



Edmonton Chinatown Care Centre Winter Menu 2023 點城華埠護理中心

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	蒸菜肉飽 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 皮蛋瘦肉粥	蒸雞飽 海鮮粥	蒸腸粉 碎菜瘦肉粥
	Steamed Pork and Veggie Bun Chicken Congee	Wonton in Soup Salted Lean Pork Congee	Red Bean Bun Chinese Mushroom and Chicken Congee	Pork and Veggie Noodles Fish Congee	Boiled dumplings Lean Pork and Preserved Egg Congee	Steamed Chicken Bun Seafood Congee (Fish and Shrimp)	Rice Noodle Roll with Egg Seasonal Vegetables and Minced Pork Congee
	鮮奶,果汁,白粥,麥片,多士,咖啡,茶 Milk, Juice, Oatmeal, Toast, Coffee, Tea	鮮奶,果汁,白粥,麥片,多士,咖啡,茶 Milk, Juice, Oatmeal, Toast, Coffee, Tea	鮮奶,果汁,白粥,麥片,多士,咖啡,茶 Milk, Juice, Oatmeal, Toast, Coffee, Tea	鮮奶,果汁,白粥,麥片,多士,咖啡,茶 Milk, Juice, Oatmeal, Toast, Coffee, Tea	鮮奶,果汁,白粥,麥片,多士,咖啡,茶 Milk, Juice, Oatmeal, Toast, Coffee, Tea	鮮奶,果汁,白粥,麥片,多士,咖啡,茶 Milk, Juice, Oatmeal, Toast, Coffee, Tea	鮮奶,果汁,白粥,麥片,多士,咖啡,茶 Milk, Juice, Oatmeal, Toast, Coffee, Tea
午餐 Lunch	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 and 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	豉汁蒸排骨 A	粟米魚塊 A	椒鹽大蝦球 A	菠蘿咕嚕肉 A	北菇蒸滑雞 A
	Beef with Tomato	Steamed Eggs with Minced Chicken	Ribs in Black Bean Sauce	Fish in Creamy Corn Sauce	Fried Shrimp Balls	Sweet and Sour Pork	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	雞絲炒米粉 B	雞片炒白菜 B	薯仔燻肉片 B
	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 Fry with Bok Choy	Pork with Potato Stew
蒜茸白菜仔 Baby Bok Choy with Garlic				炒百加利 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 Supper	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 and 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
	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
	Steamed Pork with Mushrooms	Basa Filet in Black Bean Sauce	Drumsticks in Soy Sauce	Scramble Eggs with Shrimp	Braised Tofu with Minced Chicken	Chef Choice	Diced Pork in Garlic Sauce
	雙花豆腐 B	翠玉瓜雲耳雞柳 B	雜菜炒肉片 B	豆角雞片 B	豉椒肉片 B	香炒肉片 B	臘腸燴粉絲 B
	Braised Tofu with Chicken	Stir-Fried chicken with Zucchini & Black Fungus	Stir-Fried Mixed Vegetables & Pork	Stir-Fried Chicken with Snow Peas	Sliced pork & peppers with black beans sauce	Stir Fried Zucchini and Chicken	Dried & Chinese Sausage with Glass Noodles
炒百加利 Stir-Fried Broccoli	炒紹菜 Stir-Fried Suey Choy	炒椰菜花 Stir-Fried Cauliflower	炒雜豆 Stir-Fried Mixed beans	炒紹菜 Stir-Fried Suey Choy	炒椰菜花 Stir-Fried Cauliflower	鹽油上海菜 Shanghai Bok Choy	
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 Winter Menu 2023 點城華埠護理中心

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	煮水餃 魚粥	炒烏冬 碎菜雞肉粥	蒸雞飽 皮蛋瘦肉粥	雪菜肉絲焗米 海鮮粥	蒸腸粉 北菇雞粥
	Steamed Egg Bun Chicken Congee	Chicken and Macaroni Soup Salted Lean Pork Congee	Boiled Dumplings Fish Congee	Stir-Fried Udon with Pork Seasonal Vegetables and Minced Chicken Congee	Steamed Chicken Bun Lean Pork and Preserved Egg Congee	Braised Rice Noodle with Preserved Veggies and Shredded Pork Seafood Congee (Fish and Shrimp)	Rice Noodle Roll with Egg Chinese Mushroom & Chicken Congee
	鮮奶,果汁,白粥,麥片,多士,咖啡,茶 Milk, Juice, Oatmeal, Toast, Coffee, Tea	鮮奶,果汁,白粥,麥片,多士,咖啡,茶 Milk, Juice, Oatmeal, Toast, Coffee, Tea	鮮奶,果汁,白粥,麥片,多士,咖啡,茶 Milk, Juice, Oatmeal, Toast, Coffee, Tea	鮮奶,果汁,白粥,麥片,多士,咖啡,茶 Milk, Juice, Oatmeal, Toast, Coffee, Tea	鮮奶,果汁,白粥,麥片,多士,咖啡,茶 Milk, Juice, Oatmeal, Toast, Coffee, Tea	鮮奶,果汁,白粥,麥片,多士,咖啡,茶 Milk, Juice, Oatmeal, Toast, Coffee, Tea	鮮奶,果汁,白粥,麥片,多士,咖啡,茶 Milk, Juice, Oatmeal, Toast, Coffee, Tea
午餐 Lunch	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 and 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
	麻婆豆腐 A	肉松蒸蛋 A	豉汁蒸排骨 A	菠蘿咕嚕肉 A	紅燒豆腐燴蝦丸 A	五香牛腩 A	北菇蒸滑雞 A
	Braised Tofu with Minced Chicken	Steamed Egg with Pork	Steamed Ribs in Black Bean Sauce	Sweet & Sour Pork	Braise Tofu with Shrimp Balls	Beef Brisket	Steamed Chicken
	家鄉炒河 B	時菜雞片 B	雙菇滑豆腐 B	節瓜生筋雞 B	干炒雞絲意粉 B	味菜肉片 B	薯仔焗肉片 B
	Stir-Fried Rice Noodle with Pork	Stir-Fried Yu Choy with Chicken	Two Kind of Mushrooms & Minced Chicken with Tofu	Chicken with Winter Melon & Gluten Ball	Pan Fried Chicken and Pasta	Stir-Fried Shredded Pork with Preserved Vegetables	Pork and Potato Stew
	炒菜芯		鹽油上海菜		炒高麗菜		炒紹菜
Stir-Fried Choy Sum		Shanghai Bok Choy		Stir-Fried Taiwan Cabbage		Stir-Fried Suey Choy	
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 Supper	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 and 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
	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
	Steamed Basa Fillets in Thai Sauce	Drumsticks in Soy Sauce	Scrambled Eggs with Shrimps	Braised Tofu with Chicken	Chicken with Bell Peppers, Celery and Carrot Stir Fry	Chef Choice	Steamed Basa Fillets in Corn Sauce
	蘿蔔燴肉片 B	翠玉瓜炒牛肉 B	蘿蔔燴三絲 B	沙爹豆角炒魚片 B	腊味燴津絲 B	翠玉瓜炒雞柳 B	魚香茄子 B
	Daikon Pork Stew	Stir-Fried Zucchini with Beef	Shredded Pork with Mushrooms and Daikon	Stir-Fried Fish Cakes and Beans in Satay Sauce	Cabbage with Glass Noodle	Stir-Fried Chicken with Zucchini	Minced Pork with Eggplant and Fish Sauce
	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
Stir-Fried Mixed beans	Stir-Fried Suey Choy	Stir-Fried Cauliflower	Stir-Fried Choy Sum	Baby Bok Choy with Garlic	Stir-Fried Cauliflower	Stir-Fried 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	



Edmonton Chinatown Care Centre Winter Menu 2023 點城華埠護理中心

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	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 皮蛋瘦肉粥	蒸雞飽 海鮮粥	蒸腸粉 碎菜瘦肉粥
	Steamed Pork and Veggie Bun Chicken Congee	Wonton in Soup Salted Lean Pork Congee	Red Bean Bun Chinese Mushroom and Chicken Congee	Pork and Veggie Noodles Fish Congee	Boiled dumplings Lean Pork and Preserved Egg Congee	Steamed Chicken Bun Seafood Congee (Fish and Shrimp)	Rice Noodle Roll with Egg Seasonal Vegetables and Minced Pork Congee
	鮮奶,果汁,白粥,麥片,多士,咖啡,茶 Milk, Juice, Oatmeal, Toast, Coffee, Tea	鮮奶,果汁,白粥,麥片,多士,咖啡,茶 Milk, Juice, Oatmeal, Toast, Coffee, Tea	鮮奶,果汁,白粥,麥片,多士,咖啡,茶 Milk, Juice, Oatmeal, Toast, Coffee, Tea	鮮奶,果汁,白粥,麥片,多士,咖啡,茶 Milk, Juice, Oatmeal, Toast, Coffee, Tea	鮮奶,果汁,白粥,麥片,多士,咖啡,茶 Milk, Juice, Oatmeal, Toast, Coffee, Tea	鮮奶,果汁,白粥,麥片,多士,咖啡,茶 Milk, Juice, Oatmeal, Toast, Coffee, Tea	鮮奶,果汁,白粥,麥片,多士,咖啡,茶 Milk, Juice, Oatmeal, Toast, Coffee, Tea
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
	麻婆豆腐 A	粟米魚塊 A	菠蘿咕嚕肉	豉油皇雞腿 A	豉汁蒸排骨 A	椒鹽大蝦 A	雞粒炒蛋 A
	Tofu with Minced Chicken	Fish in Creamy Corn Sauce	Sweet and Sour Pork	Drumstick in Soy Sauce	Steamed Ribs in Black Bean Sauce	Stir-Fried Shrimp Balls	Scramble Egg with Minced Chicken
	榨菜冬菇蒸肉片 B	節瓜生筋肉片 B	沙爹豆角炒魚片 B	時菜炒肉片 B	四季豆炒雞片 B	雞絲炒米粉 B	豉汁肉片 B
	Steamed Pork with Mushrooms	Roast Pork with Winter Melon & Gluten Ball	Stir-Fried Fish Cakes and Beans in Satay Sauce	Stir-Fried Mixed Veggie With Pork	Stir-Fried Chicken with Snow Peas	Stir-Fried Rice Noodle with Chicken	Stir-Fried Mushroom and Pork
	炒百加利 Stir-Fried Broccoli					鹽油上海菜 Shanghai Bok Choy	炒紹菜 Stir-Fried Suey Choy
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 Supper	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
	滑蛋牛肉 A	榨菜冬菇蒸肉片 A	雞茸蒸滑蛋 A	豆腐薑葱龍喇柳 A	蘿蔔牛腩 A	廚師精選 A	北菇蒸滑雞 A
	Beef with Scrambled Eggs	Steamed Pork with Mushrooms	Steamed Eggs with Minced Chicken	Steamed Tofu and Basa Fish in Sweet Ginger Sauce	Beef Brisket with Daikon	Chef Choice	Steamed Chicken
	蘿蔔燴三絲 B	翠玉瓜炒肉片 B	薯仔燻肉片 B	雙花炒雞片 B	雜菜炒肉片 B	腊味節瓜粉絲 B	沙爹豆角炒魚片 B
	Shredded Pork with Mushrooms and Daikon	Stir-Fried chicken with Zucchini	Pork and Potato Stew	Stir-Fried Mixed Vegetables & Chicken	Stir-Fried Mixed Vegetables & Pork	Dried Shrimp, Hairy Melon with Glass Noodles	Stir-Fried Fish Cakes and Beans in Satay Sauce
	炒紹菜 Stir-Fried Suey Choy	炒高麗菜 Stir-Fried Taiwan Cabbage	鹽油上海菜 Shanghai Bok Choy	炒菜芯 Stir-Fried Choy Sum	鹽油雜豆 Stir Fried Mixed Beans	炒椰菜花 Stir-Fried Cauliflower	炒百加利 Stir-Fried 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	



Edmonton Chinatown Care Centre Winter Menu 2023 點城華埠護理中心

Week 4 第 4 周

Date 日期	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	煮水餃 魚粥	炒烏冬 碎菜雞肉粥	蒸雞飽 皮蛋瘦肉粥	雪菜肉絲焗米 海鮮粥	蒸腸粉 北菇雞粥
	Steamed Egg Bun Chicken Congee	Chicken and Macaroni Soup Salted Lean Pork Congee	Dumplings Fish Congee	Stir-Fried Udon with Pork Seasonal Vegetables and Minced Chicken Congee	Steamed Chicken Bun Lean Pork and Preserved Egg Congee	Braised Rice Noodle with Preserved Veggies and Shredded Pork Seafood Congee (Fish and Shrimp)	Rice Noodle Roll with Egg Chinese Mushroom & Chicken Congee
	鮮奶,果汁,白粥,麥片,多士,咖啡,茶 Milk,Juice,Oatmeal, Toast,Coffee,Tea	鮮奶,果汁,白粥,麥片,多士,咖啡,茶 Milk,Juice,Oatmeal, Toast,Coffee,Tea	鮮奶,果汁,白粥,麥片,多士,咖啡,茶 Milk,Juice,Oatmeal, Toast,Coffee,Tea	鮮奶,果汁,白粥,麥片,多士,咖啡,茶 Milk,Juice,Oatmeal, Toast,Coffee,Tea	鮮奶,果汁,白粥,麥片,多士,咖啡,茶 Milk,Juice,Oatmeal, Toast,Coffee,Tea	鮮奶,果汁,白粥,麥片,多士,咖啡,茶 Milk,Juice,Oatmeal, Toast,Coffee,Tea	鮮奶,果汁,白粥,麥片,多士,咖啡,茶 Milk,Juice,Oatmeal, Toast,Coffee,Tea
午餐 Lunch	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
	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	菠蘿咕嚕肉 A	紅燒豆腐燴蝦丸 A
	Steamed Pork Ribs in Black Bean Sauce	Drumstick in Soy Sauce	Steamed Eggs with Preserved Eggs	Steamed Basa Fillets in Corn Sauce	Beef Brisket With Daikon	Sweet & Sour Pork	Braised Tofu with Shrimp Ball
	揚洲炒飯 B	節瓜生筋肉片 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	蘿蔔燴雞片 B
	Yangzhou Fried Rice	Roast Pork with Winter Melon & Gluten Ball	Stir-Fried Mixed Veggie with Beef	Stir-Fried Mixed Veggie With Pork	Pan Fried Chicken and Pasta	Stir-Fried Chicken with Zucchini and Black Fungus	Daikon chicken Stew
	炒高麗菜 Stir-Fried Taiwan Cabbage				炒菜心 Stir-Fried Choy Sum		炒紹菜 Stir-Fried Suey Choy
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 Supper	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	涼瓜炒牛肉 A	廚師精選 A	青椒西芹炒肉片 A
	Steamed Basa Fillet in Ginger & Green Onion Sauce	Tofu with Minced Chicken	Sweet & Sour Pork	Stir Fry Chicken with Tomato	Beef with Bittermelon	Chef Choice	Pork with Bell Peppers, Celery and Carrot Str Fry
	蘿蔔燴肉片 B	翠玉瓜炒肉片 B	沙爹豆角炒魚片 B	蘿蔔燴三絲 B	味菜肉片 B	豉汁南瓜燴肉片 B	雙花雞片 B
	Daikon Pork Stew	Stir-Fried Pork with Zucchini	Stir-Fried Fish Cakes and Beans in Satay Sauce	Stir-Fried Daikon with Chinese Sausage & Mushroom	Stir-Fried Sliced Pork with Preserved Vegetables	Steamed Pumpkin and Pork in Black Bean Sauce	Stir-Fried Broccoli with Chicken
蒜茸白菜仔 Baby Bok Choy with Garlic	炒紹菜 Stir-Fried Suey Choy	鹽油上海菜 Stir-Fried Shanghai Bok Choy	油鹽雜豆 Stir-Fried Mixed Beans	炒百加利 Stir-Fried Broccoli	鹽油上海菜 Shanghai Bok Choy	炒椰菜花 Stir-Fried Cauliflower	
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	



LeeCaring
COMMUNITIES

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



LeeCaring
COMMUNITIES

Edmonton Chinatown Care Centre
Dessert Menu 甜點餐牌

Week 2 and 4 第2周同第4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)	芒果蛋糕 Mango Cake	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
午餐 Lunch (切碎/搗碎 Minced/Pureed)	芒果蛋糕(糊) Pureed 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
增稠的液體 Thickened Fluids	芒果蛋糕 Mango Cake	瓜 Fresh Melon	布丁 Pudding	椰子布丁 Coconut Pudding	香蕉 Banana	雪糕餅 Strawberry Pie	布丁 Pudding
晚飯 Supper (常規/切丁 Regular/ Diced)	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
切碎/搗碎 Minced/Pureed	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
增稠的液體 Thickened Fluids	西米糖水 Mixed Bean with Tapioca	香蕉布丁 Banana Pudding	杏仁糊 Almond Milk Soup	芒果 Mango	布丁 Pudding	紅豆沙 Red Bean Soup	生果泥 Pureed Fruit