

Sunday (星期日)	Monday (星期一)	Tuesday (星期二)	Wednesday (星期三)	Thursday (星期四)	Friday (星期五)	Saturday (星期六)
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BREAKFAST

Choice of Juice/Fruit (自选果汁 / 水果) Oatmeal or Choice of Cold Cereal (自选麥皮或冷早餐谷物) Blueberry Muffin (蓝莓小松糕) Scrambled Eggs (炒蛋)	Choice of Juice/Fruit (自选果汁 / 水果) Oatmeal or Choice of Cold Cereal (自选麥皮或冷早餐谷物) WW Toast (烘面包) Boiled Eggs (煮蛋)	Choice of Juice/Fruit (自选果汁 / 水果) Oatmeal or Choice of Cold Cereal (自选麥皮或冷早餐谷物) Waffles/Strawberry (窩夫/士多啤梨) Boiled Eggs (煮蛋)	Choice of Juice/Fruit (自选果汁 / 水果) Oatmeal or Choice of Cold Cereal (自选麥皮或冷早餐谷物) Carrot Muffin (红萝卜小松糕) Fried Eggs (煎蛋)	Choice of Juice/Fruit (自选果汁 / 水果) Oatmeal or Choice of Cold Cereal (自选麥皮或冷早餐谷物) WW Toast (烘面包) Grilled Sausage (烤香肠) Scrambled Eggs (炒蛋)	Choice of Juice/Fruit (自选果汁 / 水果) Oatmeal or Choice of Cold Cereal (自选麥皮或冷早餐谷物) French Toast/Syrup (法国吐司 / 糖浆) Poached Eggs (苞蛋)	Choice of Juice/Fruit (自选果汁 / 水果) Oatmeal or Choice of Cold Cereal (自选麥皮或冷早餐谷物) Muffin (小松糕) Scrambled Eggs (炒蛋)
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LUNCH

Congee (自选粥) Chicken chow mein (鸡炒面) Ice Cream (雪糕)	Mushroom Cream Soup (牛奶蘑菇汤) Beef Brisket Noodle soup with Lo Bok (牛腩萝卜汤面) Carrot cake	Tofu seaweed soup (豆腐紫蔬汤) Rice with Vegetables & Pork (饭蔬菜和猪肉) Fresh Fruit (新鲜水果)	Soup de Jour (是日例汤) Chee Chung Fun (猪肠粉) Jello (果冻)	Barley Soup (西人薏米) Chicken Fried RICE (鸡炒饭) Egg Sandwich (鸡蛋三文治) Strawberry Cake (士多啤梨蛋糕)	Chicken Congee (鸡粥) Dim Sum (点心) Fruit Yoghurt (水果酸奶酪)	Cream of Vegetable Soup (蔬菜奶油汤) Fried Rice (自选炒饭) Fresh Vegetables (新鲜蔬菜) Pear (李仔)
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SUPPER

Chinese Herbal Soup (清補凉汤) Steamed mushroom with chicken (冬菇蒸鸡) Steam Rice (白饭) Mashed Potatoes (马铃薯) Spinach (菠菜) Red Bean Pudding (红豆沙)	Vegetable Soup (蔬菜汤) Steamed fish (蒸鱼) Steam Rice (白饭) Mashed Potatoes (马铃薯) Baby Boy Choy (小白菜) Almond Pudding (杏仁糊)	Soup de Jour (是日例汤) Chinese Jai (罗汉斋) Steam Rice (白饭) Mashed Potatoes (马铃薯) Broccoli (西兰花) Steam Cake (蒸糕)	Soy bean Soup (黄豆汤) Barbecue Pork (叉烧) Steamed Rice (白饭) Mashed Potatoes (马铃薯) Choy Sum (菜心) Black Sesame Paste (芝麻糊)	Soup de Jour (是日例汤) Tofu (豆腐) Steamed Rice (白饭) Mashed Potatoes (马铃薯) Green Vegetable (青菜) Peach (蜜桃)	Carrot & Corn Soup (红萝卜玉米汤) Steamed pork (蒸猪肉) Steam Rice (白饭) Mashed Potatoes (马铃薯) Sui Choy (绍菜) Custard (炖蛋)	Lotus Root Soup (莲藕汤) Steamed Chicken (蒸鸡) Steamed Rice (白饭) Mashed Potatoes (马铃薯) Spinach (菠菜) Tapioca Pudding (西米布丁)
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Choice of Beverage: Tea, Coffee (NOT AT BEDTIME), Water, Cold or Warm Milk (2% or skim), Unsweetened Juice

自选饮料: 茶, 咖啡 (睡觉的时候不能), 水, 冷或暖牛奶 (2% 或 撇取), 不加糖的果汁

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST						
Choice of Juice/Fruit (自选果汁 / 水果) Oatmeal or Choice of Cold Cereal (自选麥皮或 冷早餐谷物) WW Toast (烘面包) Poached Eggs (苞蛋)	Choice of Juice/Fruit (自选果汁 / 水果) Oatmeal or Choice of Cold Cereal (自选麥皮或 冷早餐谷物) Waffles/Strawberry (窩夫/士多啤梨) Boiled Eggs (煮蛋)	Choice of Juice/Fruit (自选果汁 / 水果) Oatmeal or Choice of Cold Cereal (自选麥皮或 冷早餐谷物) WW Toast (烘面包) Sausage (香肠) Poached Eggs (鸡蛋)	Choice of Juice/Fruit (自选果汁 / 水果) Oatmeal or Choice of Cold Cereal (自选麥皮或 冷早餐谷物) Blueberry Muffin (蓝莓小松糕) Scrambled Eggs (炒蛋)	Choice of Juice/Fruit (自选果汁 / 水果) Oatmeal or Choice of Cold Cereal (自选麥皮或 冷早餐谷物) Pancake/Syrup (煎饼/糖浆) Boiled Eggs (煮蛋)	Choice of Juice/Fruit (自选果汁 / 水果) Oatmeal or Choice of Cold Cereal (自选麥皮或 冷早餐谷物) WW Toast (烘面包) Scrambled Eggs (炒蛋)	Choice of Juice/Fruit (自选果汁 / 水果) Oatmeal or Choice of Cold Cereal (自选麥皮或 冷早餐谷物) Muffin (小松糕) Fried Eggs (煎蛋)
LUNCH						
Chicken Congee (鸡粥) Fried Pork Dumpling (煎猪肉饺子) Steamed Yams (蒸番薯) Chicken Sandwich (鸡肉三文治) Carrot Cake (红萝卜蛋糕)	Turkey Soup (火鸡汤) Noodles with Wonton (云吞面) Vegetables (蔬菜) Fruit (水果)	Fish Congee (鱼片粥) Fried Rice with Meat & Vegetables (肉蔬菜炒饭) Jello (果冻)	Chicken Noodle Soup (鸡肉面汤) Chow Ho Fun (炒河粉) Broccoli and Carrots (西兰花和红萝卜) Ice Cream (雪糕)	Potato Chowder (薯仔浓汤) Ham Fried Rice (火腿肉炒饭) Peach (蜜桃)	Congee (粥) Dim Sum (点心) Steamed Yams (蒸番薯) Strawberry Cake (士多啤梨蛋糕)	Soup de Jour (是日例汤) Chicken Fried Rice (鸡炒饭) Pear (梨仔)
SUPPER						
Dry Bok Choy Soup (白菜汤) Beef Brisket (牛腩) Steamed Rice (白饭) Mashed Potatoes (马铃薯) Lo Bok (萝卜) Ice Cream (雪糕)	Winter Melon Soup (冬瓜汤) Steamed Pork, Chinese Style (蒸猪肉) Steamed Rice (白饭) Mashed Potatoes (马铃薯) Stir Fry Vegetables (炒蔬菜) Fruit Yoghurt (水果酸奶)	Hairy Melon Soup (毛瓜汤) Steamed Basa Fish(蒸鱼) Peas (青豆) Steamed Rice (白饭) Mashed Potatoes (马铃薯) Apple Sauce (苹果酱)	Soup de Jour (是日例汤) Pork & Taro Root Stew (芋头猪肉) Steamed Rice (白饭) Mashed Potatoes (马铃薯) Fresh Vegetables (蔬菜) Almond Pudding (杏仁糊)	Soup de Jour (是日例汤) Beef Meatball (牛肉丸) Steamed Rice (白饭) Mashed Potatoes (马铃薯) Fresh Vegetables (新鲜蔬菜) Black Sesame Pudding (芝麻糊)	Lotus Root Soup (莲藕汤) Roast Chicken (烤鸡肉) Steamed Rice (白饭) Mashed Potatoes (马铃薯) Buttered Cabbage (椰菜) Custard (炖蛋)	Dry Bok Choy Soup (白菜汤) Roast Pork (烤猪肉) Steamed Rice (白饭) Mashed Potatoes (马铃薯) Fresh Vegetables (新鲜蔬菜) Tapioca (西米露)

Choice of Beverage: Tea, Coffee (NOT AT BEDTIME), Water, Cold or Warm Milk (2% or skim), Unsweetened Juice

自选饮料: 茶, 咖啡 (睡觉的时候不能), 水, 冷或暖牛奶 (2% 或 撇取), 不加糖的果汁

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST						
Choice of Juice/Fruit (自选果汁 / 水果) Oatmeal or Choice of Cold Cereal (自选麥皮或 冷早餐谷物) WW Toast (烘面包) Poached Eggs (苞蛋)	Choice of Juice/Fruit (自选果汁 / 水果) Oatmeal or Choice of Cold Cereal (自选麥皮或 冷早餐谷物) WW Toast (烘面包) Scrambled Eggs (炒蛋)	Choice of Juice/Fruit (自选果汁 / 水果) Oatmeal or Choice of Cold Cereal (自选麥皮或 冷早餐谷物) Waffles/Strawberry (窩夫/士多啤梨) Fried Eggs (煎蛋)	Choice of Juice/Fruit (自选果汁 / 水果) Oatmeal or Choice of Cold Cereal (自选麥皮或 冷早餐谷物) Blueberry Muffin (蓝莓小松糕) Boiled Eggs (煮蛋)	Choice of Juice/Fruit (自选果汁 / 水果) Oatmeal or Choice of Cold Cereal (自选麥皮或 冷早餐谷物) WW Toast (烘面包) Sausage (香肠) Boiled Eggs (煮蛋)	Choice of Juice/Fruit (自选果汁 / 水果) Oatmeal or Choice of Cold Cereal (自选麥皮或 冷早餐谷物) Carrot Muffin (红萝卜小松糕) Poached Eggs (苞蛋)	Choice of Juice/Fruit (自选果汁 / 水果) Oatmeal or Choice of Cold Cereal (自选麥皮或 冷早餐谷物) WW Toast (烘面包) Scrambled Eggs (炒蛋)
LUNCH						
Congee (粥) Chicken Chow Mein (鸡肉炒面) Egg Sandwich (鸡蛋三文治) Jello (果冻)	Vegetable Soup (蔬菜奶油汤) Fried RICE (自选炒饭) Jello (果冻)	Chicken Noodle Soup (鸡肉面汤) Wonton Mein with Baby Bok Choy (小白菜云吞面) Strawberry Cake (士多啤梨蛋糕)	Soup de Jour (是日例汤) Chow Ho Fun (炒河粉) Egg Sandwich (鸡蛋三文治) Ice Cream (雪糕)	Chicken Congee (鸡粥) Pork & Egg on Vermicelli Noodles (猪肉和鸡蛋米粉) Carrot Cake (红萝卜蛋糕)	Cream of Leek and Potatoes Soup (大蒜汤) Chicken Fried Rice (鸡肉炒饭) Egg Sandwich (鸡蛋三文治) Egg tart(蛋挞)	Congee (粥) Pork Chow Mein (猪肉炒面) Egg Sandwich (鸡蛋三文治) Green Beans (青豆) Pear (梨仔)
SUPPER						
Spinach Soup (菠菜汤) Steamed Basa Fish (蒸鱼) Steamed Rice (白饭) Mashed Potatoes (马铃薯) Choy Sum (菜心) Almond Paste (杏仁糊)	Chinese Herbal Soup (清補凉汤) Tofu (豆腐) Steamed Rice (白饭) Mashed Potatoes (马铃薯) Fresh Vegetables (新鲜蔬菜) Walnut Pudding (核桃湖)	Dry Bok Choy Soup (白菜汤) Shrimp and fried egg(虾 仁炒蛋) Steamed Rice (白饭) Mashed Potatoes (马铃薯) Cook's Choice Dessert (厨师精选的甜点)	Lotus Root Soup (莲藕汤) Ginger and onion Pork (姜葱猪肉) Steamed Rice (白饭) Mashed Potatoes (马铃薯) Boiled Spinach in Oyster Sauce (蚝油菠菜) Fruit Yoghurt (水果酸奶)	Hairy Melon Soup (毛瓜汤) Baked Cod (烤鱼块) Steam Rice (白饭) Mashed Potatoes (马铃薯) Sui Choy (绍菜) Sesame Seed Paste (芝麻糊)	Soup de Jour (是日例汤) Steamed Chicken (蒸鸡) Steamed Rice (白饭) Mashed Potatoes (马铃薯) Baked Squash (烤瓜) Peach (蜜桃)	Tofu & Vegetable Soup (豆腐蔬菜汤) Beef Brisket (牛腩) Steamed Rice (白饭) Mashed Potatoes (马铃薯) Lo Bok (萝卜) Custard (炖蛋)

Choice of Beverage: Tea, Coffee (NOT AT BEDTIME), Water, Cold or Warm Milk (2% or skim), Unsweetened Juice

自选饮料: 茶, 咖啡 (睡觉的时候不能), 水, 冷或暖牛奶 (2% 或 撇取), 不加糖的果汁

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BREAKFAST						
Choice of Juice/Fruit (自选果汁 / 水果) Oatmeal or Choice of Cold Cereal (自选麥皮或 冷早餐谷物) WW Toast (烘面包) Fried Eggs (煎蛋)	Choice of Juice/Fruit (自选果汁 / 水果) Oatmeal or Choice of Cold Cereal (自选麥皮或 冷早餐谷物) WW Toast (烘面包) Waffles/Strawberry (窩夫/士多啤梨) Boiled Eggs (煮蛋)	Choice of Juice/Fruit (自选果汁 / 水果) Oatmeal or Choice of Cold Cereal (自选麥皮或 冷早餐谷物) WW Toast (烘面包) Sausage (香肠) Boiled Eggs (煮蛋)	Choice of Juice/Fruit (自选果汁 / 水果) Oatmeal or Choice of Cold Cereal (自选麥皮或 冷早餐谷物) WW Toast (烘面包) Blueberry Muffin (蓝莓小松糕) Poached Eggs (苞蛋)	Choice of Juice/Fruit (自选果汁 / 水果) Oatmeal or Choice of Cold Cereal (自选麥皮或 冷早餐谷物) WW Toast (烘面包) Scrambled Eggs (炒蛋)	Choice of Juice/Fruit (自选果汁 / 水果) Oatmeal or Choice of Cold Cereal (自选麥皮或 冷早餐谷物) Carrot Muffin (红萝卜小松糕) Fried Eggs (煎蛋)	Choice of Juice/Fruit (自选果汁 / 水果) Oatmeal or Choice of Cold Cereal (自选麥皮或 冷早餐谷物) WW Toast (烘面包) Poached Eggs (苞蛋)
LUNCH						
Cream of Vegetable Soup (蔬菜奶油汤) Chicken Fried Noodle and Vegetable (鸡和蔬菜炒粉) Peach (蜜桃)	Chicken Noodle Soup (鸡肉面汤) Fried Pork Dumpling (煎猪肉饺) Baby Bok Choy & Carrots (小白菜和红萝卜) Ice Cream (雪糕)	Preserved Egg Pork Congee (皮蛋猪肉粥) Fried Rice with Meat & Vegetables (肉蔬菜炒饭) Jello (果冻)	Barley Soup (西人薏米) Jong with Meat & Vegetables (肉蔬菜粽) Pear (梨仔)	Soup de Jour (是日例汤) Chicken Chow Mein (鸡肉炒面) Carrot Cake (红萝卜蛋糕)	Chicken Congee (鸡粥) Fried Rice with Meat & Vegetables (肉蔬菜炒饭) Egg Salad Sandwich (鸡蛋三文治) Fresh Vegetable (新鲜蔬菜) Fruit (水果)	Cream of Vegetable Soup (蔬菜奶油汤) Pork Chow Mein (猪肉炒面) Ice Cream (雪糕)
SUPPER						
Hairy Melon Soup (毛瓜汤) Steamed Pork (蒸猪肉) Steamed Rice (白饭) Mashed Potatoes (马铃薯) Buttered Cabbage (椰菜) Almond Paste (杏仁糊)	Spinach Soup (菠菜汤) Roast Chicken (烤鸡) Steamed Rice (白饭) Mashed Potatoes (马铃薯) Broccoli (西兰花) Fruit Yoghurt (水果酸奶酪)	Squash Soup (瓜汤) Barbecue Pork (叉烧) Steamed Rice (白饭) Mashed Potatoes (马铃薯) Fresh Vegetables (新鲜蔬菜) Custard (炖蛋)	Winter Melon (冬瓜汤) Steamed Basa Fish (蒸鱼) Steamed Rice (白饭) Mashed Potatoes (马铃薯) Fresh Vegetables (新鲜蔬菜) Walnut Paste (核桃湖)	Soup de Jour (是日例汤) Tofu Stir Fry (炒豆腐) Steamed Rice (白饭) Mashed Potatoes (马铃薯) Sui Choy (绍菜) Tapioca (西米露)	Dry Bok Choy Soup (白菜汤) Chicken Legs (鸡腿) Steamed Rice (白饭) Mashed Potatoes (马铃薯) Eggplants (茄子) Almond Paste (杏仁胡)	Soup de Jour (是日例汤) Steamed Eggs (蒸蛋) Steamed Rice (白饭) Mashed Potatoes (马铃薯) Broccoli (西兰花) Black Sesame Paste (芝麻糊)

Choice of Beverage: Tea, Coffee (NOT AT BEDTIME), Water, Cold or Warm Milk (2% or skim), Unsweetened Juice

自选饮料: 茶, 咖啡 (睡觉的时候不能), 水, 冷或暖牛奶 (2% 或 撇取), 不加糖的果汁