

Lunch Menu

JANUARY 2023

日期	主菜		配菜	甜點/冷飲/水果
1/05 (四)	A.紅燒獅子頭飯	B.南乳雞柳乾麵 South milk chicken noodles	A.醬燒豆腐Braised tofu B.季節時蔬Fry vegetables C.雞蛋馬鈴薯泥Mashed potato with egg	A.蜂蜜檸檬honey lemon B.水果二種Fresh fruits
1/06 (五)	A.口水雞飯 Chicken rice with Chili Oil	B.奶油培根鮮蔬義大利麵Cream, bacon, fresh vegetables, pasta	A.咖哩魚蛋Curry Fish Balls B.培根高麗菜Bacon Cabbage C.鹹蛋豆腐Salted Egg Tofu	A.仙草蜜herbal jelly drink B.水果二種Fresh fruits
1/9 (一)	A.廣式臘腸煲飯 Hong Kong Sausage Claypot Rice	B.藍帶豬排漢堡Pork Chop Burgers	A.香根乾絲Fried Tofu with Pork B.蔥燒麵腸菇菇Braised Noodle Sausage Scallions and Mushrooms C.季節時蔬Fry vegetables	A.檸檬水Lemon water B.水果二種Fresh fruits
1/10 (二)	A.BBQ烤雞翅飯 BBQ Grilled Chicken Wing Rice	B.玫瑰醬豬排義大利麵Pork Chops Pasta with Tomatoes	A.彩繪蒸蛋 Painted steamed egg B.季節時蔬Fry vegetables C.焗烤奶油白菜Creamy Cabbage Gratin	A.青蛙下蛋Pearl milk tea B.水果二種 Fresh fruits
1/11 (三)	A.香烤雞排飯 Chicken Chop Rice	B.吉司豬排+傻瓜乾麵 Cheese pork Chop+noodles	A.奶油玉米條Creamed Corn B.季節時蔬Fry vegetables C.鐵板豆腐Sizzling Tofu	A.麥茶Barley Tea B.水果二種Fresh fruits
1/12 (四)	A.蘑菇雞肉飯 Mushroom Chicken Rice	B.白醬燻雞野菇義大利麵Smoked chicken ,mushroom with white sauce spiral noodles	A.清炒雙色丁 Stir fry double crisp B.季節時蔬Fry vegetables C.滷蛋spiced corned egg	A.冬瓜茶white gourd drink B.水果二種Fresh fruits
1/13 (五)	A.義式香草烤雞飯 Chicken chops rice	B.咖哩豬排漢堡 Curry Pork Chops Burgers	A.腐皮白菜Cabbage bean curd skin B.蔥花炒蛋Scrambled eggs with chopped green onion C.季節時蔬Fry vegetables	A.綠豆湯Green bean soup B.水果二種Fresh fruits
1/16 (一)	A.紅燒豬腩飯 Rice with Braised pork belly	B.薑燒豬排烏龍麵 Noodles with Ginger Pork Chop	A.炒三絲Cucumber, Dried Shredded, Shredded Ham B.玉筍花椰Jade bamboo shoots C.鹽酥翅小腿Salty winged calf	A.檸檬水Lemon water B.水果二種Fresh fruits
1/17 (二)	A.芝麻燒肉飯 Sesame-burning pilaf	B.奶油蘑菇雞肉螺旋麵Cream mushroom , chicken with spiral noodles	A.和風蒸蛋Japanese Steamed Egg B.芋頭燒肉Taro Roast Pork C.涼拌小黃瓜Asian Pickled Cucumber Recipe	A.仙草蜜Herbal jelly drink B.水果二種Fresh fruits
1/18 (三)	A.蝦仁肉絲蛋炒飯 Fried Rice with Shredded Shrimp and Egg	B.和風章魚燒披薩 Japanese Takoyaki Pizza	A.螞蟻上樹Sauteed Vermicelli with minced Pork B.季節時蔬Fry vegetables C.什錦炒肉片 Assorted fried meat	A.決明子麥茶Cassia Seed Tea B.水果二種Fresh fruits
1/19 (四)	A.奶油野菇雞排飯 Creamy Wild Mushroom Chicken Chop with Rice	B.德式香腸大亨堡 German Sausage Big Burger	A.肉茸玉米Fried Corn with Pork B.油揚時蔬 Fry vegetables C.金沙豆腐Salted Egg Yolk Tofu	A.冬瓜茶white gourd drink B.水果二種Fresh fruits
1/30 (一)	A.咖哩豬排飯 Curry pork chop rice	B.美味水餃 Dumplings	A.滷蛋spiced corned egg B.老皮嫩肉fried tofu C.季節時蔬Fry vegetables	A.冬瓜茶white gourd drink B.水果二種Fresh fruits
1/31 (二)	A.香草雞肉菌菇燉飯 Chicken mushroom stew rice	B.焗烤培根蛋義大利麵 Grilled bacon pasta	A.香酥雞翅fried chicken wings B.蕃茄炒蛋Tomato Scrambled Eggs C.季節時蔬Fry vegetables	A.紅豆小湯圓Red bean dumpling B.水果二種Fresh fruits