date	SUNDAY 星期日	MONDAY 星期一	TUESDAY 星期二	WEDNESDAY 星期三	THURSDAY 星期四	FRIDAY 星期五	SATURDAY 星期六
午餐 Lunch (常規/切丁 Regular/ Diced)	香蕉派 Banana Pie	新鮮生果 Fresh Fruit	啫喱 Jello	瓜 Fresh Melon	芒果雪糕 Mango Ice Cream	香蕉 Banana	豆腐花 Tofu Pudding
切碎/搗碎 Minced/Pureed	香蕉派(糊) Pureed Banana Pie	生果泥 Pureed Fruit	啫喱 Jello	香蕉(糊) Pureed Banana	芒果雪糕 Mango Ice Cream	香蕉 (糊) Pureed Banana	豆腐花 Tofu Pudding
增稠的液體 Thickened Fluids	香蕉派 Banana Pie	新鮮生果 Fresh Fruit	布丁 Pudding	瓜 Fresh Melon	生果泥 Pureed Fruit	香蕉 Banana	豆腐花 Tofu Pudding
晚飯 Supper (常規/切丁 Regular/ Diced)	香草雪糕 Vanilla Ice Cream	西米糖水 Mixed Bean with Tapioca	奶油糖果布丁 Butterscotch Pudding	紅豆沙 Red Bean Soup	椰子派 Coconut Pie	芝麻糊 Black Sesame Seed Soup	香草雪糕 Vanilla Ice Cream
切碎/搗碎 Minced/Pureed	香草雪糕 Vanilla Ice Cream	西米糖水(糊) Pureed Mixed Bean with Tapioca	奶油糖果布丁 Butterscotch Pudding	紅豆沙(糊) Pureed Red Bean Soup	椰子派(糊) Pureed Coconut Pie	芝麻糊 Pureed Black Sesame Seed	香草雪糕 Vanilla Ice Cream
增稠的液體 Thickened Fluids	布丁 Pudding	西米糖水 Mixed Bean with Tapioca	奶油糖果布丁 Butterscotch Pudding	紅豆沙 Red Bean Soup	椰子派 Coconut Pie	芝麻糊 Black Sesame Seed Soup	生果泥 Pureed Fruit

Updated: Feb 2023



#### Edmonton Chinatown Care Centre Dessert Menu 甜點餐牌

#### Week 2 and 4 第2周同第4周

芒果蛋糕 Mango Cake  芒果蛋糕(糊)	瓜 Fresh Melon	芒果雪糕 Mango Ice cream	椰子布丁 Coconut Pudding	香蕉 Banana	草莓派 Strawberry Pie	啫喱 Jello
•			押フたて			
Pureeu Mango Cake	香蕉(糊) Pureed Banana	芒果雪糕 Mango Ice cream	椰子布丁 Coconut Pudding (Minced) 香布丁 Vanilla Pudding (Pureed)	香蕉(糊) Pureed Banana	草莓派 (糊) Pureed Strawberry Pie	啫喱 Jello
芒果蛋糕 Mango Cake	瓜 Fresh Melon	布丁 Pudding	椰子布丁 Coconut Pudding	香蕉 Banana	<b>雪糕</b> 饼 Strawberry Pie	布丁 Pudding
西米糖水 Mixed Bean with Tapioca	香蕉布丁 Banana Pudding	杏仁糊 Almond Milk Soup	芒果 Mango	香草雪糕 Vanilla Ice Cream	紅豆沙 Red Bean Soup	芒果雪糕 Mango Ice cream
西米糖水(糊) Pureed Mixed Bean with Tapioca	香蕉布丁 Banana Pudding	杏仁糊 Pureed Almond Milk Soup	芒果(糊) Pureed Mango	香草雪糕 Vanilla Ice Cream	紅豆沙(糊) Pureed Red Bean Soup	芒果雪糕 Mango Ice cream
西米糖水 Mixed Bean with Tapioca	香蕉布丁 Banana Pudding	杏仁糊 Almond Milk Soup	芒 <b>果</b> Mango	布丁 Pudding	紅豆沙 Red Bean Soup	生果泥 Pureed Fruit
	世果蛋糕 Mango Cake  西米糖水 Mixed Bean with Tapioca  西米糖水(糊) Pureed Mixed Bean with Tapioca  西米糖水	世果蛋糕 瓜 Fresh Melon  西米糖水 Mixed Bean with Tapioca  西米糖水(糊) Pureed Mixed Bean with Tapioca  西米糖水 Mixed Bean with Tapioca  西米糖水 Mixed Bean with Tapioca  西米糖水 Banana Pudding	世果蛋糕	Pureed Mango Cake Pureed Banana Mango Ice cream 香布丁 Vanilla Pudding (Pureed)  本果蛋糕 Mango Cake Fresh Melon  西米糖水 Mixed Bean with Tapioca  香蕉布丁 Banana Pudding  香蕉布丁 Banana Pudding  西米糖水 Mixed Bean with Tapioca  西米糖水 With Tapioca  西米糖水 Mixed Bean with Soup  本在相 Pureed Almond Milk Soup  本任期 Pureed Almond Milk Soup  本任期 Pureed Mango  本任期 Pureed Almond Milk Soup  本任期 Pureed Mango  本年期 Pureed Mango  本任期 Pureed Mango  本任期 Pureed Mango	Pureed Mango Cake Pureed Banana Mango Ice cream 香布丁 Vanilla Pudding (Pureed)  世果蛋糕 Mango Cake Fresh Melon  西米糖水 Mixed Bean with Tapioca  西米糖水(糊) Pureed Mixed Bean with Tapioca  西米糖水 Mixed Bean with Tapioca  西米糖水 Mixed Bean with Tapioca  西米糖水 Mixed Bean with Tapioca  本蕉布丁 Banana Pudding  本蕉布丁 Banana Pudding  本任糊 Pureed Almond Milk Soup  本任糊 Pureed Almond Milk Soup  本任糊 Pureed Mango  本任糊 Almond Milk  本人 Mixed Bean with Mixed Bean wi	Pureed Mango Cake Pureed Banana Pureed Banana Mango Ice cream Fresh Melon  西米糖水 Mixed Bean with Tapioca  西米糖水 Mixed Bean wit

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