

## 星期一 Monday

### 早餐 Breakfast

淮山杞子粥, 蔥花, 脆片  
yam and wolfberry congee,  
spring onion, chips  
海味蒸蘿蔔糕  
steamed turnip-seafood cake  
2 隻焗蛋  
2 boiled eggs  
生果  
sliced fruit

2 隻焗蛋, 香腸, 焗豆, 焗蕃茄  
2 boiled eggs, sausage,  
baked beans, tomato  
芝士, 凍火腿  
cheese, cold cuts  
軟包, 牛油, 果醬, 香蕉蛋糕  
soft roll, butter, jam, banana bread  
生果  
sliced fruit

時菜素肉湯米粉  
vegetarian meat and vegetable  
rice noodles  
馬拉糕  
steamed chinese sponge cake  
2 隻焗蛋  
2 boiled eggs  
生果  
sliced fruit

### 午餐 Lunch

#### 中式 Chinese

腐竹魚滑濃魚湯  
dried bean curd, fish soup  
鮮茄豬扒, 西蘭花, 白飯  
pork chop with tomato, broccoli,  
steamed rice  
檸檬芝士蛋糕  
lemon cheese cake

#### 西式 Western

三角豆沙律  
mediterranean chickpea salad  
印度牛油雞配印度米, 印度薄餅  
indian chicken curry with basmati  
rice, naan bread  
檸檬芝士蛋糕  
lemon cheese cake

#### 素食 Vegetarian

冬瓜馬蹄粟米煲雪梨  
wintermelon, water chestnut, corn  
and pear soup  
薯仔炆素鴨配白飯  
braised mock duck, mushroom,  
potatoes, steamed rice  
蘋果  
apple

### 晚餐 Dinner

茶樹菇煲竹絲雞湯  
chicken and mushroom soup  
蒜苗豆乾炒潮州魚片, 芥蘭, 白飯  
stir-fried fish fillet, dried bean curd,  
kale, steamed rice  
蘋果  
apple

薯仔忌廉湯  
creamy potato soup  
烤牛肉, 番茄烤千層麵配西蘭花  
baked beef and tomato lasagna  
with broccoli  
蘋果  
apple

絲瓜冬菇素鮑魚湯  
loofah, mushroom and  
mock abalone soup  
咕嚕豆腐鮮冬菇配白飯  
sweet and sour tofu, mushroom,  
steamed rice  
生果  
sliced fruit

## 星期二 Tuesday

### 早餐 Breakfast

海皇醬排骨陳村粉  
steamed rice noodles with  
seafood sauce, pork ribs  
奶皇包  
steamed custard bun  
2 隻茶葉蛋  
2 tea eggs  
生果  
sliced fruit

炒蛋配香腸,脆煙肉和蘑菇  
scrambled eggs, sausage,  
crispy bacon, mushroom  
軟包,牛油,果醬,藍莓瑪芬蛋糕  
soft roll, butter, jam, blueberry muffin  
生果  
sliced fruit

牛油果多士,菠菜,焗豆,焗蕃茄  
avocado toast, spinach,  
baked beans, grilled tomato  
2 隻焗蛋  
2 boiled eggs  
生果  
sliced fruit

### 午餐 Lunch

#### 中式 Chinese

大芹菜豆腐蕃薯湯  
celery, tofu and sweet potato soup  
青豆角雲耳炒西冷牛肉,小白菜,白飯  
stir-fried beef sirloin with  
green beans and black fungus,  
bok choy, steamed rice  
奧利奧朱古力慕絲  
oreo chocolate mousse

#### 西式 Western

燒蝦沙律,粟米,青瓜,蕃茄,紅洋蔥  
grilled shrimp salad, corn, cucumber,  
tomato, red onion  
燒牛肉配芥末薯仔,西蘭花及燒汁  
roasted beef, mustard potatoes,  
broccoli, gravy  
奧利奧朱古力慕絲  
oreo chocolate mousse

#### 素食 Vegetarian

粟米,青瓜,蕃茄,紅洋蔥沙律  
corn, cucumber, tomato,  
red onion salad  
焗茄子千層麵,蕃茄汁  
eggplant lasagna with tomato sauce  
蘋果  
apple

### 晚餐 Dinner

蟲草花杞子紅棗老雞湯  
chicken soup with cordyceps flower,  
red dates and wolfberry soup  
冬菜馬蹄蒸肉餅,菜心,白飯  
steamed meatloaf with dried  
cabbage and water chestnut,  
choy sum, steamed rice  
蘋果  
apple

洋蔥湯  
french onion soup  
雞胸,蘑菇意大利飯  
mushroom risotto with grilled chicken  
breast  
蘋果  
apple

南瓜薑湯  
pumpkin ginger soup  
蘑菇意大利飯  
mushroom risotto  
生果  
sliced fruit

## 星期三 Wednesday

### 早餐 Breakfast

黑松露, 雞肉爛伊麵  
braised e-fu noodles, chicken,  
black truffle  
馬拉糕  
steamed chinese sponge cake  
2 隻鹽焗蛋  
2 salt baked eggs  
生果  
sliced fruit

2 隻焗蛋, 香腸, 焗豆  
2 boiled eggs, sausages, baked  
beans  
焗蕃茄, 軟包, 牛油  
grilled tomato, soft roll, butter  
香蕉蛋糕  
banana bread  
生果  
sliced fruit

淮山百合素菜粥, 蔥花, 脆片  
dried lily bulb, chinese yam,  
vegetable congee, spring onion,  
chips  
蒸粟米蕃薯  
steamed corn and sweet potato  
2 隻鹽焗蛋  
2 salt baked eggs  
生果  
sliced fruit

### 午餐 Lunch

#### 中式 Chinese

紫菜蔥花牛丸湯  
seaweed scallion beef ball soup  
雲南小瓜彩椒炒肉片, 青菜, 白飯  
stir-fried pork slices with chinese  
zucchini and bell pepper,  
vegetable, steamed rice  
咖啡忌廉蛋卷  
coffee cream roll

#### 西式 Western

凱撒沙律  
caesar salad  
蕃茄忌廉蝦, 椰菜花長通粉  
creamy tomato, shrimp, cauliflower  
and penne  
蒜蓉包  
garlic bread  
咖啡忌廉蛋卷  
coffee cream roll

#### 素食 Vegetarian

粟米羹  
sweet corn soup  
雙菇扒時蔬, 白飯  
mushroom fried with vegetables,  
steamed rice  
香橙  
orange

### 晚餐 Dinner

花旗參薏米煲水鴨  
duck with ginseng, barely soup  
豉油雞鹹蛋, 西蘭花, 白飯  
chicken with soy sauce, salted egg,  
broccoli, steamed rice  
香橙  
orange

忌廉蘑菇湯  
creamy mushroom soup  
燒羊架, 蕃薯, 青豆, 薄荷醬  
roasted lamb, sweet potatoes,  
green beans, mint sauce  
香橙  
orange

芫茜豆腐湯  
coriander tofu soup  
素炒雜菜粒, 白飯  
stir-fried mixed vegetable,  
steamed rice  
生果  
sliced fruit

## 星期四 Thursday

### 早餐 Breakfast

生菜絲魚球粥,蔥花,脆片  
fish ball and lettuce congee,  
spring onion, chips  
叉燒包  
steamed bbq pork bun  
2 隻焗蛋  
2 boiled eggs  
生果  
sliced fruit

炒蛋配蘑菇,薯餅和火腿  
scrambled eggs, mushroom,  
hash brown, ham  
提子包,硬包,牛油,果醬  
raisin roll, hard roll, butter, jam  
生果  
sliced fruit

蜜糖麥片  
almond and cinnamon oatmeal  
蘑菇和薯餅  
mushroom, hash brown  
提子包,牛油  
raisin roll, butter  
2 隻雙面煎蛋  
2 fried eggs  
生果  
sliced fruit

### 午餐 Lunch

#### 中式 Chinese

鹹蛋節瓜瘦肉湯  
salted egg, chinese zucchini  
with pork soup  
咕嚕肉,油麥菜,白飯  
sweet and sour pork,  
leaf lettuce, steamed rice  
芒果布甸  
mango pudding

#### 西式 Western

印度青瓜沙律配香草乳酪醬  
indian cucumber salad with  
dill yogurt dressing  
印度乳酪咖喱雞配蔬菜,印度米  
chicken masala, vegetable,  
basmati rice  
印度薄餅  
naan bread  
芒果布甸  
mango pudding

#### 素食 Vegetarian

西蘭花,蘋果,提子乾,果仁沙律  
broccoli, apple, raisin and nuts salad  
印度乳酪咖喱青豆,蘑菇,印度米  
mushroom, green peas muffler,  
basmati rice  
梨  
pear

### 晚餐 Dinner

蘋果雪梨雪耳煲唐排湯  
apple, pear, white fungus and  
pork ribs soup  
魚香茄子,炸魚柳,菠菜,白飯 spicy  
eggplants with minced pork, fried  
fish fillet, spinach, steamed rice  
梨  
pear

茴香甘筍湯  
fennel and carrot soup  
蕃茄,青瓜沙律  
tomato, cucumber salad  
慢煮燉牛肉,蔬菜配白飯  
slow cooked beef and vegetable  
stew, steamed rice  
梨  
pear

茴香甘筍湯  
fennel and carrot soup  
印度式燉蔬菜配印度米  
vegetable kadai with basmati rice  
生果  
sliced fruit

## 星期五 Friday

### 早餐 Breakfast

鮮百合杞子肉碎粥,蔥花,脆片  
pork congee with wolfberry,  
fresh lily bulbs, spring onion, chips  
奶皇包  
steamed custard bun  
紫菜蒸蛋  
steamed eggs with seaweed  
生果  
sliced fruit

班戟,楓糖漿  
pancakes, maple syrup  
焗蛋,焗豆,煙肉  
boiled eggs, baked beans, bacon  
硬包,牛油  
hard roll, butter  
生果  
sliced fruit

銀芽炒米粉  
fried rice noodles with bean sprouts  
杞子紅棗南瓜粥,蔥花,脆片  
pumpkin with wolfberry congee,  
red dates, spring onion, chips  
紫菜蒸蛋  
steamed eggs with seaweed  
生果  
sliced fruit

### 午餐 Lunch

#### 中式 Chinese

蘿蔔絲魚滑湯  
shredded carrot fish soup  
沙葛彩椒炒雞柳,莧菜,白飯  
stir-fried chicken fillet with yam,  
bell pepper, amaranth, steamed rice  
黑森林蛋糕  
black forest cake

#### 西式 Western

吞拿魚沙律  
nicoise salad: tuna, egg,  
potatoes, beans  
牛肉漢堡,炸薯角  
beef burger, potato wedges  
黑森林蛋糕  
black forest cake

#### 素食 Vegetarian

芹菜素火腿湯  
chinese celery and vege ham soup  
雲耳百合蜜豆炒脆肉瓜,白飯  
stir-fried chinese zucchini  
with black fungus, lily bulbs,  
honey beans, steamed rice  
蘋果  
apple

### 晚餐 Dinner

銀耳蓮子百合竹絲雞湯  
chicken soup white fungus,  
lotus seed and lily bulbs  
涼瓜炆魚腐,小棠菜,白飯  
bitter melon, braised fish,  
bok choy, steamed rice  
蘋果  
apple

意大利雜菜湯  
vegetable minestrone soup  
香煎魚柳配檸檬牛油汁,薯蓉及蔬菜  
pan fried fish fillet with lemon butter,  
mashed potatoes and vegetable  
蘋果  
apple

西洋菜無花果湯  
watercress and figs soup  
素鮑魚扒唐生菜  
vegetarian abalone and  
chinese lettuce  
生果  
sliced fruit

## 星期六 Saturday

### 早餐 Breakfast

銀芽雞絲炒米粉

fried rice noodle, bean sprouts  
and chicken

養生杞子紅棗南瓜粥, 蔥花, 脆片  
pumpkin congee with wolfberry,  
red dates, spring onion, chips

蒸水蛋

steamed eggs

生果

sliced fruit

2 隻焗蛋, 香腸, 薯餅, 脆煙肉

2 boiled eggs, sausage,  
hash brown, crispy bacon

香蕉蛋糕, 硬包, 牛油

banana bread, hard roll, butter

生果

sliced fruit

班戟, 楓糖漿, 雜莓  
pancakes, maple syrup,  
mixed berries

硬包, 牛油

hard roll, butter

炒蛋

scrambled eggs

生果

sliced fruit

### 午餐 Lunch

#### 中式 Chinese

粟米雞茸羹

sweet corn and chicken soup

藕片炒蝦仁, 青菜, 白飯

fried lotus root with shrimps,  
vegetable, steamed rice

朱古力布朗尼

chocolate brownie

#### 西式 Western

青豆發達芝士, 開心果沙律

green bean, feta cheese salad  
with pistachio nuts

印度羊肉咖喱, 印度米

indian lamb curry with basmati rice

朱古力布朗尼

chocolate brownie

#### 素食 Vegetarian

青豆發達芝士, 開心果沙律

green bean, feta cheese salad  
with pistachio nuts

印度薯仔青豆咖喱, 印度米  
potato, green peas aloo mutter,  
basmati rice

香蕉

banana

### 晚餐 Dinner

粉葛鯪魚煲赤小豆湯

kudzu fish soup with red bean

觀海軒燒鴨, 鹹蛋, 小白菜, 白飯

signature bbq duck, salted egg,  
bok choy, steamed rice

香蕉

banana

蝦仁, 粟米, 意大利青瓜周打湯

shrimp, corn and zucchini chowder

三文魚, 西蘭花, 蘑菇長通粉

penne pasta with broccoli  
mushroom sauce, grilled salmon

蒜蓉包

garlic bread

香蕉

banana

意大利雜菜湯

vegetable minestrone soup

西蘭花, 蘑菇長通粉

penne pasta with broccoli  
mushroom sauce

生果

sliced fruit

## 星期日 Sunday

### 早餐 Breakfast

潮州墨魚丸湯米粉  
rice noodle soup with cuttlefish balls  
叉燒包  
steamed bbq pork bun  
2 隻滷蛋  
2 marinated eggs  
生果  
sliced fruit

煎蛋配蘑菇和薯餅  
fried eggs, mushroom, hash brown  
提子包,硬包,牛油,果醬  
raisin roll, hard roll, butter, jam  
生果  
sliced fruit

時菜素肉湯陳村粉  
seasonal vegetable broth  
with rice noodles  
奶皇包  
steamed custard bun  
2 隻滷蛋  
2 marinated eggs  
生果  
sliced fruit

### 午餐 Lunch

#### 中式 Chinese

芹菜肉丸湯  
celery, meatball soup  
紅棗杞子冬菇蒸滑雞,菜心,白飯  
steamed chicken with red dates,  
wolfberry, mushroom,  
choy sum, steamed rice  
綠茶芝士蛋糕  
green tea cheese cake

#### 西式 Western

蕃茄青瓜沙律配檸檬油醋汁  
tomato, cucumber, olive salad,  
lemon vinaigrette  
乾免治牛肉飯配蔬菜  
macanese minchi with rice,  
vegetable  
綠茶芝士蛋糕  
green tea cheese cake

#### 素食 Vegetarian

蕃茄蔥花湯  
tomato scallion soup  
香菇土豆絲,白飯  
shiitake and potato shreds,  
steamed rice  
香橙  
orange

### 晚餐 Dinner

青紅蘿蔔羅漢果煲唐排湯  
pork ribs soup, carrot  
冬瓜豆卜炆火腩,油麥菜,白飯  
braised pork belly with  
winter melon and dried bean curd,  
leaf lettuce, steamed rice  
香橙  
orange

椰菜花忌廉湯  
creamy cauliflower soup  
蜜糖黑醋汁豬腩肉配薯蓉,蔬菜  
honey balsamic glazed pork belly,  
garlic mashed potato and vegetable  
香橙  
orange

腐竹冬瓜粒紅蘿蔔湯  
winter melon and carrot soup  
素肉鼎湖上素  
dinghu vegetable  
生果  
sliced fruit

## 星期一 Monday

### 早餐 Breakfast

XO 醬雞柳炒陳村粉  
fried rice noodles, chicken  
and xo sauce  
豆奶  
soya bean milk  
2 隻焗蛋  
2 boiled eggs  
生果  
sliced fruit

炒蛋, 香腸, 菠菜, 焗豆  
scrambled eggs, sausage,  
baked beans, spinach  
朱古力瑪芬蛋糕, 軟包, 牛油  
chocolate muffin, soft roll, butter  
生果  
sliced fruit

炸素食漢堡扒, 蕃茄, 牛油果沙律  
crispy-fried vegetarian burger  
tomato, avocado salad  
香蕉蛋糕, 硬包, 牛油  
banana bread, hard roll, butter  
2 隻焗蛋  
2 boiled eggs  
生果  
sliced fruit

### 午餐 Lunch

#### 中式 Chinese

蕃茄蔥花蛋花湯  
tomato scallion egg soup  
咖喱豬扒, 青豆角, 白飯  
curry pork chop, green beans,  
steamed rice  
提拉米蘇  
tiramisu

#### 西式 Western

德國薯仔, 煙肉沙律  
german potato salad with bacon  
露筍, 車厘茄, 燒豬肉腸意粉配香草醬  
pasta with pesto, asparagus,  
cherry tomato, grilled pork sausage  
提拉米蘇  
tiramisu

#### 素食 Vegetarian

德國薯仔沙律  
german potato salad  
露筍, 車厘茄意粉配香草醬  
pasta with pesto, asparagus,  
cherry tomato  
蘋果  
apple

### 晚餐 Dinner

五指毛桃薏米杞子煲老鴨湯  
hairy figs, barley, wolfberry,  
duck soup  
粟米斑塊, 萵菜, 白飯  
fried fish fillet, sweet corn,  
amaranth, steamed rice  
蘋果  
apple

粟米忌廉湯  
creamy sweet corn soup  
香煎鱈魚配白酒蕃茄羅勒葉汁,  
焗薯仔粒, 蔬菜  
pan seared cod, white wine tomato  
basil sauce, roasted potatoes and  
vegetable  
蘋果  
apple

粟米忌廉湯  
creamy sweet corn soup  
蕃茄藏紅花意大利飯  
tomato risotto with saffron  
生果  
sliced fruit



## 星期二 Tuesday

### 早餐 Breakfast

紅棗杞子雞粥,蔥花,脆片  
chicken congee, red dates,  
wolfberry, spring onion, chips  
奶皇包  
steamed custard bun  
2 隻茶葉蛋  
2 tea eggs  
生果  
sliced fruit

炒蛋配香腸,脆煙肉,蘑菇  
scrambled eggs, sausage,  
crispy bacon, mushroom  
軟包,牛油,果醬,藍莓瑪芬蛋糕  
soft roll, butter, jam, blueberry muffin  
生果  
sliced fruit

鮮百合紅心蕃薯粥,蔥花,脆片  
sweet potatoes congee, fresh lily  
bulbs, spring onion, chips  
馬拉糕  
steamed chinese sponge cake  
2 隻茶葉蛋  
2 tea eggs  
生果  
sliced fruit

### 午餐 Lunch

#### 中式 Chinese

涼瓜腰果黃豆湯  
bitter melon and cashew nut soup  
馬來沙茶醬豬扒,菜心,白飯  
pork chop, malaysian shacha sauce,  
choy sum, steamed rice  
奧利奧朱古力慕斯  
oreo chocolate mousse

#### 西式 Western

蘋果,核桃羽衣甘藍沙律配乳酪汁  
apple-kale salad, pecan nuts,  
yogurt dressing  
香煎三文魚,菠菜,檸檬意大利飯  
pan seared salmon, spinach,  
lemon herb risotto, butter sauce  
奧利奧朱古力慕斯  
oreo chocolate mousse

#### 素食 Vegetarian

紫菜蔥花湯  
seaweed scallion soup  
炒水芹香配白飯  
stir-fried chinese celery,  
steamed rice  
青蘋果  
green apple

### 晚餐 Dinner

花生雞腳煲腩排湯  
chicken feet, pork belly, peanut soup  
豉油皇雞中翼,芥蘭,白飯  
marinated chicken wing with  
soy sauce, kale, steamed rice  
青蘋果  
green apple

蕃茄羅勒葉湯  
tomato basil soup  
凱撒沙律  
caesar salad  
牛肉蘑菇忌廉汁螺絲粉  
beef fusilli with mushroom sauce  
青蘋果  
green apple

涼瓜腰果黃豆湯  
bitter melon and cashew nut soup  
羅漢上素配白飯  
buddha's delight with steamed rice  
生果  
sliced fruit

## 星期三 Wednesday

### 早餐 Breakfast

銀芽黑豚肉炒麵  
fried noodles, kurobuta pork,  
bean sprouts  
粟米蓮子菜心粥,蔥花,脆片  
corn congee, lotus seeds, choy sum,  
spring onion, chips  
2 隻焗蛋  
2 boiled eggs  
生果  
sliced fruit

煎蛋,香腸,菠菜,焗豆  
fried eggs, sausages, spinach,  
baked beans  
朱古力瑪芬蛋糕,軟包,牛油  
chocolate muffin, soft roll, butter  
生果  
sliced fruit

蜜糖,杏仁,肉桂麥片  
almond and cinnamon oatmeal  
蘑菇,焗蕃茄  
mushroom, grilled tomato  
朱古力瑪芬蛋糕,軟包,牛油  
chocolate muffin, soft roll, butter  
炒蛋  
scrambled eggs  
生果  
sliced fruit

### 午餐 Lunch

#### 中式 Chinese

冬瓜粒野菌肉粒湯  
winter melon, wild mushroom  
and pork soup  
台山菜花彩椒炒五花腩,小棠菜,白飯  
stir-fried pork belly, taishan bell  
peppers, bok choy, steamed rice  
咖啡蛋糕忌廉卷  
coffee cream roll

#### 西式 Western

菠菜葉,煙肉,蛋,核桃沙律  
spinach salad, walnuts,  
egg and bacon  
芥末蒜蓉豬柳配燒汁,西蘭花,烤薯仔  
mustard garlic crusted pork loin,  
gravy, broccoli, roasted potatoes  
咖啡蛋糕忌廉卷  
coffee cream roll

#### 素食 Vegetarian

菠菜葉,橙,核桃沙律  
spinach salad, walnuts, orange  
芝士意大利雲吞配蕃茄汁,西蘭花  
ricotta cheese ravioli, creamy  
tomato sauce and broccoli  
香橙  
orange

### 晚餐 Dinner

川式拍青瓜  
marinated cucumber,  
garlic and vinegar  
清補涼煲竹絲雞  
slow boiled chicken soup  
叉燒皇鹹蛋,青菜,白飯  
barbecue pork, salted egg,  
vegetable, steamed rice  
香橙  
orange

日式椰菜沙律配柚子醋汁  
japanese cabbage salad,  
yuzu dressing  
唐揚炸雞,咖喱燉蔬菜配白飯  
karaage fried chicken, steamed  
rice, curry vegetable stew  
香橙  
orange

日式椰菜沙律配柚子醋汁  
japanese cabbage salad,  
yuzu dressing  
日式炸豆腐,西蘭花,甜酸汁,白飯  
crispy-fried tofu and broccoli,  
sweet and sour sauce, steamed rice  
雜莓  
mixed berries

## 星期四 Thursday

### 早餐 Breakfast

叉燒湯米粉  
rice noodle soup, bbq pork  
馬拉糕  
steamed chinese sponge cake  
2 隻鹽焗蛋  
2 salt baked eggs  
生果  
sliced fruit

炒蛋, 蘑菇, 薯餅, 脆煙肉  
scrambled eggs, mushroom,  
hash brown, crispy bacon  
提子包, 硬包, 牛油, 果醬  
raisin roll, hard roll, butter, jam  
生果  
sliced fruit

黑松露炆伊麵  
braised e-fu noodles, black truffle  
奶皇包  
creamy custard bun  
2 隻鹽焗蛋  
2 salt baked eggs  
生果  
sliced fruit

### 午餐 Lunch

#### 中式 Chinese

佛手瓜紅蘿蔔肉片湯  
chayote, carrot, pork soup  
黃豆醬蒸排骨, 雲南小白菜配白飯  
steamed pork ribs in soy bean  
sauce, yunnan bok choy,  
steamed rice  
芒果布丁  
mango pudding

#### 西式 Western

蕃茄, 三色椒沙律配檸檬油醋汁  
tomato, bell peppers salad with  
lemon vinaigrette  
炸魚手指, 炒薯仔, 青豆, 小甘筍, 他他汁  
breaded fish finger, sautéed parsley  
potatoes, green peas, baby carrot,  
tartare sauce  
芒果布丁  
mango pudding

#### 素食 Vegetarian

大芹菜豆腐湯  
celery and tofu soup  
桂花西芹炒素鮑魚  
stir-fried vegetarian abalone with  
osmanthus, celery and steamed rice  
梨  
pear

### 晚餐 Dinner

大白菜乾煲陳腎湯  
dried cabbage with  
duck gizzard soup  
桂花西芹百合炒蝦仁配白飯  
stir-fried shrimp with osmanthus,  
celery and lily bulbs, steamed rice  
梨  
pear

蝦仁粟米意大利青瓜周打湯  
shrimp, corn and zucchini chowder  
焗豬肋條, 蜜糖烤胡蘿蔔,  
炸薯角, 西蘭花  
bbq pork ribs, honey roasted carrots,  
fried potato wedges, broccoli  
梨  
pear

冬瓜粒野菌湯  
winter melon, wild mushroom soup  
蜜豆炒素火腿  
stir-fried vegetarian ham and honey  
beans  
生果  
sliced fruit

## 星期五 Friday

### 早餐 Breakfast

紅心蕃薯粥,蔥花,脆片  
sweet potato congee,  
spring onion, chips  
叉燒包  
steamed bbq pork bun  
蒸水蛋  
steamed eggs  
生果  
sliced fruit

2 隻焗蛋,香腸,薯餅,脆煙肉,  
炒洋葱三色椒  
2 boiled eggs, sausages,  
hash brown, crispy bacon,  
sauteed onion and bell peppers  
香蕉蛋糕,硬包,牛油  
banana bread, hard roll, butter  
生果  
sliced fruit

炸素食漢堡扒,蕃茄,牛油果沙律  
crispy-fried vegetarian burger,  
tomato, avocado salad  
香蕉班戟,楓糖漿  
banana pancakes, maple syrup  
2 隻雙面煎蛋  
2 fried eggs  
生果  
sliced fruit

### 午餐 Lunch

#### 中式 Chinese

絲瓜咸蛋雞粒湯  
loofah and salted egg chicken soup  
脆肉瓜炒美國牛肉,菜心配白飯  
stir-fried us beef and chinese  
zucchini, choy sum, steamed rice  
黑森林蛋糕  
black forest cake

#### 西式 Western

燒意大利青瓜,茄子沙律配黑醋汁  
grilled marinated zucchini and  
eggplant salad  
拿破崙意粉, 雞柳  
spaghetti napoleon with chicken fillet  
黑森林蛋糕  
black forest cake

#### 素食 Vegetarian

燒意大利青瓜,茄子沙律配黑醋汁  
grilled marinated zucchini and  
eggplant salad  
茄汁雜菜,核桃香草醬意粉  
spring vegetables spaghetti,  
walnut pesto  
蘋果  
apple

### 晚餐 Dinner

霸王花煲老雞湯  
slow boiled chicken soup  
四川彩椒魚柳,菠菜配白飯  
sichuan pepper fish fillet with bell  
peppers, spinach, steamed rice  
蘋果  
apple

法式洋葱湯  
french onion soup  
烤羊架烤蕃薯和蔬菜  
roasted lamb chop, sweet potato  
wedges and vegetables  
蘋果  
apple

法式洋葱湯  
french onion soup  
蘑菇,菠菜,蕃茄乾意大利飯  
mushroom, spinach and dried  
tomato risotto  
雜莓  
mixed berries

## 星期六 Saturday

### 早餐 Breakfast

皮蛋瘦肉粥,蔥花,脆片  
pork and century egg congee,  
spring onion, chips  
菠蘿包  
pineapple bun  
2隻滷蛋  
2 marinated eggs  
生果  
sliced fruit

班戟,楓糖漿  
pancakes, maple syrup  
焗蛋,煙肉,炒意大利青瓜  
boiled eggs, bacon, grilled zucchini  
硬包,牛油  
hard roll, butter  
生果  
sliced fruit

豉油皇銀芽炒麵  
fried noodles soya sauce  
with bean sprouts  
粟米蓮子菜心粥,蔥花,脆片  
corn congee with lotus seeds and  
choy sum, spring onion, chips  
2隻滷蛋  
2 marinated eggs  
生果  
sliced fruit

### 午餐 Lunch

#### 中式 Chinese

芫茜豆腐咸骨湯  
coriander, tofu and salty bone soup  
咖喱薯仔雞,青豆角配白飯  
curry chicken, potatoes, green beans  
and steamed rice  
巧克力布朗尼  
chocolate brownie

#### 西式 Western

火箭菜,橙柳沙律  
arugula salad with orange  
洋蔥汁豬扒,蔬菜配白飯  
pork chop with onion gravy,  
vegetable and steamed rice  
巧克力布朗尼  
chocolate brownie

#### 素食 Vegetarian

節瓜素肉湯  
vegan hairy gourd soup  
白菜仔北菇紅燒豆腐配白飯  
braised tofu with baby cabbage,  
mushroom and steamed rice  
香蕉  
banana

### 晚餐 Dinner

山藥粟米紅蘿蔔煲老鴨湯  
yam, corn, carrot and duck soup  
沙葛炆牛坑腩,莧菜,白飯  
chinese braised beef brisket with  
yam, amaranth, steamed rice  
香蕉  
banana

西蘭花芝士忌廉湯  
creamy broccoli cheese soup  
香濃煙肉白汁焗雞,烤薯仔和蔬菜  
baked chicken, bacon with white  
sauce, roasted potatoes and  
vegetable  
香蕉  
banana

佛手瓜紅蘿蔔湯  
chayote, carrot soup  
西芹百合炒素雞配白飯  
stir-fried vegetarian chicken, celery  
and lily bulbs, steamed rice  
生果  
sliced fruit

## 星期日 Sunday

### 早餐 Breakfast

瑤柱白粥, 蔥花, 脆片  
dried scallops congee,  
spring onion, chips  
糯米雞  
steamed glutinous rice  
and chicken in lotus leaf  
紫菜蒸蛋  
steamed eggs with seaweed  
生果  
sliced fruit

炒蛋, 蘑菇, 蕃茄, 薯餅  
scrambled eggs, mushroom,  
tomato, hash brown  
提子包, 硬包, 牛油, 果醬  
raisin roll, hard roll, butter, jam  
生果  
sliced fruit

炒豆腐, 蘑菇和薯餅  
fried tofu, mushroom, hash brown  
提子包, 硬包, 牛油, 果醬  
raisin roll, hard roll, butter, jam  
2 隻焗蛋  
2 boiled eggs  
生果  
sliced fruit

### 午餐 Lunch

#### 中式 Chinese

菠菜蛋花湯  
spinach egg soup  
蜜椒炒雞球, 雲南小白菜, 白飯  
stir-fried chicken, bell pepper,  
yunnan bok choy, steamed rice  
提拉米蘇  
tiramisu

#### 西式 Western

雜菜沙律配雜香草汁  
garden salad with  
green herbs dressing  
日式照燒雞, 燉蔬菜配白飯  
teriyaki chicken and  
vegetable stew with rice  
提拉米蘇  
tiramisu

#### 素食 Vegetarian

雜菜沙律配雜香草汁  
garden salad with  
green herbs dressing  
菠菜蘑菇派  
mushroom and spinach pie  
香橙  
orange

### 晚餐 Dinner

西洋菜無花果煲唐排湯  
watercress, figs and  
pork ribs soup  
澳門燒腩仔鹹蛋, 生菜配白飯  
macau style bbq pork belly,  
salted egg, lettuce, steamed rice  
香橙  
orange

粟米忌廉湯  
creamy corn soup  
香蒜蝦仁, 青口, 西蘭花長通粉  
penne pasta, garlic shrimps,  
mussels, broccoli  
香橙  
orange

粟米忌廉湯  
creamy corn soup  
泡菜炒飯配脆豆腐  
kimchi fried rice with crispy tofu  
雜莓  
mixed berries