

Used Meal box put in bag, please tie tight,

MUST PUT ON FLOOR

CANNOT PUT ON DOOR HANDLE OR STOOL CHAIR

Delivery Time: Breakfast from 0900hrs, Lunch from 1300hrs, Dinner from 1800hrs

*** 發送時間: 早餐 0900 開始, 午餐 1300 開始, 晚餐 1800 開始***

Week One	早餐 Breakfast	午餐 Lunch	晚餐 Dinner	齋早餐 <u>Vegetarian Breakfast</u>	齋午餐 <u>Vegetarian Lunch</u>	齋晚餐 <u>Vegetarian Dinner</u>
25 Jan	雞肉絲炒麵+饅頭+烩蛋 Fried Noodles with Chicken Shreds Chinese Bun Boiled Egg	榨菜肉鬆燜豆腐+配菜+蔬果 Stewed Tofu and Minced Pork with Tuber Mustard	葡汁芋頭雞球+配菜+蔬果 Stewed Chicken and Taro in Portuguese Sauce	炒麵, 饅頭 Fried Rice Noodles, Steamed Bun	鮮茄素菜飯 Vegetable Rice with Tomatoes	咖哩南瓜粟米飯 Curry pumpkin and corn rice
26 Jan	雜菜炒米粉+魚肉燒賣+烩蛋 Fried Rice Noodles with Mixed Vegetables Siu Mai Boiled Egg	白汁雞球 Chicken with White Sauce	茄子燴肉鬆 Stewed Minced Pork with Eggplant	雜菜炒米粉, 饅頭 Fried Rice Noodles with Mixed Vegetables Steamed Bun	什菌燴豆腐飯 Tofu Rice with Assorted Mushrooms	冬瓜草菇飯 Winter melon and straw mushroom rice
27 Jan	菜干鹹排骨粥+豆沙包+烩蛋 Pork Bone Congee with Chinese Vegetable Sweet Bun Boiled Egg	粟米魚柳 Fish Fillet with Sweetcorn Sauce	蘿蔔牛腩 Stewed Beef Brisket with Radish	炒米粉, 豆沙包 Fried Rice Noodles, Sweet Bun	茄子洋蔥飯 Eggplant and Onion Rice	香草洋蔥薯仔飯 Herbal onion and potato rice

28 Jan	粟米南瓜粥+蓮蓉包+烱蛋 Pumpkin and Corn Congee Lotus Boiled Egg Seed Bun Boiled Egg	燒汁洋蔥雞球 Onion and Chicken in BBQ Sauce	肉醬意粉 Spaghetti with Meat Sauce	粟米南瓜粥，蓮蓉包 Pumpkin and Corn Congee Lotus Boiled Egg Seed Bun	鮮茄素菜飯 Vegetable Rice with Tomatoes	咖哩南瓜粟米飯 Curry pumpkin and corn rice
29 Jan	雞茸雜菜飯+蒸餃+烱蛋 Mixed Vegetables and Grilled Chicken with Rice Steamed Dumpling Boiled Egg	冬瓜粒菇粒肉片湯飯 Sliced Meat Mixed Chinese Watermelon with Chopped Mushrooms in Soup and Rice	瑞士雞扒 Chicken Chop in Swiss Sauce	雜菜飯，豆沙包 Mixed Vegetables Rice Sweet Bun	什菌燴豆腐飯 Tofu Rice with Assorted Mushrooms	冬瓜草菇飯 Winter melon and straw mushroom rice
30 Jan	牛肉通粉+蔥花饅頭+烱蛋 Beef Macaroni Chopped Green Onion Chinese Bun Boiled Egg	蠔皇豆腐雞粒 Stewed Chicken with Tofu in Oyster Sauce	燒汁洋蔥豬柳 Onion and Pork Fillet in BBQ Sauce	炒麵，花卷 Fried Rice Noodles, Steamed Twisted Roll	茄子洋蔥飯 Eggplant and Onion Rice	香草洋蔥薯仔飯 Herbal onion and potato rice
31 Jan	皮蛋瘦肉粥+菜肉包+烱蛋 Preserved Egg and Minced Meat Congee Pork and Cabbage Bun Boiled Egg	菠蘿咕嚕魚 Deep Fired Fish with Pineapple Sweet and Sour Sauce	粟米白汁雞球意粉 Corn and Chicken in White Sauce with Spaghetti	饅頭，七彩炒米粉 Steamed Bun, Fried Rice Noodles with Mixed Vegetables	鮮茄素菜飯 Vegetable Rice with Tomatoes	咖哩南瓜粟米飯 Curry pumpkin and corn rice
Week Two 01 Feb	雞絲炒麵+饅頭+烱蛋 Fried Noodles with Chicken Shreds Chinese Bun Boiled Egg	沙爹牛肉粉絲 Stewed Beef and Rice Noodle in Satay Sauce	黑椒洋蔥燴豬柳 Onion and Pork Fillet in Pepper Sauce	炒麵，饅頭 Fried Rice Noodles, Steamed Bun	什菌燴豆腐飯 Tofu Rice with Assorted Mushrooms	冬瓜草菇飯 Winter melon and straw mushroom rice
02 Feb	菜干鹹排骨粥+紅棗饅頭+烱蛋 Pork Bone Congee with Chinese Vegetable Red Chinese Bun Boiled Egg	翠玉瓜蛋花肉碎湯飯 Chopped Meat with Mixed Courgette Egg drop in Soup and Rice	咖喱薯仔雞球 Stewed Chicken and Potato in Curry Sauce	雜菜炒米粉，饅頭 Fried Rice Noodles with Mixed Vegetables Steamed Bun	茄子洋蔥飯 Eggplant and Onion Rice	香草洋蔥薯仔飯 Herbal onion and potato rice

03 Feb	雜菜炒米粉+魚肉燒賣+烩蛋 Fried Rice Noodles with Mixed Vegetables Siu Mai Boiled Egg	白汁魚柳 Fish Fillet in White Sauce	北菇蒸肉餅 Steamed Minced Pork with Dried Mushrooms	炒米粉，豆沙包 Fried Rice Noodles, Sweet Bun	鮮茄素菜飯 Vegetable Rice with Tomatoes	咖哩南瓜粟米飯 Curry pumpkin and corn rice
04 Feb	粟米南瓜粥+奶黃包+烩蛋 Pumpkin and Corn Congee Custard Bun Boiled Egg	紅酒洋蔥燴牛鬆 Chopped Beef and Onion in Red Wine Sauce	薯仔燜雞球 Stewed Chicken and Potato	粟米南瓜粥，蓮蓉包 Pumpkin and Corn Congee Lotus Boiled Egg Seed Bun	什菌燴豆腐飯 Tofu Rice with Assorted Mushrooms	冬瓜草菇飯 Winter melon and straw mushroom rice
05 Feb	雞茸雜菜飯+蒸餃+烩蛋 Mixed Vegetables and Grilled Chicken with Rice Steamed Dumpling Boiled Egg	番茄肉鬆魚片湯飯 Chopped Tomato, Pork and Fish Fillet in Soup and Rice	菠蘿咕嚕肉 Deep Fried Pork with Pineapple Sweet and Sour Source	雜菜飯，豆沙包 Mixed Vegetables Rice Sweet Bun	茄子洋蔥飯 Eggplant and Onion Rice	香草洋蔥薯仔飯 Herbal onion and potato rice
06 Feb	牛肉通粉+蔥花饅頭+烩蛋 Macaroni with Beef Chopped Green Onion Chinese Bun Boiled Egg	粟米肉粒 Chopped Pork with Sweetcorn	西檸雞 Deep Fried Chicken in Sweet Lemon Sauce	炒麵，花卷 Fried Rice Noodles, Steamed Twisted Roll	鮮茄素菜飯 Vegetable Rice with Tomatoes	咖哩南瓜粟米飯 Curry pumpkin and corn rice
07 Feb	皮蛋瘦肉粥+菜肉包+烩蛋 Preserved Egg and Minced Meat Congee Pork and Cabbage Bun Boiled Egg	支竹燜魚柳 Braised Fish Fillet with Bean Curd Sheet	燒汁洋蔥汁燴牛腩 Onion and Beef Brisket in BBQ Sauce	饅頭，七彩炒米粉 Steamed Bun, Fried Rice Noodles with Mixed Vegetables	什菌燴豆腐飯 Tofu Rice with Assorted Mushrooms	冬瓜草菇飯 Winter melon and straw mushroom rice

Menus are subject to change without notice, depending upon availability of ingredients.

餐單會因食材供應更改, 恕不另行通知