

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 冬菇肉絲扒瓜甫 Fuzzy Melon Stewed w/Shredded Pork & Mushroom	7 低脂雜菜芝士燴雞 球意粉 Low-fat Cheese Spaghetti w/Chicken Ball & Mixed Vegetable	8 豉汁豬扒 Stir-fried Pork Chop w/Worcestershire Sauce	9 雙菇瓜甫玉子豆腐 Stewed Egg Tofu w/Assorted Mushroom & Melon	10 蘋果醋肉粒 Braised Pork Dice w/Apple Cider Vinegar	11 /
12 /	13 南瓜雲耳炆麵筋 Braised Wheat Gluten w/Pumpkin & Black Fungus	14 蜜豆甘筍炒素肉 Stir-fried Sugar Snap Bean, Carrot w/Vegetarian Meat	15 佛誕假期	16 匈牙利豬柳扁意粉 Linguine Spaghetti w/Stewed Pork - Hungary Style	17 青紅椒菠蘿燴魚柳 Fish Fillet Stewed w/Bell Pepper & Pineapple	18 /
19 /	20 夏威夷雞球 Hawaii Brasied Chicken Chop	21 紅燒茄子素腸 Stewed Vegetarian Sausage w/Eggplant	22 美式磨菇燴豬柳粒 長通粉 Penne Pasta w/Stewed Pork Dice & American Mushroom Sauce	23 梅子豬柳粒 Pork Strip Dice Stewed w/Plum Sauce	24 低脂卡邦尼薯仔雞 球長通粉 Penne Rigate w/Low- fat Carbonara Sauce, Potato, Chicken Ball	25 /
26 /	27 豉椒炒素雞扒 Vegetarian Chicken Thigh Stir-fried w/Spicy Black Bean Sauce	28 欖菜乾燒四季豆 Stir-fried Long Beans w/Preserved Black Olives	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	/