

膳食餐單 Menu (Aug – Oct 2022)

* 每份餐盒附有刀、羹、叉
Knife, spoon and fork are
included each set of meal box

Week 1/3/5			
	早餐 B'fast delivery btw 07:00-07:30	午餐 Lunch delivery btw 11:30-12:00	晚餐 Dinner delivery btw 16:30-17:00
星期一 Mon	雞絲炒麵 + 魚肉燒賣x5 + 菜肉包x1 Fried Noodles w/ Shredded Chicken + Siu Mai x5 + Steamed Vegetable & Meat Bun	雞絲叻沙醬意粉 Spaghetti w/ Shredded Chicken in Laksa Sauce	蘿蔔牛腩, 酸菜魚飯 Rice w/ Braised Beef Brisket & Radish & Sauerkraut Fish Fillet
星期二 Tue	粟米肉片粥 + 叉燒腸粉x3 + 馬拉糕x1 Congee w/ Sweet Corn & Pork + Steamed BBQ Pork in Vermicelli Roll x3 + Malay Sponge Cake	白汁豬柳意粉 Spaghetti w/ Pork Tenderloin in White Sauce	免治牛肉醬, 蜜糖雞扒飯 Rice w/ Bolognese & Honey Chicken Chop
星期三 Wed	珍珠雞x2 + 潮州粉果x3 + 上素鮮竹卷x1 Mini Steamed Glutinous Rice in Lotus Leaf x2 + Teochew Dumpling x3 + Steamed Bean Curd Roll	鮮茄燴牛腩意粉 Spaghetti w/ Braised Beef Brisket & Tomato	天多利雞球, 魚香茄子飯 Rice w/ Tandoori Chicken, Braised Eggplants & Shredded Pork
星期四 Thu	日式烏冬 + 日式餃子x4 + 腐皮魚卷x1 Udon + Japanese Dumpling x4 + Bean Curd & Fish Roll	日式芥末牛肉粒烏冬 Udon w/ Japanese Wasabi Diced Beef	西檸雞, 蒜香金沙骨飯 Rice w/ Fried Chicken in Lemon Sauce & Pork Rib in Garlic Sauce
星期五 Fri	意大利雞肉焗蛋 + 焗豆 + 火腿x1 Baked Italian Chicken & Egg + Baked Beans + Ham	意式黑醋豬柳意粉 Spaghetti w/ Pork Tenderloin in Balsamic Vinegar Sauce	意式香草焗魚柳, 香草雞翼飯 Rice w/ Baked Italian Herb Fish Fillet & Herb Chicken Wing
星期六 Sat	肉鬆菜飯 + 山竹牛肉x2 + 鮮竹卷x1 Meat Floss Rice Roll + Minced Beef Ball x2 + Steamed Bean Curd Roll	忌廉粟米肉粒意粉 Spaghetti w/ Diced Pork in Creamy Sweet Corn Sauce	泰式青咖喱雞, 巴東牛腩飯 Rice w/ Thai Green Curry Chicken & Padang Beef Brisket
星期日 Sun	皮蛋瘦肉粥 + 什菜包x1 + 魚肉燒賣x5 Congee w/ Preserved Egg & Pork + Assorted Vegetables Bun + Siu Mai x5	黑椒雞扒意粉 Spaghetti w/ Chicken Fillet in Black Pepper Sauce	韓式炒牛肉, 台式肉臊飯 Rice w/ Korean Fried Beef & Taiwanese Meat
Week 2/4			
星期一 Mon	雞絲炒麵 + 魚肉燒賣x5 + 菜肉包x1 Fried Noodles w/ Shredded Chicken + Siu Mai x5 + Steamed Vegetable & Meat Bun	燒汁雞翼, 腸仔意粉 Spaghetti w/ Chicken Wings & Sausage in Onion Sauce	馬來沙嗲肉片, 泰式魚餅飯 Rice w/ Chicken Satay in Malaysian Style & Thai Fish Cake
星期二 Tue	粟米肉片粥 + 叉燒腸粉x3 + 馬拉糕x1 Congee w/ Sweet Corn & Pork + Steamed BBQ Pork in Vermicelli Roll x3 + Malay Sponge Cake	黑松露雞扒意粉 Spaghetti w/ Chicken Chop in Black Truffle Sauce	鎮江排骨, 蒜香牛肉粒飯 Rice w/ Braised Spareribs in Black Vinegar Sauce & Diced Beef in Garlic Sauce
星期三 Wed	珍珠雞x2 + 潮州粉果x3 + 上素鮮竹卷x1 Mini Steamed Glutinous Rice in Lotus Leaf x2 + Teochew Dumpling x3 + Steamed Bean Curd Roll	匈牙利牛肉意粉 Spaghetti w/ Beef in Hungarian Style	韓式金沙骨, 朝鮮豆腐飯 Rice w/ Korean Spareribes & Tofu
星期四 Thu	日式烏冬 + 日式餃子x4 + 腐皮魚卷x1 Udon + Japanese Dumpling x4 + Bean Curd & Fish Roll	日式咖喱雞翼烏冬 Udon w/ Japanese Curry Chicken Wings	粟米肉餅, 麻辣魚柳 Rice w/ Steamed Minced Meat w/ Sweet Corn & Spicy Fish Fillets
星期五 Fri	意大利雞肉焗蛋 + 焗豆 + 火腿x1 Baked Italian Chicken & Egg + Baked Beans + Ham	鮮茄牛肉丸意粉 Spaghetti w/ Beef Meal Ball & Tomato	日式芝麻醬豚肉, 蜜糖雞扒飯 Rice w/ Pork w/ Japanese Sesame Dressing & Honey Chicken Chop
星期六 Sat	肉鬆菜飯 + 山竹牛肉x2 + 鮮竹卷x1 Meat Floss Rice Roll + Minced Beef Ball x2 + Steamed Bean Curd Roll	芝士汁雞球意粉 Spaghetti w/ Chicken & Cheese	美式BBQ骨, 咖喱牛肉飯 Rice w/ BBQ Pork Rib & Curry Beef
星期日 Sun	皮蛋瘦肉粥 + 什菜包x1 + 魚肉燒賣x5 Congee w/ Preserved Egg & Pork + Assorted Vegetables Bun + Siu Mai x5	黑椒豬柳意粉 Spaghetti w/ Pork Tenderloin in Black Pepper Sauce	京醬炒腩片, 台式滷牛腩飯 Rice w/ Pork Belly in Sweet Bean Sauce & Taiwanese Braised Beef Brisket

以上餐單僅供參考。如有變更, 恕不作另行通知。

Above menu is for reference. Subject to change without prior notice.