Our Menu sample - Main meals

updated 27/08/2021

星期一 Monday	星期二 Tuesday	星期三 Wednesday	星期四 Thursday	星期五 Friday	星期六 Saturday	星期日 Sunday
早餐 Breakfast						
菠菜煙肉粥 Spinch Bacon Porridge	牛奶麥片 Oatmeal with milk	雞粥 Chicken porridge	牛奶麥片 Oatmeal with milk	粟米粥 Sweet Corn porridge	牛奶麥片 Oatmeal with milk	南瓜粥 Pumpkin porridge
腸仔炒蛋茄汁豆 Fried egg with sausages & baked beans	鬆餅 Muffin	火腿三文治 Ham Sandwich	腸粉 Steamed vermicelli roll	冬菇雞包 Mushroom and Chicken Bun	蒸南瓜糕 Steamed Pumpkin Cake	熟蛋及煙肉、菠菜或腸 Fried egg with bacon, spinach or sausage
牛奶麥片 Oatmeal with milk	豬肉粥 Pork Mince Porridge	牛奶麥片 Oatmeal with milk	南瓜粥 Pumpkin porridge	牛奶麥片 Oatmeal with milk	菠菜煙肉粥 Spinch Bacon Porridge	牛奶麥片 Oatmeal with milk
腸仔炒蛋茄汁豆 Fried egg with sausages & baked beans	豆沙包 Red Bean bun	火腿三文治 Ham Sandwich	义燒包 BBQ Pork Bun	冬菇雞包 Mushroom and Chicken Bun	蒸南瓜糕 Steamed Pumpkin Cake	蒸蛋及菠菜、煙肉或腸 Steamed egg with spinach, bacon or sausage
午餐 Lunch						
蝦仁炒粉或面 Stir fried vermicelli / noodle with shrimp meat	梅菜扣肉飯白飯 Preserved mustard green with Pork belly & Steam rice	椰汁南瓜煮肉片、白飯 Fried Sliced Pork wit pumpkin and coconut sauce & Steam rice	三色蘑菇炒帶子飯 Stir fried scallop w/mushroom, capsicum & steam rice	咸魚茄子煮肉鬆飯 Fried Egg Plant with Salted fish & mince pork & steam rice	五香梅肉 、白飯 Five spice braised with port meat & Steam rice	叉燒芙蓉蛋飯 BBQ Pork with omellete & steam rice
清炒時菜 Stir fried seasonal vegetables	清炒時菜 Stir fried seasonal vegetables	清炒時菜 Stir fried seasonal vegetables	清炒時菜 Stir fried seasonal vegetables	清炒時菜 Stir fried seasonal vegetables	清炒時菜 Stir fried seasonal vegetables	清炒時菜 Stir fried seasonal vegetables
杏仁糊 Almond Sweet Soup	海鮮豆腐羹 Seafood soup with tofu	蘋果雪耳紅棗南北杏紅蘿蔔豬骨湯 Pork bone soup with apple, white fungus, red dates, & carrot	合桃糊 Walnut Sweet Soup	豆腐紫菜雞粒湯 Seaweed with Tofu & Chicken mince Soup	木瓜花生眉豆紅棗雪耳湯 Papaya soup with peanut, cowpea, red dates, fungus	耶香南瓜露 Pumpkin soup with coconut milk
晚餐 Supper						
節瓜炒牛肉片、白飯 Stir fried beef with hairly melon & Steam Rice	粟米雞粒,蛋炒飯 Chicken with sweet corn sauce & egg fried rice	冬菇、冬菜蒸魚、白飯 Steamed fish with Chinese Murshroom, preserved vegetables w/steam rice	梅菜蒸肉餅、白飯 Steamed minced pork with preserved mustard green (Mui Choy) & Steam Rice	海南雞飯 Hainan Chicken Rice	臘腸雲耳蒸雞飯 Steamed chicken with Chinese susages, black fungus & steam rice	葡國雞飯 Portuguese Chicken Rice
清炒時菜 Stir fried seasonal vegetables	清炒時菜 Stir fried seasonal vegetables	清炒時菜 Stir fried seasonal vegetables	清炒時菜 Stir fried seasonal vegetables	清炒時菜 Stir fried seasonal vegetables	清炒時菜 Stir fried seasonal vegetables	清炒時菜 Stir fried seasonal vegetables
中國茶 Chinese tea	中國茶 Chinese tea	中國茶 Chinese tea	中國茶 Chinese tea	中國茶 Chinese tea	中國茶 Chinese tea	中國茶 Chinese tea