

RGSH Standard Menu 每日菜單

①	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
Breakfast 早餐	Fish Siu Mai, Pork Dumpling, Steamed Vegetable Bun, Cherry Tomato, Sliced Ham, HI-CAL Low Fat milk 魚肉燒賣、粉果 香菇素菜包、車喱茄、 火腿片、 高鈣低脂奶	Macaroni with Minced Beef and Tomato in Soup, Spam, Boiled-Egg, Cherry Tomato, Fresh Fruit, Juice 鮮茄免治牛肉通心粉、 午餐肉、焗蛋、 車喱茄、時令生果、 紙包果汁	Daily Bread, Hamburg Steak, Baked Bean with Mushroom, Boiled Egg, Sweet Corn Kernels, Fresh Fruit, Soy Milk 西式麵包、漢堡扒、 蘑菇焗豆、焗蛋、 牛油粟米粒、時令生果、 紙包果汁	Sticky Rice wrapped in Lotus Leaf, Steamed Minced Beef Ball, Steamed Rice Flour Roll Cherry Tomato, Fresh Fruit, HI-CAL Low Fat Milk 珍珠雞、干蒸牛肉、蒸腸粉、 車喱茄、時令生果、 高鈣低脂奶	Waffle, Veal Chipolata, Boiled-Egg, Fish Siu Mai, Cherry Tomato, Juice 窩夫、牛仔腸、 焗蛋、魚肉燒賣、 車喱茄、 紙包果汁	Sweet Corn & Fish Cake Congee, Boiled-Egg, Deep-fried Dough Sticks, Siu Mai with Sticky Rice, Sweet Corn Kernels, Fresh Fruit, Juice 粟米魚片頭粥、油炸鬼、 焗蛋、糯米燒賣、牛油粟米 粒、時令生果、紙包果汁	Daily Bread, Chicken Sausage, Sweet Corn Kernels, Cherry Tomato, Hamburg Steak, Oolong Tea, 西式麵包、雞肉腸、 牛油粟米粒、車喱茄、 漢堡扒、烏龍茶
Lunch 午餐	Braised Pork, Chilled Fungus, Daily Vegetables, Satay Beef Rib, Steamed Tricolor Quinoa with Rice, Snack, Drink 外婆紅燒肉、 涼伴黑白木耳、 沙嗲牛肋肉、是日時蔬、 三色藜麥白飯、小食、 紙包飲品	Deep-fried Shrimp Roll, Braised Beef Belly with Carrot in Red Wine Sauce, Potato Cream Soup, Daily Vegetables, Rice, Drink 脆炸腐皮蝦卷、 甘筍紅酒燴牛腩、 忌廉薯茸湯、是日時蔬、 絲苗白飯、紙包飲品	Braised Gluten Puff in Shanghai Style, Braised Sea Whelk in Abalone Sauce, Steamed Tofu Puffs and Fish Fillet in Soya Beans Sauce, Daily Vegetables, Turmeric Rice, Dessert (Brownie), Drink 四喜烤麩、鮑汁海螺片、 豉汁豆卜蒸鱸魚柳、是日時 蔬、黃薑飯、 甜品(朱古力布朗尼)、 紙包飲品	Drunken Shrimp, Steamed Chicken Feet with Black Bean & Pork Ribs, Sweet Corn Soup, Daily Vegetables, Rice, Drink 糟鹵醉海蝦、 豉汁鳳爪蒸排骨、 粟米湯、是日時蔬、絲苗白飯 紙包飲品	Braised Pork Knuckle, Gluten in Honey Sauce, Mushroom Chicken with Cream Sauce, Daily Vegetables, Rice with Sweet Corn, Snack, Drink 回味紅燒豬手、蜜汁麵根、 忌廉蘑菇雞皇、是日時蔬、 粟米粒白飯、小食、 紙包飲品	Japanese Oden, Stir-fried Squid, Shrimp and Celery, Seaweed Soup with Beef Ball, Daily Vegetables, Rice, Drink 關東煮、西芹爆炒蝦仁鮮魷、 紫菜牛丸湯、是日時蔬、 絲苗白飯、 紙包飲品	Marinated Chicken Wing, Marinated Beef, Steamed Fish with Enoki and Pickled Mustard Green, Daily Vegetables, Red Rice, Dessert (Mango Pudding), Drink 鹵水雞中翼、臻品鹵牛肉、 金菇炸菜蒸鱸魚柳、 是日時蔬、紅米飯、 甜品(芒果布甸)、 紙包飲品
Dinner 晚餐	Sweet and Sour Pork Ribs, Pickled Cucumber, Steamed Chicken with Black Fungus and Dried Lily Bud, Daily Vegetables, Rice, Fresh Fruit, Drink 糖醋小排骨、青瓜漬、 金針雲耳雜菌蒸滑雞、 是日時蔬、絲苗白飯、 時令生果、 紙包飲品	Chilled Bean, Dried Tofu and Preserved Vegetable, Dried Egg with Sweet Sauce, Braised Curry Duck with Eggplant, Daily Vegetables, Red Rice, Drink 毛豆干絲雪菜、醬香雞蛋乾 青咖哩米鴨燜茄子、 是日時蔬、紅米飯、 紙包飲品	Marinated Chicken Wing, Dried Sakura Shrimp with Peanuts, Stir-fried Beef with Pineapple and Pickled Ginger, Daily Vegetables, Rice, Drink 鹵水雞中翼、 櫻花蝦伴鹽香花生、 雜菌子蘿炒牛肉片、 是日時蔬、絲苗白飯、 紙包飲品	Kimchi, Pickles, Grilled Chicken with Wild Mushrooms in Gravy, Daily Vegetables, Penne Pasta, Drink 韓國泡菜、嚙嚙漬、 燒汁雜菌燒雞扒、 是日時蔬、長通粉、 紙包飲品	Boiled Green Soybeans, Tsukemono, Baked Miso Glazed Turbot Fillet, Daily Vegetables, Rice, Fresh Fruit, Drink 鹽水枝豆、日本蘿蔔漬物、 白味嚙嚙比目魚柳、 是日時蔬、絲苗白飯、 時令生果、 紙包飲品	Deep-fried Cuttlefish cake, Japanese Pickles, Braised Pork Tender Bone with Onion Tomato Sauce, Daily Vegetables, Spaghetti with Herbs, Drink, 脆炸墨魚餅、碎芝漬、 意式番茄洋蔥燴豬軟骨、 是日時蔬、香草意粉、 紙包飲品	Braised Gluten Puff in Shanghai Style, Spicy Pickled Radish, Pork Chip with Black Pepper Sauce, Daily Vegetables, Rice, Fresh Fruit, Drink 四喜烤麩、辣泡蘿蔔、 黑椒洋蔥豬扒、 是日時蔬、絲苗白飯、 時令生果、 紙包飲品

*菜譜如有更改，恕不另行通知 This menu is subject to change without prior notice

*以上是七天的標準菜譜 The above is a typical seven days menu

*可按要求提供清真和素食菜譜 Halal and Vegetarian Menus are on offer upon request