



Edmonton Chinatown Care Centre Summer/Fall 2024 華埠護理中心

Week 1 第 1 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
早餐 Breakfast	煮雞蛋 雞粥	雞絲菜心炒米粉 咸瘦肉粥	蒸豆沙飽 北菇雞粥	上海雲吞 魚粥	蒸雞飽 皮蛋瘦肉粥	煮雞蛋 海鮮粥	蒸腸粉 碎菜瘦肉粥
	Boiled Egg Chicken Congee	Stir-Fried Rice Noodle with Chicken and Stir-Fried Choy Sum Salted Lean Pork Congee	Red Bean Bun Chinese Mushroom and Chicken Congee	Wor Wonton Fish Congee	Steamed Chicken Bun Lean Pork and Preserved Egg Congee	Boiled Egg Seafood Congee (Fish and Shrimp)	Rice Noodle Roll with Egg Seasonal Vegetables and Minced Pork Congee
	鮮奶,果汁,多士,咖啡,茶,麥片,酸奶,豆奶 Milk, Juice, Toast, Coffee, Tea, Oatmeal, Yogurt	鮮奶,果汁,多士,咖啡,茶,麥片,酸奶,豆奶 Milk, Juice, Toast, Coffee, Tea, Oatmeal, Yogurt	鮮奶,果汁,多士,咖啡,茶,麥片,酸奶,豆奶 Milk, Juice, Toast, Coffee, Tea, Oatmeal, Yogurt	鮮奶,果汁,多士,咖啡,茶,麥片,酸奶,豆奶 Milk, Juice, Toast, Coffee, Tea, Oatmeal, Yogurt	鮮奶,果汁,多士,咖啡,茶,麥片,酸奶,豆奶 Milk, Juice, Toast, Coffee, Tea, Oatmeal, Yogurt	鮮奶,果汁,多士,咖啡,茶,麥片,酸奶,豆奶 Milk, Juice, Toast, Coffee, Tea, Oatmeal, Yogurt	鮮奶,果汁,多士,咖啡,茶,麥片,酸奶,豆奶 Milk, Juice, Toast, Coffee, Tea, Oatmeal, Yogurt
午餐 Lunch	湯 什豆煲雞湯	雪耳紅棗煲雞	青紅蘿蔔煲豬骨瘦肉	西洋菜南北杏煲瘦肉	蕃茄薯仔蜆肉豬骨湯	菜干煲豬骨	霸王花羅漢果煲豬骨瘦肉
	Chicken and Mixed Bean Soup	Chicken Soup with Snow Fungus and Red Dates	Green Radish, Carrot and Pork Bone Soup	Watercress and Pork Bone Soup	Tomato Vegetable Soup with Clams	Dried Vegetables and Pork Soup	Night Blooming Cereus Flower and Monk Fruit Soup
	番茄牛肉 A	雞茸蒸滑蛋 A	椒鹽大蝦球 A	粟米魚塊 A	菠蘿咕嚕肉 A	薑蔥龍俐柳 A	北菇蒸滑雞 A
	Beef with Tomato	Steamed Eggs with Minced Chicken	Fried Shrimp Ball with Carrot and Onion	Fish in Creamy Corn Sauce	Sweet and Sour Pork	Basa Fish in Sweet Ginger Sauce	Steamed Chicken
	臘腸燴粉絲 B	肉片炒菜心 B	沙爹豆角炒魚片 B	味菜雞片 B	薯仔雜菜燜雞片 B	雜菜炒肉片 B	白菜炒肉片 B
	Chinese Sausage with Glass Noodles and Stir-Fried Suey Choy 鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	Pork with Fried Choy Sum 鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	Stir-Fried Fish Cakes and Beans in Satay Sauce 鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	Stir-Fried Shredded Chicken with Preserved Vegetables 鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	Chicken with Potato and Veggie Stew 鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	Stir Fry Pork with Mixed Veggie 鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	Pork Stir Fry with Bok Choy 鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice
晚餐 Supper	湯 什豆煲雞湯	雪耳紅棗煲雞	青紅蘿蔔煲豬骨瘦肉	西洋菜南北杏煲瘦肉	菜干煲豬骨	蕃茄薯仔蜆肉豬骨湯	合桃元肉煲雞
	Chicken and Mixed Bean Soup	Chicken Soup with Snow Fungus and Red Dates	Green Radish, Carrot and Pork Bone Soup	Watercress and Pork Bone Soup	Dried Vegetables and Pork Soup	Tomato Vegetable Soup with Clams	Night Blooming Cereus Flower and Monk Fruit Soup
	雙菇滑豆腐 A	豉汁龍利柳 A	豉油皇雞腿 A	豉椒肉片 A	滑蛋炒蝦仁 A	廚師精選 A	蒜蓉蒸排骨 A
	Two Kind of Mushrooms with Tofu	Basa Filet in Black Bean Sauce	Drumsticks in Soy Sauce	Sliced Pork & Peppers with Black Bean Sauce	Scramble Eggs with Shrimp	Chef's Choice	Diced Pork in Garlic Sauce
	翠玉瓜雲耳雞柳 B	冬瓜炆雞片 B	椰菜花炒肉片 B	豆角雞片 B	百多利炒牛肉 B	肉絲燜米粉 B	翠玉瓜炒雞片 B
	Stir-Fried Chicken with Zucchini & Black Fungus 鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	Winter Melon with Chicken and Chinese Mushroom 鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	Stir-Fried Cauliflower & Pork 鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	Stir-Fried Chicken with Snow Peas 鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	Beef and Broccoli Stir Fry 鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	Braised Pork with Rice Noodle and Taiwan Cabbage 鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	Stir Fried Zucchini and Chicken 鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice



Edmonton Chinatown Care Centre Summer/Fall 2024 華埠護理中心

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
早餐 Breakfast	奶皇飽 雞粥	雞湯通心粉 咸瘦肉粥	炒烏冬 魚粥	蒸菜肉飽 碎菜雞肉粥	煮雞蛋 皮蛋瘦肉粥	煮水餃 海鮮粥	蒸腸粉 北菇雞粥
	Steamed Egg Bun Chicken Congee	Chicken and Macaroni Soup Salted Lean Pork Congee	Stir-Fried Udon with Mixed Vegetables and Chicken Fish Congee	Steamed Pork and Veggie Bun Seasonal Vegetables and Minced Chicken Congee	Boiled Egg Lean Pork and Preserved Egg Congee	Boiled Pork and Vegetable Dumplings Seafood Congee (Fish and Shrimp)	Rice Noodle Roll with Egg Chinese Mushroom & Chicken Congee
	鮮奶,果汁,多士,咖啡,茶,麥片,酸奶 Milk, Juice, Toast, Coffee, Tea, Oatmeal, Yogurt	鮮奶,果汁,多士,咖啡,茶,麥片,酸奶 Milk, Juice, Toast, Coffee, Tea, Oatmeal, Yogurt	鮮奶,果汁,多士,咖啡,茶,麥片,酸奶 Milk, Juice, Toast, Coffee, Tea, Oatmeal, Yogurt	鮮奶,果汁,多士,咖啡,茶,麥片,酸奶 Milk, Juice, Toast, Coffee, Tea, Oatmeal, Yogurt	鮮奶,果汁,多士,咖啡,茶,麥片,酸奶 Milk, Juice, Toast, Coffee, Tea, Oatmeal, Yogurt	鮮奶,果汁,多士,咖啡,茶,麥片,酸奶 Milk, Juice, Toast, Coffee, Tea, Oatmeal, Yogurt	鮮奶,果汁,多士,咖啡,茶,麥片,酸奶 Milk, Juice, Toast, Coffee, Tea, Oatmeal, Yogurt
午餐 L u n c h	什豆煲雞湯	霸王花羅漢果煲豬骨瘦肉	雪耳紅棗煲雞	青紅蘿蔔煲豬骨瘦肉	清保涼甘筍煲瘦肉	蕃茄薯仔蜆肉豬骨湯	黑豆眉豆腐竹煲豬骨瘦肉
	Chicken and Mixed Bean Soup	Night Blooming Cereus Flower and Monk Fruit Soup	Chicken Soup with Snow Fungus and Red Dates	Green Radish, Carrot and Pork Bone Soup	Pork Broth with Carrots and Ching Po Leung	Tomato Vegetable Soup with Clams	Black Eyed Beans and Pork Bone Soup
	銀芽炒三絲 A	肉松蒸蛋 A	豉汁南瓜蒸排骨 A	菠蘿咕嚕肉 A	紅燒豆腐燴蝦丸 A	五香牛腩 A	雙菇滑豆腐 A
	Pork with Bean Sprout and Mushroom	Steamed Egg with Pork	Steamed Ribs with Pumpkin in Black Bean Sauce	Sweet & Sour Pork	Braise Tofu with Shrimp Ball	Beef Brisket and Daikon	Two Kind of Mushrooms with Tofu
	時菜雞片 B	雜菜炒蝦仁 B	西芹炒雞柳 A	節瓜生筋雞 B	鮮茄雞絲炒意粉 B	白菜炒肉片 B	百加利炒雞柳 B
	Stir-Fried Yu Choy with Chicken	Shrimp Stir fry with Mix Vegetables	Celery, Carrots, Bell pepper and Chicken Stir-Fry	Chicken with Winter Melon & Gluten Ball	Chicken & Tomato Stir-Fried Spaghetti with Assorted Veg	Stir-Fried Shredded Pork with Baby Bok Choy	Stir-Fried Chicken with Broccoli
鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	
晚餐 D i n n e r	什豆煲雞湯	霸王花羅漢果煲豬骨瘦肉	雪耳紅棗煲雞	青紅蘿蔔煲豬骨瘦肉	清保涼甘筍煲瘦肉	蕃茄薯仔蜆肉豬骨湯	黑豆眉豆腐竹煲豬骨瘦肉
	Chicken and Mixed Bean Soup	Night Blooming Cereus Flower and Monk Fruit Soup	Chicken Soup with Snow Fungus and Red Dates	Green Radish, Carrot and Pork Bone Soup	Pork Broth with Carrots and Ching Po Leung	Tomato Vegetable Soup with Clams	Black Eyed Beans and Pork Bone Soup
	茄汁龍利柳 A	豉油皇雞腿 A	薯仔燜牛肉 A	滑蛋炒蝦仁 A	西芹紅蘿蔔炒雞片 A	廚師精選 A	粟米龍利柳 A
	Steamed Basa Fillets in Tomato Sauce	Drumsticks in Soy Sauce	Beef and Potato Stew	Scrambled Eggs with Shrimps	Chicken with Celery and Carrot Stir Fry	Chef's Choice	Steamed Basa Fillets in Corn Sauce
	蘿蔔燴肉片 B	翠玉瓜炒牛肉 B	沙爹豆角炒魚片 B	菜心炒肉片 B	椰菜花炒肉片 B	魚香茄子 B	肉絲炒麵 B
	Daikon Pork Stew	Stir-Fried Zucchini with Beef	Stir-Fried Fish Cakes and Beans in Satay Sauce	Shredded Pork with Choy Sum	Pork with Cauliflower	Minced Pork with Eggplant and Fish Sauce	Pork Chow Mein & Assorted Veg
鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	



Edmonton Chinatown Care Centre Summer/Fall 2024 華埠護理中心

Week 3 第3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							
早餐 Breakfast	肉絲炒米 滑雞粥	煮雞蛋 咸瘦肉粥	蒸豆沙飽 北菇雞粥	上海雲吞 魚粥	煮雞蛋 皮蛋瘦肉粥	蒸叉燒包 海鮮粥	蒸腸粉 碎菜瘦肉粥							
	Pork with Fried Noodle Chicken Congee	Boiled Egg Salted Lean Pork Congee	Red Bean Bun Chinese Mushroom and Chicken Congee	Wor Wonton Fish Congee	Boiled Egg Lean Pork and Preserved Egg Congee	Steamed BBQ Pork Bun Seafood Congee (Fish and Shrimp)	Rice Noodle Roll with Egg Seasonal Vegetables and Minced Pork Congee							
	鮮奶,果汁,多士,咖啡,茶,麥片,酸奶 Milk, Juice, Toast, Coffee, Tea, Oatmeal, Yogurt	鮮奶,果汁,多士,咖啡,茶,麥片,酸奶 Milk, Juice, Toast, Coffee, Tea, Oatmeal, Yogurt	鮮奶,果汁,多士,咖啡,茶,麥片,酸奶 Milk, Juice, Toast, Coffee, Tea, Oatmeal, Yogurt	鮮奶,果汁,多士,咖啡,茶,麥片,酸奶 Milk, Juice, Toast, Coffee, Tea, Oatmeal, Yogurt	鮮奶,果汁,多士,咖啡,茶,麥片,酸奶 Milk, Juice, Toast, Coffee, Tea, Oatmeal, Yogurt	鮮奶,果汁,多士,咖啡,茶,麥片,酸奶 Milk, Juice, Toast, Coffee, Tea, Oatmeal, Yogurt	鮮奶,果汁,多士,咖啡,茶,麥片,酸奶 Milk, Juice, Toast, Coffee, Tea, Oatmeal, Yogurt							
午餐 Lunch	青紅蘿蔔煲豬骨瘦肉	雪耳紅棗煲雞	西洋菜南北杏煲瘦肉	霸王花羅漢果煲豬骨瘦肉	蕃茄薯仔雜菜煲豬骨	菜干煲豬骨	什豆煲雞湯							
	Green Radish and Carrot and Pork Bone Soup	Chicken Soup with Snow Fungus and Red Dates	Watercress Soup	Night Blooming Cereus Flower and Monk Fruit Soup	Tomato Soup with Potatoes and Pork Bone	Dried Vegetables and Pork Soup	Chicken and Mixed Bean Soup							
	雞茸蒸滑蛋	A	茄汁龍利柳	A	豉油皇雞腿	A	蒜蓉蒸排骨	A	滑豆腐炒蘑菇	A	椒鹽大蝦球	A	雞粒炒蛋	A
	Steamed Eggs with Minced Chicken	Steamed Basa Fillets in Tomato Sauce	Chicken Drumstick	Diced Pork in Garlic Sauce	Tofu with Mushroom	Fried Shrimp Ball with Carrot and Onion & Assorted Veg	Scramble Egg with Minced Chicken							
	上海菜炒蝦仁	B	節瓜生筋肉片	B	沙爹豆角炒魚片	B	紹菜炒雞片	B	四季豆炒雞片	B	高麗菜炒雞河	B	豉汁肉片	B
	Shrimp Stir fry with Shanghai Bok Choy	Roast Pork with Winter Melon & Gluten Ball	Stir-Fried Fish Cakes and Beans in Satay Sauce	Suey Choy With Chicken	Stir-Fried Chicken with Snow Peas	Taiwan Cabbage and Chicken Stir Fry Rice Noodle	Stir Fry Vegetables and Pork in Black Bean Sauce							
	鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice							
晚餐 Dinner	青紅蘿蔔煲豬骨瘦肉	雪耳紅棗煲雞	西洋菜南北杏煲瘦肉	霸王花羅漢果煲豬骨瘦肉	蕃茄薯仔雜菜煲豬骨	菜干煲豬骨	什豆煲雞湯							
	Green Radish and Carrot and Pork Bone Soup	Chicken Soup with Snow Fungus and Red Dates	Watercress Soup	Night Blooming Cereus Flower and Monk Fruit Soup	Tomato Soup with Potatoes and Pork Bone	Dried Vegetables and Pork Soup	Chicken and Mixed Bean Soup							
	椰汁咖喱牛肉	A	菠蘿咕嚕肉	A	麻婆豆腐	A	薑蔥龍俐柳	A	蘿蔔牛腩	A	廚師精選	A	北菇蒸滑雞	A
	Curry beef	Sweet & Sour Pork	Tofu with Minced Chicken	Basa Fish in Sweet Ginger Sauce	Beef Brisket with Daikon	Chef's Choice	Steamed Chicken							
	蘿蔔燴三絲	B	翠玉瓜炒雞片	B	椰菜花炒肉片	B	百加利炒雞片	B	菜心炒肉片	B	白菜仔炒牛肉	B	沙爹豆角炒魚片	B
	Shredded Pork with Mushrooms and Daikon	Stir-Fried Chicken with Zucchini	Pork with Mixed Veg	Stir-Fried Broccoli & Chicken	Choy Sum & Pork	Beef & Baby Bok Choy	Stir-Fried Fish Cakes and Beans in Satay Sauce							
	鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice	鮮奶,果汁,茶,白粥,肉粥,白飯 Milk, Juice, Tea, Congee, Steam rice							



Edmonton Chinatown Care Centre Summer/Fall 2024 華埠護理中心

Week 4 第 4 周

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	奶皇飽 雞粥	煮雞蛋 咸瘦肉粥	炒烏冬 魚粥	雞湯通心粉 碎菜雞肉粥	煮雞蛋 皮蛋瘦肉粥	蒸叉燒包 海鮮粥	蒸腸粉 北菇雞粥
	Steamed Egg Bun Chicken Congee 鮮奶,果汁,多士,咖啡,茶,麥片,酸奶 Milk, Juice, Toast, Coffee, Tea, Oatmeal, Yogurt	Boiled Egg Salted Lean Pork Congee 鮮奶,果汁,多士,咖啡,茶,麥片,酸奶 Milk, Juice, Toast, Coffee, Tea, Oatmeal, Yogurt	Stir-Fried Udon with Mixed Vegetables and Chicken Fish Congee 鮮奶,果汁,多士,咖啡,茶,麥片,酸奶 Milk, Juice, Toast, Coffee, Tea, Oatmeal, Yogurt	Chicken and Macaroni Soup Seasonal Vegetables and Minced Chicken Congee 鮮奶,果汁,多士,咖啡,茶,麥片,酸奶 Milk, Juice, Toast, Coffee, Tea, Oatmeal, Yogurt	Boiled Egg Lean Pork and Preserved Egg Congee 鮮奶,果汁,多士,咖啡,茶,麥片,酸奶 Milk, Juice, Toast, Coffee, Tea, Oatmeal, Yogurt	Steamed BBQ Pork Bun Seafood Congee (Fish and Shrimp) 鮮奶,果汁,多士,咖啡,茶,麥片,酸奶 Milk, Juice, Toast, Coffee, Tea, Oatmeal, Yogurt	Rice Noodle Roll with Egg Chinese Mushroom & Chicken Congee 鮮奶,果汁,多士,咖啡,茶,麥片,酸奶 Milk, Juice, Toast, Coffee, Tea, Oatmeal, Yogurt
午餐	黑豆眉豆腐竹煲豬骨瘦肉	蕃茄薯仔蜆肉豬骨湯	雪耳紅棗煲雞	霸王花羅漢果煲豬骨瘦肉	青紅蘿蔔無花果煲豬骨瘦肉	清保涼甘筍煲瘦肉	合桃圓肉煲雞
	Black Eyed Beans and Pork Bone Soup	Tomato Vegetable Soup with Clams	Chicken Soup with Snow Fungus and Red Dates	Night Blooming Cereus and Mangosteen Soup	Green Radish, Carrot and Pork Bone Soup	Pork Broth with Carrots and Ching Po Leung	Walnuts, Dried Lungan & Chicken Soup
	銀芽炒三絲 A	豉油皇雞腿 A	鴛鴦蒸滑蛋 A	粟米魚塊 A	蘿蔔牛腩 A	西色午餐 A	紅燒豆腐燴蝦丸 A
	Pork with Bean Sprout and Mushroom	Drumstick in Soy Sauce	Steamed Eggs with Preserved Eggs	Steamed Basa Fillets in Corn Sauce	Beef Brisket With Daikon	Chef Choice Western Lunch	Braised Tofu with Shrimp Ball, Carrot, Onion, Green Beans
	時菜雞片 B	百加利炒肉片 B	時菜炒牛肉 B	菜心炒肉片 B	干炒雞絲意粉 B	翠玉瓜雲耳雞柳 B	節瓜生筋肉片 B
	Stir-Fried Yu Choy with Chicken	Stir-Fried Sliced Pork with Broccoli	Beef with Suey Choy	Stir-Fried Mixed Veggie With Pork	Bean Sprouts, Carrots, Onion and Chicken Stir Fry in Spaghetti Noodle	Stir-Fried Chicken with Zucchini and Black Fungus	Roast Pork with Winter Melon & Gluten Ball
鮮奶,果汁,茶,白粥,肉粥,白飯炒紹菜 Milk, Juice, Tea, Congee, Steam rice	鮮奶,果汁,茶,白粥,肉粥,白飯炒紹菜 Milk, Juice, Tea, Congee, Steam rice	鮮奶,果汁,茶,白粥,肉粥,白飯炒紹菜 Milk, Juice, Tea, Congee, Steam rice	鮮奶,果汁,茶,白粥,肉粥,白飯炒紹菜 Milk, Juice, Tea, Congee, Steam rice	鮮奶,果汁,茶,白粥,肉粥,白飯炒紹菜 Milk, Juice, Tea, Congee, Steam rice	鮮奶,果汁,茶,白粥,肉粥,白飯炒紹菜 Milk, Juice, Tea, Congee, Steam rice	鮮奶,果汁,茶,白粥,肉粥,白飯炒紹菜 Milk, Juice, Tea, Congee, Steam rice	
晚餐	黑豆眉豆腐竹煲豬骨瘦肉	蕃茄薯仔蜆肉豬骨湯	雪耳紅棗煲雞	霸王花羅漢果煲豬骨瘦肉	青紅蘿蔔無花果煲豬骨瘦肉	清保涼甘筍煲瘦肉	合桃圓肉煲雞
	Black Eyed Beans and Pork Bone Soup	Tomato Vegetable Soup with Clams	Chicken Soup with Snow Fungus and Red Dates	Night Blooming Cereus and Mangosteen Soup	Green Radish, Carrot and Pork Bone Soup	Pork Broth with Carrots and Ching Po Leung	Walnuts, Dried Lungan & Chicken Soup
	姜葱龍脷柳 A	麻婆豆腐 A	菠蘿咕嚕肉	蕃茄雞片 A	豉汁南瓜燴肉片 B	廚師精選 A	茄汁龍利柳 A
	Steamed Basa Fillet in Ginger & Green Onion Sauce	Tofu with Minced Chicken	Sweet & Sour Pork	Stir Fry Chicken with Tomato	Steamed Pumpkin and Pork in Black Bean Sauce	Chef's Choice	Steamed Basa Fillets in Tomato Sauce
	上海菜炒肉片 B	翠玉瓜炒肉片 B	沙爹豆角炒魚片 B	蘿蔔燴三絲 B	上海菜炒雞片 B	青椒西芹炒肉片 A	涼瓜炒牛肉 A
	Pork with Baby Bok Choy	Stir-Fried Pork with Zucchini	Stir-Fried Fish Cakes and Beans in Satay Sauce	Stir-Fried Daikon with Chinese Sausage & Mushroom	Stir Fry Chicken with Shanghai Bok Choy	Pork with Bell Pepper, Celery and Carrot Stir Fry	Beef with Bittermelon
鮮奶,果汁,茶,白粥,肉粥,白飯炒紹菜 Milk, Juice, Tea, Congee, Steam rice	鮮奶,果汁,茶,白粥,肉粥,白飯炒紹菜 Milk, Juice, Tea, Congee, Steam rice	鮮奶,果汁,茶,白粥,肉粥,白飯炒紹菜 Milk, Juice, Tea, Congee, Steam rice	鮮奶,果汁,茶,白粥,肉粥,白飯炒紹菜 Milk, Juice, Tea, Congee, Steam rice	鮮奶,果汁,茶,白粥,肉粥,白飯炒紹菜 Milk, Juice, Tea, Congee, Steam rice	鮮奶,果汁,茶,白粥,肉粥,白飯炒紹菜 Milk, Juice, Tea, Congee, Steam rice	鮮奶,果汁,茶,白粥,肉粥,白飯炒紹菜 Milk, Juice, Tea, Congee, Steam rice	