TuesdayW1-Nov-20222-西蘭花妙魚柳Stir-fried Broccoli with Fish Fillet 柏子脆雞球Deep-fried Hunter 沙茶粉絲牛肉Sa Cha Beef with Glass Vermicelli 少茶粉絲牛肉Freed Freed Y 支竹炆蘿蔔 W Braised Turnips with Tofu Skin SticksHunter W Baked A W Baked A白飯 RiceG Y 生果拼盤 Chood Fresh Fruit Platter W Ter Water chestnutØ Y Assorted BNov-20229-西檸雞球 Crispy Chicken with Lemon Sauce 金沙雞翼Lemon G Green8-Nov-20229-西檸雞球 Chicken Wing with Salted Egg Powder 鮮茄滑蛋牛肉Thai Style Green Green W The Stir-fried Beef and Tomato with Scrambled Egg W The Stir-fried Green Brassica with Chinese MushroomY Her Y The Stir Sautéed Green Brassica with Chinese Mushroom	A Dinner MenuYednesdayThursdayNov-20223-Nov-2022香脆魚柳 d Crispy Fish Fillet 獵人燴雞 's Chicken Stew 去式燴牛肉 hch Beef Stew 意式焗雜菜 Assorted VegetablesRed Fermented Bean Curd Crispy Chicken Wings 蓮藕炆排骨 Braised Spare Ribs with Lotus Root 紅燒豆腐魚柳 Sautéed Fish Fillet with Tofu in Brown Sauce V 雜菌扒時蔬 VAssorted Mushroom with Seasonal Vegetable燕香意粉 carlic Pasta白飯 Rice株古力班尼 colate Brownie 雜菌熁紅腰豆 d Mushroom & Red ean RisottoV 集果拼盤 Fresh Fruit Platter V 雜菌翠玉瓜炒豆乾 V Stir-fried Dried Tofu with
1-Nov-2022 2- 西蘭花妙魚柳 Stir-fried Broccoli with Fish Fillet Deep-friet 柚子脆雞球 Crispy Chicken with Honey Pomelo Hunter 沙茶粉絲牛肉 Sa Cha Beef with Glass Vermicelli Freen V支竹炆蘿蔔 V Saked A Y Braised Turnips with Tofu Skin VBaked A Sticks 白飯 Chool Y E果拼盤 Chool Y VE果拼盤 Chool Y Vegetarian Chicken with Celery & W YAssorte Yegetarian Chicken with Celery & B B Crispy Chicken with Lemon Sauce 金沙雞翼 Lemon 金沙雞翼 Chicken Wing with Salted Egg Thai Style Powder デ Green 繁茄滑蛋牛肉 Stir-fried Beef and Tomato with Y Scrambled Egg YTH Y Y Lidaty小棠菜 Y Sautéed Green Brassica with Chinese Mushroom W Y	Nov-2022 3-Nov-2022 香脆魚柳 南乳脆雞翼 d Crispy Fish Fillet 腐子 医mented Bean Curd Crispy 燈人燴雞 Chicken Wings 's Chicken Stew 蓮藕炆排骨 braised Spare Ribs with Lotus Root 紅燒豆腐魚柳 Sautéed Fish Fillet with Tofu in Brown Sauce 夢蜜意粉 Y 雜菌扒時蔬 Sarlic Pasta 白飯 株古力班尼 白飯 colate Brownie Y 生果拼盤 維菌燴紅腰豆 「飯 ad Mushroom & Reder Y 雜菌翠玉瓜炒豆乾 Y 雜菌翠玉瓜炒豆乾 Y 餐店
西蘭花妙魚柳 Stir-fried Broccoli with Fish Fillet 柚子脆雞球 Crispy Chicken with Honey Pomelo 沙茶粉絲牛肉 Sa Cha Beef with Glass Vermicelli V支竹炆蘿蔔 V Braised Turnips with Tofu Skin Sticks 白飯 Rice D 電底 V 生果拼盤 Fresh Fruit Platter V 西芹馬蹄炒素雞 Vegetarian Chicken with Celery & Water chestnut B Nov-2022 9- 西檸雞球 Crispy Chicken with Lemon Sauce 金沙雞翼 Chicken Wing with Salted Egg Powder 鮮茄滑蛋牛肉 Stir-fried Beef and Tomato with Scrambled Egg V 比菇扒小菜菜 V Sautéed Green Brassica with Chinese Mushroom	 香脆魚柳 南乳脆雞翼 Red Fermented Bean Curd Crispy Chicken Stew 法式燴牛肉 Chicken Stew 法式燴牛肉 Chicken Stew 法式/b 管 本肉 Chicken Stew 法式/b 第 空 本 Chicken Stew 法式/b 第 第 Seasorted Vegetables 基本古力斑尼 Colate Brownie 本 本 本 市力斑尼 Colate Brownie 本 本 市 基本 本 本
Stir-fried Broccoli with Fish Fillet 柚子脆雞球Deep-frieCrispy Chicken with Honey Pomelo 沙茶粉絲牛肉Hunter沙茶粉絲牛肉FreeV支竹炆蘿蔔VV Braised Turnips with Tofu Skin SticksV Baked A白飯 RiceGV生果拼盤 Fresh Fruit PlatterChool VV西芹馬蹄炒素雞 Vegetarian Chicken with Celery & Water chestnutYBaked ASasorte Chool ABaked ASasorte Chool AStir-fried Beef and Tomato with Scrambled Egg V 北菇扒小菜菜Lemon YV Sautéed Green Brassica with Chinese MushroomY	d Crispy Fish Fillet 獵人燴雞 's Chicken Stew 去式燴牛肉 nch Beef Stew 意式焗雜菜 assorted Vegetables 蒜香意粉 carlic Pasta 株古力斑尼 colate Brownie 雜菌燴紅腰豆 d Mushroom & Red ean Risotto
Crispy Chicken with Honey Pomelo 沙茶粉絲牛肉Hunter 沙茶粉絲牛肉Sa Cha Beef with Glass Vermicelli V支竹炆蘿蔔Fren V V Baked AV Braised Turnips with Tofu Skin SticksV Baked A白飯 RiceG C C AV生果拼盤 Fresh Fruit PlatterChoo Y Vegetarian Chicken with Celery & Water chestnutNov-20229-西樽雞球 Crispy Chicken with Lemon Sauce 金沙雞翼Lemon G GreenStir-fried Beef and Tomato with Scrambled Egg V L菇扒小菜菜Crispy Chicken B VTHV 古菇扒小菜菜Y Sautéed Green Brassica with Chinese Mushroom	 法 Chicken Stew 法 式/增牛肉 内 Beef Stew 方 式/扇雜菜 Assorted Vegetables 蒜香意粉 carlic Pasta 株 古力斑尼 colate Brownie 雜菌燴紅腰豆 d Mushroom & Rede 和 Kisotto
Sa Cha Beef with Glass Vermicelli	AL 廃豆腐魚柳 急式焗雑菜 Assorted Vegetables 蒜香意粉 Garlic Pasta 株古力斑尼 colate Brownie 維菌燴紅腰豆 d Mushroom & Red ean Risotto Al 廃豆腐魚柳 Sautéed Fish Fillet with Tofu in Brown Sauce V 雜菌扒時蔬 VAssorted Mushroom with Seasonal Vegetable 自飯 Rice V 生果拼盤 Fresh Fruit Platter V 雜菌翠玉瓜炒豆乾 V Stir-fried Dried Tofu with
Sticks 白飯 Rice V生果拼盤 Fresh Fruit Platter V西芹馬蹄炒素雞 Vegetarian Chicken with Celery & Water chestnut 8-Nov-2022 9- 西檸雞球 Crispy Chicken with Lemon Sauce 金沙雞翼 Chicken Wing with Salted Egg Powder 鮮茄滑蛋牛肉 Stir-fried Beef and Tomato with Scrambled Egg V北菇扒小棠菜 VSautéed Green Brassica with Chinese Mushroom	Assorted Vegetables 蒜香意粉 Garlic Pasta 株古力班尼 colate Brownie 維菌燴紅腰豆 ed Mushroom & Red ean Risotto
Rice V生果拼盤 Fresh Fruit Platter V西芹馬蹄炒素雞 Vegetarian Chicken with Celery & Water chestnut 8-Nov-2022 雪檸雞球 Crispy Chicken with Lemon Sauce 金沙雞翼 Chicken Wing with Salted Egg Powder 鮮茄滑蛋牛肉 Stir-fried Beef and Tomato with Scrambled Egg V北菇扒小棠菜 VSautéed Green Brassica with Chinese Mushroom	林宙息初 Barlic Pasta 株古力班尼 colate Brownie 維菌燴紅腰豆 ed Mushroom & Red ean Risotto メロン な イロ に と 、 と な 、 、 、 、 、 、 、 、 、 、 、 、 、
 ✓生果拼盤 Fresh Fruit Platter ✓西芹馬蹄炒素雞 ✓ 医芹馬蹄炒素雞 ✓ Vegetarian Chicken with Celery & B Water chestnut 8-Nov-2022 9- 西檸雞球 Crispy Chicken with Lemon Sauce 金沙雞翼 Chicken Wing with Salted Egg Powder 鮮茄滑蛋牛肉 Stir-fried Beef and Tomato with Scrambled Egg ✓ 北菇扒小棠菜 ✓ Sautéed Green Brassica with Chinese Mushroom 	Rice Rice Rice W生果拼盤 Fresh Fruit Platter V雑菌翠玉瓜炒豆乾 V Stir-fried Dried Tofu with
V生果拼盤 Chool Fresh Fruit Platter Vassorte V西芹馬蹄炒素雞 VAssorte Vegetarian Chicken with Celery & Water chestnut B 8-Nov-2022 9- 西檸雞球 Lemon 金沙雞翼 Chicken Wing with Lemon Sauce 金沙雞翼 Lemon う Chicken Wing with Salted Egg Powder 鮮茄滑蛋牛肉 Thai Style う Stir-fried Beef and Tomato with Scrambled Egg V北菇扒小棠菜 VTH VTH Vasted Green Brassica with Chinese Mushroom VTH	colate Brownie 維菌燴紅腰豆 ed Mushroom & Red ean Risotto
 び西芹馬蹄炒素雞 「Vegetarian Chicken with Celery & B Water chestnut 8-Nov-2022 9- 西樽雞球 Crispy Chicken with Lemon Sauce 金沙雞翼 Chicken Wing with Salted Egg Powder 鮮茄滑蛋牛肉 Stir-fried Beef and Tomato with Scrambled Egg 「北菇扒小棠菜 Y Sautéed Green Brassica with Chinese Mushroom 	#國層紅胺亞 ed Mushroom & Red ean Risotto ✓雜菌翠玉瓜炒豆乾 ✓ Stir-fried Dried Tofu with
 び西芹馬蹄炒素雞 「Vegetarian Chicken with Celery & Water chestnut Water chestnut B 8-Nov-2022 西檸雞球 9- Crispy Chicken with Lemon Sauce 金沙雞翼 Lemon 金沙雞翼 Chicken Wing with Salted Egg Powder	ean Risotto Fresh Fruit Platter V雜菌翠玉瓜炒豆乾 ✓ Stir-fried Dried Tofu with
Water chestnut8-Nov-20229-西檸雞球LemonCrispy Chicken with Lemon Sauce 金沙雞翼LemonChicken Wing with Salted Egg PowderThai Style算前滑蛋牛肉GreenStir-fried Beef and Tomato with Scrambled EggVTH V北菇扒小棠菜V北菇扒小棠菜Sautéed Green Brassica with Chinese Mushroom	V 雜菌翠玉瓜炒豆乾 V Stir-fried Dried Tofu with
西檸雞球 Crispy Chicken with Lemon Sauce 金沙雞翼 Chicken Wing with Salted Egg Powder 鮮茄滑蛋牛肉 Stir-fried Beef and Tomato with Scrambled Egg V北菇扒小棠菜 VSautéed Green Brassica with Chinese Mushroom	
西檸雞球 Crispy Chicken with Lemon Sauce 金沙雞翼 Chicken Wing with Salted Egg Powder 鮮茄滑蛋牛肉 Stir-fried Beef and Tomato with Scrambled Egg V北菇扒小棠菜 VSautéed Green Brassica with Chinese Mushroom	Chinese Zucchini and Mushroom
西檸雞球 Crispy Chicken with Lemon Sauce 金沙雞翼 Chicken Wing with Salted Egg Powder 鮮茄滑蛋牛肉 Stir-fried Beef and Tomato with Scrambled Egg V北菇扒小棠菜 VSautéed Green Brassica with Chinese Mushroom	Nov-2022 10-Nov-2022
Crispy Chicken with Lemon Sauce 金沙雞翼 Chicken Wing with Salted Egg Powder 鮮茄滑蛋牛肉 Stir-fried Beef and Tomato with Scrambled Egg V北菇扒小棠菜 V Sautéed Green Brassica with Chinese Mushroom	香茅豬扒 冬菜菇絲蒸魚柳
Chicken Wing with Salted Egg Powder 鮮茄滑蛋牛肉 Stir-fried Beef and Tomato with Scrambled Egg V北菇扒小棠菜 V Sautéed Green Brassica with Chinese Mushroom	Grass Pork Chop 泰式烤雞 Steamed Fish Fillet with Mushroom and Preserved Vegetables
鮮茄滑蛋牛肉 Green Stir-fried Beef and Tomato with Scrambled Egg V 北菇扒小棠菜 V Sautéed Green Brassica with Chinese Mushroom	e Roasted Chicken 青咖喱魚柳 站在 E Roasted Chicken 青咖喱魚柳
Scrambled Egg V北菇扒小棠菜 V Sautéed Green Brassica with Chinese Mushroom	Curry Fish Fillet 冬菇雲耳蒸雞
✓ Sautéed Green Brassica with Chinese Mushroom	本式炒介蘭 Steamed Chicken with Chinese nai Style Stir-fried Chinese Kale With Chinese Mushroom and Black Fungus V蒜子上湯浸娃娃菜
	Sautéed Baby Chinese Cabbage with
	白飯 Garlic and Broth Pearl Rice
白飯	白飯
Rice	香蕉蛋糕 Rice
Ba ▼生果拼盤	
	anana Cake V _{生果拼盤}
	anana Cake V生果拼盤
✔蕃茄炒蛋	anana Cake
ee Scrambled Egg with Tomato	anana Cake





Tuesday	Wednesday	Thursday
15-Nov-2022	16-Nov-2022	17-Nov-2022
	南方炸雞	椰香芋頭炆雞
Steamed Chicken with Mushroom	American Southern Fried	Braised Chicken with Taro in
榨菜蒸肉餅	Chicken	Coconut Milk
Steamed Pork Patty with Preserved	牛油煎魚柳	香煎蓮藕餅
Vegetables	Butter Pan-fried Fish Fillet	Pan-fried Lotus Root & Pork Cake
紫蘿牛肉	香草燒豬柳	梅菜蒸魚柳
Sautéed Beef with Pickled Ginger	Roasted Pork Loin with Herbs	Steamed Fish Fillet with
and Pineapple	✔香料薯仔椰菜花	Preserved Vegetables
▼冬瓜炆豆ト	✓Spiced Potatoes and	▼蒜茸炒菜心
V Braised Tofu Puff with Winter	Cauliflower	VStir-fried Choy Sum with Garlic
Melon		
<u>بل</u> ے ک ر	蒜香意粉	白飯
白飯	Garlic Pasta	Rice
Rice	件十十百岁	/1. 田县公商店
生果拼盤	朱古力蛋糕	生果拼盤
	Chocolate Cake	Fruit Platter
	✔雜菜意式素肉丸	
▼羅漢上素	VMixed Vegetables & Veggie	✔時菜素獅子頭
V''Lo Han' Assorted Veggies	Meat Balls in Italian Style	VSeasonal Vegetables, Veggie
	Weat bans in trailan style	Meatballs with Brown Sauce
22-Nov-2022	23-Nov-2022	24-Nov-2022
玫瑰豉油雞	椒鹽小排骨	薑蔥煎封魚柳
Soy Sauce Chicken	Roasted Short Pork Ribs with	Pan-fried Fish Fillet with Ginger
● 香辣肉片茄子	Salt and Pepper 時菜滑蛋雞柳	and Scallion
Sautéed Chili Eggplant with Sliced Pork	时来/月虽知明 Sautéed Chicken Fillet with	瑞士雞翼
蜜桃沙拉魚柳	Scrambled Egg and Seasonal	Swiss Sauce Chicken Wings
Sautéed Fish Fillet with Peach in	Vegetables	
Salad Dressing	沙嗲金菇牛肉	Steamed Spare Ribs with Black
▼冬菇扒節瓜	Sautéed Satay Sliced Beef with	Soybean Sauce V欖菜四季豆
Sautéed Chinese Gourd with	Enoki Mushroom V清炒芥蘭	
Mushroom	✓ 肩炒介阑 ✓ Stir-fried Chinese Kale	VStir-fried String Beans with Preserved Olive Leaves
白飯	V Sul-med Chinese Nale	Fleselved Olive Leaves
Rice	白飯	白飯
1400	Rice	Rice
生果拼盤		
Fruit Platter	雲呢拿蛋糕	生果拼盤
	Vanilla Cake	Fruit Platter
マ咖喱雜菜蘭度豆	▶青瓜雜菌素鴨	1
Curry Assorted Vegetables and Lentils	VAssorted Mushroom,	V 香菇蒸水蛋
Lentiis	Cucumber with Veggie Duck	✓ Steamed Egg with Mushroom





Tuesday	Wednesday	
29-Nov-2022	30-Nov-2022	
蔥油淋雞	XO醬蒸排骨	
Scallion Oil Chicken	Steamed Spare Ribs with XO	
雪菜肉絲豆腐	Sauce	
Sautéed Tofu with Shredded Pork	三杯雞	
and Preserved Vegetables	Taiwanese Three-cups	
黑椒薯仔牛肉	Chicken	
Sautéed Beef with Potatoes in	粟米滑蛋魚柳	
Black Pepper Sauce	Stir-fried Fish Fillet with	
♥清炒西蘭花	Sweet Corn and Scrambled	
✓Stir-fried Broccoli	Egg	
	₩蒜茸菜心	
白飯	V Stir-fried Choy Sum with	
Rice	Garlic	
生果拼盤	白飯	
Fruit Platter		
Ⅴ時菜紅燒豆腐	生果拼盤	
Seasonal Vegetables, Tofu with	Fruit Platter	
Brown Sauce		
	》 時菜三杯杏鮑菇	
	eeSeasonal Vegetables And	
	Taiwanese Three-cups	
	Abalone Mushroom	<u> </u>



