

5 月份餐單 May Lunch Menu



| SUN | MON | TUE | WED | THU | FRI | SAT |
|---------|---|--|--|---|---|---------|
| | | | 1 勞動節假期 | 2 蕃茄親子飯 Rice w/Tomato, Chicken & Egg | 3 黑椒豬柳絲炒烏冬 Fried Udon w/Shredded Pork Strip & Black Pepper | 4 / |
| 5 / | 6 菠蘿提子肉鬆飯 Rice w/Minced Pork, Pineapple & Raisin | 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 粟米魚柳 Deep Fried Fish Fillet w/Sweet Corn Sauce | 11 / |
| 12 / | 13 南瓜雲耳炆麵筋 Braised Wheat Gluten w/Pumpkin & Black Fungus | 14 梅子蒸梅頭肉片 Steamed Pork Slices w/Plum | 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 意式茄蓉翠玉瓜燴 雞柳扁意粉 Linguine Spaghetti w/Chicken Strip, Zucchini & Tomato Sauce | 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 低脂咖哩雞肉甜椒 洋蔥瓜粒飯 Rice w/Curry, Chicken, Sweet Pepper, Onion & Assorted Vegetable | 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 鮮茄蘑菇燴魚柳 Fish Fillet Stewed w/Tomato & Button Mushroom | 28 低脂白汁雞皇 長通粉 Penne Pasta w/Chicken A-La-King | 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 | / |