

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
<b>Breakfast 早餐</b>	Steamed Vegetable Bun, Vegetable Dumpling, Vegetable Siu Mai, Cherry Tomato, HI-CAL Low Fat Milk 香菇素菜包、素粉果、素燒賣、車喱茄 高鈣低脂奶	Macaroni with Impossible Meat and Tomato in Soup, Boiled Egg, Sweet Corn, Cherry Tomato, Fresh Fruit, Juice 茄醬素肉通心粉、焗蛋、粟米粒、車喱茄、時令生果、紙包果汁	Daily Bread, Sweet Corn, Baked Beans with Mushroom, Boiled Egg, Cherry Tomato, Fresh Fruit, Juice 西式麵包、粟米粒、蘑菇焗豆、焗蛋、車喱茄、時令生果、紙包果汁	Egg Custard Bun, Vegetable Dumpling, Vegetable Siu Mai, Steamed Rice Flour Roll, Fresh Fruit, HI-CAL Low Fat Milk 奶皇包、素粉果、素燒賣、蒸腸粉、時令生果、高鈣低脂奶	Waffle, Macaroni with Impossible Meat and Tomato in Soup, Boiled Egg, Cherry Tomato, Juice 窩夫、茄醬素肉通心粉、焗蛋、車喱茄、紙包果汁	Plain Congee, Deep-fried Dough Sticks, Daily Bread, Baked Beans with Mushroom, Boiled Egg, Fresh Fruit, Juice 絲苗白粥、油炸鬼、西式麵包、蘑菇焗豆、焗蛋、時令生果、紙包果汁	Fried Rice Noodles with Vegetables, Sweet Corn, Vegetable Siu Mai, Cherry Tomato, Daily Bread, Oolong Tea 素菜炒米粉、粟米粒、素燒賣、車喱茄、西式麵包、烏龍茶
<b>Lunch 午餐</b>	Chilled Fungus, Pickles, Satay Impossible Meat, Daily Vegetables, Steamed Tricolor Quinoa with Rice, Snack, Drink 涼伴黑白木耳、嚙嚙漬、沙嗲素肉絲、是日時蔬、三色藜麥飯、小食、紙包飲品	Braised Bean Curd, Gluten in Honey Sauce, Daily Vegetables, Tomato Soup, Rice, Drink 麻婆素豆腐、蜜汁麵根、是日時蔬、絲苗白飯 番茄濃湯、白飯、紙包飲品	Braised Gluten Puff in Shanghai Style, Japanese Pickles, Vegetarian Fish with Unagi Sauce, Daily Vegetables, Turmeric Rice, Dessert (Brownie), Drink 四喜烤麩、碎芝漬、鰻魚汁燒素魚柳、是日時蔬、黃薑飯、甜品(朱古力布朗尼)、紙包飲品	Chilled Bean, Dried Tofu and Preserved Vegetable, Braised Vegetables with Chili Preserved Olives, Daily Vegetables, Soup of The Day, Rice, Drink 毛豆干絲雪菜、辣欖菜燴雜菜、是日時蔬、粟米湯、絲苗白飯、紙包飲品	Gluten in Honey Sauce, Chilled Fungus, Mushroom with Vegetarian Tuna, Daily Vegetables, Soup of The Day, Rice with Sweet Corn, Snack, Drink 蜜汁麵根、涼伴黑白木耳、蘑菇素吞拿魚、是日時蔬、粟米粒飯、小食、紙包飲品	Dried Egg with Sweet Sauce, Stir-fried Vegetarian Scallop and Celery, Seaweed Soup with Egg, Daily Vegetables, Rice, Drink 醬香雞蛋乾、西芹爆炒素帶子、紫菜蛋花湯、是日時蔬、絲苗白飯、紙包飲品	Peanuts, Chilled Bean, Dried Tofu and Preserved Vegetable, String Bean with Impossible Meat and Preserved Vegetable, Daily Vegetables, Red Rice, Dessert (Mango Pudding), Drink 鹽香花生、毛豆干絲雪菜、杭菜素肉碎四季豆、是日時蔬、紅米飯、甜品(芒果布甸)、紙包飲品
<b>Dinner 晚餐</b>	Pickled Cucumber, Kimchi, Spicy Miso Sauce Vegetarian Fish, Daily Vegetables, Rice, Fresh Fruit, Drink 青瓜漬、韓國泡菜、辣味噌素魚柳、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, Curry with Potato and Vegetables, Daily Vegetables, Red Rice, Drink 毛豆干絲雪菜、醬香雞蛋乾、咖哩薯仔燴雙蔬、是日時蔬、紅米飯、紙包飲品	Peanuts, Spicy Pickled Radish, Impossible Meat in Spicy Tomato Sauce, Daily Vegetables, Rice, Drink 鹽香花生、蕭山辣泡蘿蔔、香辣茄醬素牛肉、是日時蔬、絲苗白飯、紙包飲品	Kimchi, Pickles, Impossible Meat with Tariyaki Sauce, Daily Vegetables, Penne Pasta, Drink 韓國泡菜、嚙嚙漬、照燒植物素肉扒、是日時蔬、長通粉、紙包飲品	Boiled Green Soybeans, Tsukemono, Stew Tomato with Impossible Meat, Daily Vegetables, Rice, Fruit, Drink 鹽水枝豆、日本蘿蔔漬物、鮮茄素餐肉、是日時蔬、絲苗白飯、時令生果、紙包飲品	Braised Gluten Puff in Shanghai Style, Japanese Pickles, Braised Eggplant with Dried Bean Curd and Preserved Vegetable, Daily Vegetables, Spaghetti with Herbs, Drink 四喜烤麩、碎芝漬、梅菜豆卜炆茄子、是日時蔬、香草意大利粉、紙包飲品	Braised Gluten Puff in Shanghai Style, Spicy Pickled Radish, Grilled with Impossible Meat with Onion Black Pepper Sauce, Daily Vegetables, Rice, Fresh Fruit, Drink 四喜烤麩、蕭山辣泡蘿蔔、黑椒洋蔥煎素肉扒、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