

基本餐單(素菜) STANDARD MENU (VEGETARIAN)

	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
早餐 Breakfast	蘑菇、粟米、焗蛋、芝士包及豆奶 Mushroom and Sweet Corn, Double Boiled Egg and Cheese Roll and Soy Milk	提子包、雙焗蛋及果汁 Raisins Bun and Double Boiled Eggs and Juice	蘑菇、焗豆、焗蛋、芝士包及豆奶 Mushroom and Baked Bean, Double Boiled Egg and Cheese Roll and Soy Milk	蘑菇、粟米、焗蛋、芝士包及果汁 Mushroom and Sweet Corn, Double Boiled Egg and Cheese Roll and Juice	提子包、雙焗蛋及豆奶 Raisins Bun and Double Boiled Eggs and Soy Milk	蘑菇、焗豆、焗蛋、芝士包及水果 Mushroom and Baked Bean, Double Boiled Egg and Cheese Roll and Juice	蘑菇、粟米、焗蛋、芝士包及豆奶 Mushroom and Sweet Corn, Double Boiled Egg and Cheese Roll and Soy Milk
午餐 Lunch	中式雜菜配絲苗白飯及茶 Assorted Vegetables in Chinese style with Steamed Rice and Tea	麻婆素豆腐配絲苗白飯及茶 Mapo Diced Bean Curd with Steamed Rice and Tea	葡汁雙蔬配絲苗白飯及茶 Portuguese Vegetables with Steamed Rice and Tea	榨菜蒸豆腐配絲苗白飯及茶 Steamed Sichuan Vegetable on Beancurd with Steamed Rice and Tea	梅菜豆卜炆茄子配絲苗白飯及茶 Eggplant and Beancurd Puff in Pre-served Vegetable with Steamed Rice and Tea	豉汁南瓜配絲苗白飯及茶 Braised Pumpkin in Black Bean Sauce with Steamed Rice and Tea	日式炒雜菜麵及茶 Japanese Assorted Vegetables Noodles and Tea
晚餐 Dinner	泰式青咖喱菜配絲苗白飯及果汁 Thai Green Vegetables Curry with Steamed Rice and Juice	菲律賓燴雜菜及果汁 Vegetarian Adobo and Juice	薯仔蘿蔔燴雙蔬配絲苗白飯及果汁 Stewed Potato, Carrot and Vegetables with Steamed Rice and Juice	味噌扒茄瓜 Grilled eggplant with miso and steamed rice	南乳粗齋配絲苗白飯 Braised Celery, Carrot and Black Mushroom with red Fermented and Steamed Rice	梅菜豆卜炆茄子配絲苗白飯 Eggplant and Beancurd Puff in Pre-served Vegetable with Steamed Rice	香芹蘿蔔炆豆卜配絲苗白飯 Braised Beancurd Puff and Radish with Steamed Rice

*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