

5 月份餐單

May Lunch Menu



SUN	MON	TUE	WED	THU	FRI	SAT
			1 勞動節假期	2 南瓜蒸豆腐肉餅 Steamed Minced Pork w/Tofu & Pumpkin	3 黑椒豬柳絲炒烏冬 Fried Udon w/Shredded Pork Strip & Black Pepper	4 /
5 /	6 韭黃冬菇絲炆魚柳 Braised Fish Fillet w/Chives & Mushroom	7 低脂雜菜芝士燴雞 球意粉 Low-fat Cheese Spaghetti w/Chicken Ball & Mixed Vegetable	8 韓式燒汁牛肉 Stewed Beef - Korean Style	9 雙菇瓜甫玉子豆腐 Stewed Egg Tofu w/Assorted Mushroom & Melon	10 南瓜海鮮燴飯 Fried Rice w/Pumpkin & Seafood	11 /
12 /	13 南瓜雲耳炆麵筋 Braised Wheat Gluten w/Pumpkin & Black Fungus	14 紅腰豆南瓜提子乾 肉粒飯 Rice w/Red Kidney Bean, Pumpkin, Raisins & Pork Dice	15 佛誕假期	16 洋蔥肉碎炒蛋 Stir-fried Egg w/Onion & Minced Pork	17 西蘭花雞肉蛋飯 Rice w/Broccoli, Chicken & Egg	18 /
19 /	20 蔥花肉碎蒸蛋 Steamed Egg w/Minced Pork &	21 紅燒茄子素腸 Stewed Vegetarian Sausage w/Eggplant	22 蟲草花雲耳蒸雞 Steamed Chicken Dice w/Garlic & Black Fungus	23 低脂咖哩雞肉甜椒 洋蔥瓜粒飯 Rice w/Curry, Chicken, Sweet Pepper, Onion & Assorted Vegetable	24 瑞士汁洋蔥燴魚柳 Stewed Fish Fillet w/Onion - Swiss Sauce	25 /
26 /	27 鮮茄蘑菇燴魚柳 Fish Fillet Stewed w/Tomato & Button Mushroom	28 海皇蒸蛋 Steamed Egg w/Mixed Seafood	29 低脂白菌芝士燴雞 球飯 Stewed Chicken Ball w/ Low-fat Mushroom and Cheese	30 金粟叉燒粒炒蛋 Fried Egg w/Corn & BBQ Pork	31 低脂葡汁燴素雞 Vegetarian Chicken Stewed w/Cauliflower, Carrot, Potato & Low Fat Portuguese Sauce	/