

March 2023 Communal Dinner Menu

Tuesday 28-Feb-2023	Wednesday 1-Mar-2023	Thursday 2- Mar-2023
	<p style="text-align: center;">川醬藕片炒肉絲 Stir-fried Pork with Lotus Roots 薑蔥蒸魚柳 Steamed Fish with Spring Onion and Ginger 三杯雞 Taiwanese Three-cup Chicken ✔ 炒雜菜 ✔ Stir-fried Vegetables</p> <p style="text-align: center;">白飯 Rice</p> <p style="text-align: center;">✔ 素三絲炒豆腐乾 ✔ Stir-fried Dried Tofu and Assorted Veggies</p> <p style="text-align: center;">香蕉蛋糕 Banana Cake</p>	<p style="text-align: center;">菠蘿咕嚕肉 Sweet and Sour Pork 鮮茄滑蛋牛肉 Stir-fried Beef and Tomato with Scrambled Eggs 欖菜蒸魚 Steamed Fish with Olive Leaf ✔ 茄子青瓜蕃茄燴 ✔ Braised Tomato, Zucchini, Eggplant Stew</p> <p style="text-align: center;">白飯 Rice</p> <p style="text-align: center;">✔ 金菇豆腐扒節瓜脯 ✔ Chinese Zucchini with Enoki Mushrooms & Tofu</p> <p style="text-align: center;">✔ 生果拼盤 ✔ Fresh Fruit Platter</p>
7- Mar-2023	8 -Mar -2023	9- Mar -2023
<p style="text-align: center;">韓式柚子炸雞 Korean Fried Chicken with Honey Pomelo 泡菜豚肉 Sautéed Pork with Kimchi 韓醬辣魚柳 Korean Spicy Fish Fillet ✔ 涼伴大荳芽 ✔ Seasoned Bean Sprouts</p> <p style="text-align: center;">白飯 Rice</p> <p style="text-align: center;">✔ 韓式雜菜豆腐 ✔ Korean Seasoned Vegetables & Tofu</p> <p style="text-align: center;">✔ 生果拼盤 ✔ Fresh Fruit Platter</p>	<p style="text-align: center;">海鮮拼盤 Crispy Seafood Basket 墨西哥蕃茄肉丸 Mexican Tomato Beef Meat ball 俄式牛肉絲 Braised Beef Stroganoff ✔ 碎茄燴三蔬 ✔ Sautéed Carrot, Cauliflower & Beans in Chopped Tomato 蒜香意粉 Garlic Pasta</p> <p style="text-align: center;">✔ 葡汁焗雜菜 ✔ Baked Assorted Vegetable with Portuguese Sauce</p> <p style="text-align: center;">雲呢拿蛋糕 Vanilla Cake</p>	<p style="text-align: center;">香茅焗魚柳 Lemongrass Sole Fillet 洋蔥豬扒 Sautéed Pork Chop with Onion 蔥油淋雞 Chicken in Scallion Oil ✔ 香料薯仔椰菜花 ✔ Spiced Potatoes and Cauliflower 白飯 Rice</p> <p style="text-align: center;">✔ 西芹馬蹄炒素雞 ✔ Vegetarian Chicken with Celery & Water chestnut</p> <p style="text-align: center;">✔ 生果拼盤 ✔ Fresh Fruit Platter</p>

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Tuesday	Wednesday	Thursday
14- Mar -2023	15- Mar -2023	16- Mar -2023
黑椒薯仔牛肉 Sautéed Beef with Potatoes in Black Pepper Sauce 豉汁蒸排骨 Steamed Spare Ribs with Black Soybean Sauce 西芹草菇炒雞柳 Stir-fried Chicken Fillet with Celery and Straw Mushroom ✓ 支竹炆蘿蔔 ✓ Braised Turnip with Tofu Skin Stick 白飯 Rice ✓ 粉絲豆腐雜菜 ✓ Braised Tofu with Mixed Vegetables and Vermicelli ✓ 生果拼盤 ✓ Fresh Fruit Platter	鮮茄魚柳 Sautéed Fish Fillet with Tomato BBQ 汁焗雞 Chicken in BBQ Sause 蜜桃燒豬柳 Roasted Pork-loin in Peach Sauce ✓ 意式炒椰菜豆腐 ✓ Italian Style Stir-fried Cabbage & Tofu 白飯 Rice ✓ 咖喱雜菜雞心豆 ✓ Curry Assorted Vegetables and Chick Peas 朱古力班尼 Chocolate Brownie	西蘭花炒魚片 Stir-fried Broccoli with Fish Fillet 香脆雞球 Crispy Chicken 鹹蛋蒸肉餅 Steamed Pork Patty with Salted Egg ✓ 冬菇扒節瓜 ✓ Sautéed Chinese Melon & Mushroom 白飯 Rice ✓ 翠玉瓜雲耳炒豆腐乾 ✓ Stir Fried Dried Tofu with Chinese Zucchini and Fungus ✓ 生果拼盤 ✓ Fresh Fruit Platter
21- Mar -2023	22- Mar -2023	23- Mar -2023
泰式烤雞 Thai-style Roasted Chicken 泰式青咖喱炒肉片 Stir-fried Minced Pork with Green Curry 泰式甜酸炸魚 Thai Fried Fish in Sweet & Sour Sauce ✓ 泰式炒芥蘭 ✓ Thai-style Stir-fried Chinese Kale 白飯 Rice ✓ 泰式青咖喱雜菜 ✓ Green Curry Mixed Vegetables ✓ 生果拼盤 ✓ Fresh Fruit Platter	水牛城雞翼 Buffalo Wings 香茅焗魚柳 Lemongrass Sole Fillet 葡式紅豆牛肉 Portuguese Sautéed Beef and Red Beans ✓ 意式焗雜菜 ✓ Baked Assorted Vegetables 白飯 Rice ✓ 雜菜意式素肉丸 ✓ Mixed Vegetables & Veggie Meat Balls in Italian Style 朱古力蛋糕 Chocolate Cake	紫蘿牛肉 Sautéed Beef with Pickled Ginger and Pineapple 口水雞 Sesame Chili Chicken 南乳藕片炒豬肉 Sautéed Sliced Pork with Lotus Root in Fermented Soy Sauce ✓ 蒜子上湯浸娃娃菜 ✓ Sautéed Chinese Baby Cabbage with Garlic 白飯 Rice ✓ 素叉燒炒蛋 ✓ Scrambled Egg with Vegetarian Char Siu ✓ 生果拼盤 ✓ Fresh Fruit Platter

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28- Mar -2023

照燒金菇牛肉卷

Teriyaki Beef Rolls with Enoki

咖喱吉列魚柳

Japanese Curry with Fish Cutlet

味噌薑燒豚肉

Miso Ginger Sliced Pork

✓ 日式野菜煮豆腐

✓ Japanese Vegetables & Tofu Stew

白飯

Rice

✓ 照燒豆腐雜菜

Teriyaki Tofu and Veggie

✓ 生果拼盤

✓ Fresh Fruit Platter

29- Mar-2023

意式雜菜燴魚柳

Italian Sautéed Fish Fillet

with Assorted Vegetables

獵人燴雞

Hunter's Chicken Stew

芥末燒豬柳

Roasted Pork-loin with Mustard

✓ 芝士焗南瓜雜菜

✓ Baked Pumpkin and Mixed Vegetable with Cheese

蒜香意粉

Garlic Pasta

✓ 鮮茄茸燴甘荀椰菜花紅腰豆

✓ Tomato Braised with Carrots, Cauliflower and Red Kidney Beans

藍莓蛋糕

Blueberry Cake

30- Mar-2023

蜜糖豆蓮藕炒肉片

Stir-fried Pork, Honey Bean and

Lotus Root

咖喱薯仔雞球

Curry Chicken with Potatoes

粟米滑蛋魚柳

Stir-fried Fish Fillet with Sweet Corn

and Scrambled Egg

✓ 清炒椰菜四季豆

✓ Stir-fried Cabbage & Greed Beans

白飯

Rice

✓ 雜菌燴南瓜

✓ Pumpkin & Mushrooms Stew

✓ 生果拼盤

✓ Fresh Fruit Platter

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