

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 (自选麦皮或冷早餐谷物) 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 (自选麦皮或冷早餐谷物) 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 (自选麦皮或冷早餐谷物) Waffles/Strawberry (窝夫/士多啤梨) Poached Eggs (苞蛋)	Choice of Juice/Fruit (自选果汁/水果) Oatmeal or Choice of Cold Cereal (自选麦皮或冷早餐谷物) 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 (自选麦皮或冷早餐谷物) 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 (自选麦皮或冷早餐谷物) French Toast/Syrup (法国吐司/糖浆) Boiled Eggs (煮蛋)	Choice of Juice/Fruit (自选果汁/水果) Oatmeal or Choice of Cold Cereal (自选麦皮或冷早餐谷物) Muffin (小松糕) Scrambled Eggs (炒蛋)
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LUNCH

Chicken Congee (鸡粥) PORK Chow Ho Fun (猪肉炒河粉) Ice Cream (雪糕)	Soup de Jour (是日例汤) Chow Mi Fun Stir Fry (炒米粉) Fresh Fruit (新鲜水果)	Beef Brisket Noodles (牛腩汤面) Stir Fry Vegetables (炒蔬菜) Fruit Yoghurt (水果酸奶)	Soup de Jour (是日例汤) Chicken Fried Rice (鸡肉炒饭) Ice Cream (雪糕)	Barley Soup (西人薏米) Dim sum 点心 Egg Sandwich (蛋三文治) Strawberry Cake (士多啤梨蛋糕)	Chicken Congee (鸡粥) Rice with Vegetables & Pork (饭蔬菜和猪肉) Jello (果冻)	Fish Congee (鱼片粥) Chicken Chow Mein (鸡肉炒面) Pear (李仔)
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SUPPER

Chinese Herbal Soup (清补凉汤) Steam pork patty 蒸猪肉 Steam Rice (白饭) Mashed Potatoes (马铃薯) Spinach (菠菜) Red Bean Pudding (红豆沙)	Vegetable Soup (蔬菜汤) Baked Cod with Sauce (烤鳕鱼家酱) Steam Rice (白饭) Mashed Potatoes (马铃薯) Baby Boy Choy (小白菜) Almond Pudding (杏仁糊)	Lotus Root Soup (莲藕汤) Ginger and Onion Beef (姜葱牛肉) Steam Rice (白饭) Mashed Potatoes (马铃薯) Broccoli (西兰花) Steam Cake (蒸糕)	Tofu and Vegetable Soup (豆腐蔬菜汤) Chinese Jai (罗汉斋) Steamed Rice (白饭) Mashed Potatoes (马铃薯) Black Sesame Paste (芝麻糊)	Soup de Jour (是日例汤) Barbecue Pork (叉烧) Steamed Rice (白饭) Mashed Potatoes (马铃薯) Green Vegetable (青菜) Peach (蜜桃)	Chicken & Corn Soup (玉米鸡汤) Shrimp paste with steamed Tofu (虾肉蒸豆腐) Steam Rice (白饭) Mashed Potatoes (马铃薯) Sui Choy (绍菜) Custard (炖蛋)	Egg Drop pea Soup (青豆蛋花汤) 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
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BREAKFAST

Choice of Juice/Fruit (自选果汁/水果) Oatmeal or Choice of Cold Cereal (自选麦皮或冷早餐谷物) 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 (自选麦皮或冷早餐谷物) Waffles/Strawberry (窝夫/士多啤梨) Boiled Eggs (煮蛋)	Choice of Juice/Fruit (自选果汁/水果) Oatmeal or Choice of Cold Cereal (自选麦皮或冷早餐谷物) 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 (自选麦皮或冷早餐谷物) 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 (自选麦皮或冷早餐谷物) 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 (自选麦皮或冷早餐谷物) 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 (自选麦皮或冷早餐谷物) Muffin (小松糕) Fried Eggs (煎蛋)
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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) Jello (果冻)	Chicken noodle Soup (鸡面汤) Chow He Fun (炒河粉) Egg Sandwich (鸡蛋三文治) Custard (炖蛋)	Preserved Egg Pork Congee (皮蛋猪肉粥) Chee Chung Fun (猪肠粉) Shanghai Bok Choy (上海白菜) Jello (果冻)	Fish Congee (鱼片粥) Fried Rice with Meat & Vegetables (肉蔬菜炒饭) Ice Cream (雪糕)	Potato Chowder (薯仔浓汤) Macaroni Casserole (砂锅通心粉) Peach (蜜桃)	Congee (粥) Dim Sum (点心) Fresh Fruit (新鲜水果)	Soup de Jour (是日例汤) Chicken Fried Rice (鸡肉炒饭) Pear (梨仔)
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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)	Lotus Root Soup (莲藕汤) Steamed Pork patty (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) Fresh Vegetables (新鲜蔬菜) Steamed Rice (白饭) Mashed Potatoes (马铃薯) Apple Sauce (苹果酱)	Spinach Soup (菠菜汤) Stewed pork with potato (马铃薯猪肉) Steamed Rice (白饭) Mashed Potatoes (马铃薯) Walnut Pudding (核桃湖)	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)	Soup de Jour (是日例汤) Sweet & sour pork 咕嚕肉 Steamed Rice (白饭) Mashed Potatoes (马铃薯) Buttered Cabbage (椰菜) Custard (炖蛋)	Winter Melon Soup (冬瓜汤) Shrimp paste with steamed Tofu (虾肉蒸豆腐) Steamed Rice (白饭) Mashed Potatoes(马铃薯) Fresh Vegetables (新鲜蔬菜) Tapioca (西米露)
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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 (自选麦皮或冷早餐谷物) 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 (自选麦皮或冷早餐谷物) Waffles/Strawberry (窝夫/士多啤梨) Boiled Eggs (煮蛋)	Choice of Juice/Fruit (自选果汁/水果) Oatmeal or Choice of Cold Cereal (自选麦皮或冷早餐谷物) 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 (自选麦皮或冷早餐谷物) Blueberry Muffin (蓝莓小松糕) Fried Eggs (煎蛋)	Choice of Juice/Fruit (自选果汁/水果) Oatmeal or Choice of Cold Cereal (自选麦皮或冷早餐谷物) 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 (自选麦皮或冷早餐谷物) 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 (自选麦皮或冷早餐谷物) 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)	Chicken&corn soup 鸡蓉粟米汤 Fried Rice with Meat & Vegetables (肉蔬菜炒饭) Fruit Yoghurt (水果酸奶)	Wonton Mein with Baby Bok Choy (小白菜云吞面) Strawberry Cake (士多啤梨蛋糕)	Cream of Vegetable Soup (蔬菜奶油汤) Fried Pork Dumpling (煎猪肉饺子) Steamed Yams (蒸番薯) Yogurt (酸奶)	Chicken Congee (鸡粥) Chow He Fun 干炒牛河 Fresh Fruit (新鲜水果)	Cream of Leek and Potatoes Soup (大蒜汤) Chicken Fried Rice (鸡肉炒饭) Egg Sandwich (鸡蛋三文治) Peach (蜜桃)	Congee (粥) Pork Chow Mein (猪肉炒面) Sandwich (三文治) Green Beans (青豆) Jello (果冻)

SUPPER						
Lotus Root Soup (莲藕汤) 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 (清补凉汤) Chicken Legs/Cook's Choice Sauce (鸡腿/厨师精选的酱) Steamed Rice (白饭) Mashed Potatoes(马铃薯) Fresh Vegetables (新鲜蔬菜) Walnut Pudding(核桃湖)	Dry Boy Choy Soup (白菜汤) Barbecue Pork (叉烧) Steamed Rice (白饭) Mashed Potatoes (马铃薯) Cook's Choice Dessert (厨师精选的甜点)	Soup de Jour (是日例汤) Braised fish fillet with mushroom香菇焖鱼片 Steamed Rice (白饭) Mashed Potatoes (马铃薯) Fresh Vegetables (新鲜蔬菜) Fruit Yoghurt (水果酸奶)	Hairy Melon Soup (毛瓜汤) Mo porTofu (麻婆豆腐) 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) Pear (梨仔)	Tofu & Vegetable Soup (豆腐蔬菜汤) Barbecue Pork (叉烧) 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 (自选麦皮或冷早餐谷物) 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 (自选麦皮或冷早餐谷物) WW Toast (烘面包) Waffles/Strawberry (窝夫/士多啤梨) Boiled Eggs (煮蛋)	Choice of Juice/Fruit (自选果汁/水果) Oatmeal or Choice of Cold Cereal (自选麦皮或冷早餐谷物) 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 (自选麦皮或冷早餐谷物) WW Toast (烘面包) Blueberry Muffin (蓝莓小松糕) Fried Eggs (煎蛋)	Choice of Juice/Fruit (自选果汁/水果) Oatmeal or Choice of Cold Cereal (自选麦皮或冷早餐谷物) 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 (自选麦皮或冷早餐谷物) Carrot Muffin (红萝卜小松糕) Scrambled Eggs (炒蛋)	Choice of Juice/Fruit (自选果汁/水果) Oatmeal or Choice of Cold Cereal (自选麦皮或冷早餐谷物) WW Toast (烘面包) Poached Eggs (苞蛋)
LUNCH						
Preserved Egg Pork Congee (皮蛋猪肉粥) Chicken Fried Noodle and Vegetable (鸡和蔬菜炒粉) Peach (蜜桃)	Chicken Noodle Soup (鸡肉面汤) Fried Rice with Meat & Vegetables (肉蔬菜炒饭) Custard (炖蛋)	Congee (粥) Dim Sum (点心) 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) Strawberry Cake (士多啤梨蛋糕)	Chicken Congee (鸡粥) Lo Bok Go (萝卜糕) 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) Chicken Fried Rice (鸡肉炒饭) Ice Cream (雪糕)
SUPPER						
Hairy Melon Soup (毛瓜汤) Sweet&sour pork 咕嚕肉 Steamed Rice (白饭) Mashed Potatoes(马铃薯) Buttered Cabbage (椰菜) Almond Paste (杏仁糊)	Soup de Jour (是日例汤) Shrimp & Fried Egg (虾仁炒蛋) Steamed Rice (白饭) MashedPotatoes(马铃薯) Broccoli(西兰花) Fruit Yoghurt (水果酸奶酪)	Squash Soup (瓜汤) Steamed Basa Fish (蒸鱼) Fresh Vegetables 新鲜蔬菜) Cook's Choice Dessert (厨师精选的甜点)	Winter Melon (冬瓜汤) Beef Brisket (牛腩) Steamed Rice (白饭) Mashed Potatoes (马铃薯) Lo Bok (萝卜) Steamed Rice (白饭) Walnut Paste (核桃湖)	Egg Drop Soup (蛋花汤) Boneless cod with Tofu (鱼肉炒豆腐) 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