

膳食餐單 Menu (01 - 31 January 2022 inclusive)

* 每份餐盒附有刀叉及背心膠袋
Knife, spoon, fork and plastic bag are included for each set of meal box

	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
1/1/2022 星期六 Sat	燒雞扒x1 + 風車漢堡包 + 雜菜 + 烩蛋x1 Roast Chicken Chop x1 + Hamburger + Assorted Vegetables + Boiled Egg x1	和風豬柳烏冬 Udon w/ Pork Fillets in Japanese Style	紅咖喱牛肉, 日式燒雞扒飯 Rice w/ Beef in Red Curry Sauce, Roast Chicken Chop in Japanese Style
2/1/2022 星期日 Sun	雞肉飯團x2 + 牛肉球x3 + 雜菜 + 烩蛋x1 Chicken Rice Roll x2 + Minced Beef Ball x3 + Assorted Vegetables + Boiled Egg x1	燒汁雞扒意粉 Spaghetti w/ Chicken Fillet in Onion Sauce	葡國雞球, 菠蘿沙嗲牛肉飯 Rice w/ Chicken in Portuguese Sauce, Satay Beef & Pineapple
3/1/2022 星期一 Mon	雞肉腸x2 + 燒雞扒x1 + 雜菜 + 烩蛋 Chicken Sausage x2 + Roast Chicken Chop x1 + Assorted Vegetables + Boiled Egg x1	黑椒豬扒意粉 Spaghetti w/ Pork Chop in Black Pepper Sauce	香茅雞扒, 紅酒牛腩飯 Rice w/ Lemongrass Chicken Chop & Beef Brisket in Red Wine Sauce
4/1/2022 星期二 Tue	雞絲炒麵 + 魚肉燒賣x5 + 雜菜 + 烩蛋 Fried Noodles w/ Shredded Chicken + Siu Mai x5 + Assorted Vegetables + Boiled Egg x1	日式咖喱雞扒烏冬 Udon w/ Curry Chicken Chop in Japanese Style	甜酸牛肉, 日式燒雞扒飯 Rice w/ Sweet & Sour Beef & Roast Chicken Chop in Japanese Style
5/1/2022 星期三 Wed	牛角包 + 牛仔腸x3 + 雜菜 + 烩蛋x1 Croissant + Veal Sausage x3 + Assorted Vegetables + Boiled Egg x1	咖喱雞扒意粉 Spaghetti w/ Curry Chicken Leg	蜜糖蒜雞翼, 鮮茄肉片飯 Rice w/ Chicken Wings in Honey & Garlic Sauce, Fresh Tomatoes & Pork
6/1/2022 星期四 Thu	豬柳扒x2 + 茄汁焗豆 + 英式鬆餅 + 烩蛋x1 Pork Sausage x2 + Baked Beans in Tomato Sauce + Muffins + Boiled Egg x1	焗芝士肉醬螺絲粉 Baked Fusilli Beef Bolognese w/ Cheese	滷水雞翼, 蘿蔔牛肉飯 Rice w/ Chinese Marinated Chicken Wings, Beef & Radish
7/1/2022 星期五 Fri	日式炒烏冬 + 菜肉餃子x3 + 雜菜 + 烩蛋x1 Stir-Fried Udon in Japanese Style + Dumplings w/ Vegetable & Meat x3 + Assorted Vegetables + Boiled Egg x1	瑞士汁雞球意粉 Spaghetti w/ Swiss Chicken	烤雞扒, 沙嗲肉片飯 Rice w/ Roasted Chicken & Satay Pork
8/1/2022 星期六 Sat	燒雞扒x1 + 風車漢堡包 + 雜菜 + 烩蛋x1 Roast Chicken Chop x1 + Hamburger + Assorted Vegetables + Boiled Egg x1	鮮茄魚柳螺絲粉 Fusilli w/ Fresh Tomatoes & Fish Fillets	燒汁牛肉, 辣烤雞翼腿飯 Rice w/ Fried Beef in Onion Sauce, Roasted Chicken Drumsticks in Spicy Sauce
9/1/2022 星期日 Sun	雞肉飯團x2 + 牛肉球x3 + 雜菜 + 烩蛋x1 Chicken Rice Roll x2 + Minced Beef Ball x3 + Assorted Vegetables + Boiled Egg x1	白汁豬扒意粉 Spaghetti w/ Pork Chop in White Sauce	鮮蕃茄雞球, 粟米牛肉飯 Rice w/ Fresh Tomatoes & Chicken, Corns & Beef
10/1/2022 星期一 Mon	雞肉腸x2 + 燒雞扒x1 + 雜菜 + 烩蛋 Chicken Sausage x2 + Roast Chicken Chop x1 + Assorted Vegetables + Boiled Egg x1	香草燒雞扒意粉 Spaghetti w/ Herb-Roasted Chicken Chop	蒜香牛肉粒, 粟米蒸雞肉餅飯 Rice w/ Diced Beef in Garlic Sauce & Steamed Chicken Meat & Corns
11/1/2022 星期二 Tue	雞絲炒麵 + 魚肉燒賣x5 + 雜菜 + 烩蛋 Fried Noodles w/ Shredded Chicken + Siu Mai x5 + Assorted Vegetables + Boiled Egg x1	黑椒雞球螺絲粉 Fusilli w/ Chicken in Black Pepper Sauce	韓式燒雞扒, 日式牛肉飯 Rice w/ Roast Chicken Chop in Korean Style & Beef in Japanese Sauce
12/1/2022 星期三 Wed	牛角包 + 牛仔腸x3 + 雜菜 + 烩蛋x1 Croissant + Veal Sausage x3 + Assorted Vegetables + Boiled Egg x1	紅酒牛腩意粉 Spaghetti w/ Beef Brisket in Red Wine Sauce	燒雞翼腿, 京都豬扒柳飯 Rice w/ Roasted Chicken Drumsticks & Peking Pork Chops
13/1/2022 星期四 Thu	豬柳扒x2 + 茄汁焗豆 + 英式鬆餅 + 烩蛋x1 Pork Sausage x2 + Baked Beans in Tomato Sauce + Muffins + Boiled Egg x1	咖喱雞扒烏冬 Udon w/ Curry Chicken Chop in Japanese Style	冬菇炆雞, 蟹柳蒸蛋飯 Rice w/ Shiitake Mushrooms & Chicken, Imitation Crab Sticks Steamed Egg
14/1/2022 星期五 Fri	日式炒烏冬 + 菜肉餃子x3 + 雜菜 + 烩蛋x1 Stir-Fried Udon in Japanese Style + Dumplings w/ Vegetable & Meat x3 + Assorted Vegetables + Boiled Egg x1	鮮蕃茄牛肉螺絲粉 Fusilli w/ Fresh Tomatoes & Beef	台式肉臊, 蒜香雞扒飯 Rice w/ Minced Meat in Taiwanese Style, Chicken Chop in Garlic Sauce
15/1/2022 星期六 Sat	燒雞扒x1 + 風車漢堡包 + 雜菜 + 烩蛋x1 Roast Chicken Chop x1 + Hamburger + Assorted Vegetables + Boiled Egg x1	和風豬柳烏冬 Udon w/ Pork Fillets in Japanese Style	紅咖喱牛肉, 日式燒雞扒飯 Rice w/ Beef in Red Curry Sauce, Roast Chicken Chop in Japanese Style

	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
16/1/2022 星期日 Sun	雞肉飯團x2 + 牛肉球x3 + 雜菜 + 烩蛋x1 Chicken Rice Roll x2 + Minced Beef Ball x3 + Assorted Vegetables + Boiled Egg x1	燒汁雞扒意粉 Spaghetti w/ Chicken Fillet in Onion Sauce	葡國雞球,菠蘿沙嗲牛肉飯 Rice w/ Chicken in Portuguese Sauce, Satay Beef & Pineapple
17/1/2022 星期一 Mon	雞肉腸x2 + 燒雞扒x1 + 雜菜 + 烩蛋 Chicken Sausage x2 + Roast Chicken Chop x1 + Assorted Vegetables + Boiled Egg x1	黑椒豬扒意粉 Spaghetti w/ Pork Chop in Black Pepper Sauce	香茅雞扒,紅酒牛腩飯 Rice w/ Lemongrass Chicken Chop & Beef Brisket in Red Wine Sauce
18/1/2022 星期二 Tue	雞絲炒麵 + 魚肉燒賣x5 + 雜菜 + 烩蛋 Fried Noodles w/ Shredded Chicken + Siu Mai x5 + Assorted Vegetables + Boiled Egg x1	日式咖喱雞扒烏冬 Udon w/ Curry Chicken Chop in Japanese Style	甜酸牛肉,日式燒雞扒飯 Rice w/ Sweet & Sour Beef & Roast Chicken Chop in Japanese Style
19/1/2022 星期三 Wed	牛角包 + 牛仔腸x3 + 雜菜 + 烩蛋x1 Croissant + Veal Sausage x3 + Assorted Vegetables + Boiled Egg x1	咖喱雞扒意粉 Spaghetti w/ Curry Chicken Leg	蜜糖蒜雞翼,鮮茄肉片飯 Rice w/ Chicken Wings in Honey & Garlic Sauce, Fresh Tomatoes & Pork
20/1/2022 星期四 Thu	豬柳扒x2 + 茄汁焗豆 + 英式鬆餅 + 烩蛋x1 Pork Sausage x2 + Baked Beans in Tomato Sauce + Muffins + Boiled Egg x1	焗芝士肉醬螺絲粉 Baked Fusilli Beef Bolognese w/ Cheese	滷水雞翼,蘿蔔牛肉飯 Rice w/ Chinese Marinated Chicken Wings, Beef & Radish
21/1/2022 星期五 Fri	日式炒烏冬 + 菜肉餃子x3 + 雜菜 + 烩蛋x1 Stir-Fried Udon in Japanese Style + Dumplings w/ Vegetable & Meat x3 + Assorted Vegetables + Boiled Egg x1	瑞士汁雞球意粉 Spaghetti w/ Swiss Chicken	烤雞扒,沙嗲肉片飯 Rice w/ Roasted Chicken & Satay Pork
22/1/2022 星期六 Sat	燒雞扒x1 + 風車漢堡包 + 雜菜 + 烩蛋x1 Roast Chicken Chop x1 + Hamburger + Assorted Vegetables + Boiled Egg x1	鮮茄魚柳螺絲粉 Fusilli w/ Fresh Tomatoes & Fish Fillets	燒汁牛肉,辣烤雞翼腿飯 Rice w/ Fried Beef in Onion Sauce, Roasted Chicken Drumsticks in Spicy Sauce
23/1/2022 星期日 Sun	雞肉飯團x2 + 牛肉球x3 + 雜菜 + 烩蛋x1 Chicken Rice Roll x2 + Minced Beef Ball x3 + Assorted Vegetables + Boiled Egg x1	白汁豬扒意粉 Spaghetti w/ Pork Chop in White Sauce	鮮蕃茄雞球,粟米牛肉飯 Rice w/ Fresh Tomatoes & Chicken, Corns & Beef
24/1/2022 星期一 Mon	雞肉腸x2 + 燒雞扒x1 + 雜菜 + 烩蛋 Chicken Sausage x2 + Roast Chicken Chop x1 + Assorted Vegetables + Boiled Egg x1	香草燒雞扒意粉 Spaghetti w/ Herb-Roasted Chicken Chop	蒜香牛肉粒,粟米蒸雞肉餅飯 Rice w/ Diced Beef in Garlic Sauce & Steamed Chicken Meat & Corns
25/1/2022 星期二 Tue	雞絲炒麵 + 魚肉燒賣x5 + 雜菜 + 烩蛋 Fried Noodles w/ Shredded Chicken + Siu Mai x5 + Assorted Vegetables + Boiled Egg x1	黑椒雞球螺絲粉 Fusilli w/ Chicken in Black Pepper Sauce	韓式燒雞扒,日式牛肉飯 Rice w/ Roast Chicken Chop in Korean Style & Beef in Japanese Sauce
26/1/2022 星期三 Wed	牛角包 + 牛仔腸x3 + 雜菜 + 烩蛋x1 Croissant + Veal Sausage x3 + Assorted Vegetables + Boiled Egg x1	紅酒牛腩意粉 Spaghetti w/ Beef Brisket in Red Wine Sauce	燒雞翼翅,京都豬扒柳飯 Rice w/ Roasted Chicken Drumsticks & Peking Pork Chops
27/1/2022 星期四 Thu	豬柳扒x2 + 茄汁焗豆 + 英式鬆餅 + 烩蛋x1 Pork Sausage x2 + Baked Beans in Tomato Sauce + Muffins + Boiled Egg x1	咖喱雞扒烏冬 Udon w/ Curry Chicken Chop in Japanese Style	冬菇炆雞,蟹柳蒸蛋飯 Rice w/ Shiitake Mushrooms & Chicken, Imitation Crab Sticks Steamed Egg
28/1/2022 星期五 Fri	日式炒烏冬 + 菜肉餃子x3 + 雜菜 + 烩蛋x1 Stir-Fried Udon in Japanese Style + Dumplings w/ Vegetable & Meat x3 + Assorted Vegetables + Boiled Egg x1	鮮蕃茄牛肉螺絲粉 Fusilli w/ Fresh Tomatoes & Beef	台式肉燥,蒜香雞扒飯 Rice w/ Minced Meat in Taiwanese Style, Chicken Chop in Garlic Sauce
29/1/2022 星期六 Sat	燒雞扒x1 + 風車漢堡包 + 雜菜 + 烩蛋x1 Roast Chicken Chop x1 + Hamburger + Assorted Vegetables + Boiled Egg x1	和風豬柳烏冬 Udon w/ Pork Fillets in Japanese Style	紅咖喱牛肉,日式燒雞扒飯 Rice w/ Beef in Red Curry Sauce, Roast Chicken Chop in Japanese Style
30/1/2022 星期日 Sun	雞肉飯團x2 + 牛肉球x3 + 雜菜 + 烩蛋x1 Chicken Rice Roll x2 + Minced Beef Ball x3 + Assorted Vegetables + Boiled Egg x1	燒汁雞扒意粉 Spaghetti w/ Chicken Fillet in Onion Sauce	葡國雞球,菠蘿沙嗲牛肉飯 Rice w/ Chicken in Portuguese Sauce, Satay Beef & Pineapple
31/1/2022 星期一 Mon	雞肉腸x2 + 燒雞扒x1 + 雜菜 + 烩蛋 Chicken Sausage x2 + Roast Chicken Chop x1 + Assorted Vegetables + Boiled Egg x1	黑椒豬扒意粉 Spaghetti w/ Pork Chop in Black Pepper Sauce	香茅雞扒,紅酒牛腩飯 Rice w/ Lemongrass Chicken Chop & Beef Brisket in Red Wine Sauce

膳食餐單 Menu (01 - 28 February 2022 inclusive)

* 每份餐盒附有刀叉及包及背心膠袋
Knife, spoon, fork and plastic bag are included for each set of meal box

	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
1/2/2022 星期二 Tue	雞絲炒麵 + 魚肉燒賣x5 + 雜菜 + 焗蛋 Fried Noodles w/ Shredded Chicken + Siu Mai x5 + Assorted Vegetables + Boiled Egg x1	日式咖喱雞扒烏冬 Udon w/ Curry Chicken Chop in Japanese Style	甜酸牛肉, 日式燒雞扒飯 Rice w/ Sweet & Sour Beef & Roast Chicken Chop in Japanese Style
2/2/2022 星期三 Wed	牛角包 + 牛仔腸x3 + 雜菜 + 焗蛋x1 Croissant + Veal Sausage x3 + Assorted Vegetables + Boiled Egg x1	咖喱雞扒意粉 Spaghetti w/ Curry Chicken Leg	蜜糖蒜雞翼, 鮮茄肉片飯 Rice w/ Chicken Wings in Honey & Garlic Sauce, Fresh Tomatoes & Pork
3/2/2022 星期四 Thu	豬柳扒x2 + 茄汁焗豆 + 英式鬆餅 + 焗蛋x1 Pork Sausage x2 + Baked Beans in Tomato Sauce + Muffins + Boiled Egg x1	焗芝士肉醬螺絲粉 Baked Fusilli Beef Bolognese w/ Cheese	滷水雞翼, 蘿蔔牛肉飯 Rice w/ Chinese Marinated Chicken Wings, Beef & Radish
4/2/2022 星期五 Fri	日式炒烏冬 + 菜肉餃子x3 + 雜菜 + 焗蛋x1 Stir-Fried Udon in Japanese Style + Dumplings w/ Vegetable & Meat x3 + Assorted Vegetables + Boiled Egg x1	瑞士汁雞球意粉 Spaghetti w/ Swiss Chicken	烤雞扒, 沙嗲肉片飯 Rice w/ Roasted Chicken & Satay Pork
5/2/2022 星期六 Sat	燒雞扒x1 + 風車漢堡包 + 雜菜 + 焗蛋x1 Roast Chicken Chop x1 + Hamburger + Assorted Vegetables + Boiled Egg x1	鮮茄魚柳螺絲粉 Fusilli w/ Fresh Tomatoes & Fish Fillets	燒汁牛肉, 辣烤雞翼脆飯 Rice w/ Fried Beef in Onion Sauce, Roasted Chicken Drumsticks in Spicy Sauce
6/2/2022 星期日 Sun	雞肉飯團x2 + 牛肉球x3 + 雜菜 + 焗蛋x1 Chicken Rice Roll x2 + Minced Beef Ball x3 + Assorted Vegetables + Boiled Egg x1	白汁豬扒意粉 Spaghetti w/ Pork Chop in White Sauce	鮮蕃茄雞球, 粟米牛肉飯 Rice w/ Fresh Tomatoes & Chicken, Corns & Beef
7/2/2022 星期一 Mon	雞肉腸x2 + 燒雞扒x1 + 雜菜 + 焗蛋 Chicken Sausage x2 + Roast Chicken Chop x1 + Assorted Vegetables + Boiled Egg x1	香草燒雞扒意粉 Spaghetti w/ Herb-Roasted Chicken Chop	蒜香牛肉粒, 粟米蒸雞肉餅飯 Rice w/ Diced Beef in Garlic Sauce & Steamed Chicken Meat & Corns
8/2/2022 星期二 Tue	雞絲炒麵 + 魚肉燒賣x5 + 雜菜 + 焗蛋 Fried Noodles w/ Shredded Chicken + Siu Mai x5 + Assorted Vegetables + Boiled Egg x1	黑椒雞球螺絲粉 Fusilli w/ Chicken in Black Pepper Sauce	韓式燒雞扒, 日式牛肉飯 Rice w/ Roast Chicken Chop in Korean Style & Beef in Japanese Sauce
9/2/2022 星期三 Wed	牛角包 + 牛仔腸x3 + 雜菜 + 焗蛋x1 Croissant + Veal Sausage x3 + Assorted Vegetables + Boiled Egg x1	紅酒牛腩意粉 Spaghetti w/ Beef Brisket in Red Wine Sauce	燒雞翼鎚, 京都豬扒柳飯 Rice w/ Roasted Chicken Drumsticks & Peking Pork Chops
10/2/2022 星期四 Thu	豬柳扒x2 + 茄汁焗豆 + 英式鬆餅 + 焗蛋x1 Pork Sausage x2 + Baked Beans in Tomato Sauce + Muffins + Boiled Egg x1	咖喱雞扒烏冬 Udon w/ Curry Chicken Chop in Japanese Style	冬菇炆雞, 蟹柳蒸蛋飯 Rice w/ Shiitake Mushrooms & Chicken, Imitation Crab Sticks Steamed Egg
11/2/2022 星期五 Fri	日式炒烏冬 + 菜肉餃子x3 + 雜菜 + 焗蛋x1 Stir-Fried Udon in Japanese Style + Dumplings w/ Vegetable & Meat x3 + Assorted Vegetables + Boiled Egg x1	鮮蕃茄牛肉螺絲粉 Fusilli w/ Fresh Tomatoes & Beef	台式肉臊, 蒜香雞扒飯 Rice w/ Minced Meat in Taiwanese Style, Chicken Chop in Garlic Sauce
12/2/2022 星期六 Sat	燒雞扒x1 + 風車漢堡包 + 雜菜 + 焗蛋x1 Roast Chicken Chop x1 + Hamburger + Assorted Vegetables + Boiled Egg x1	和風豬柳烏冬 Udon w/ Pork Fillets in Japanese Style	紅咖喱牛肉, 日式燒雞扒飯 Rice w/ Beef in Red Curry Sauce, Roast Chicken Chop in Japanese Style
13/2/2022 星期日 Sun	雞肉飯團x2 + 牛肉球x3 + 雜菜 + 焗蛋x1 Chicken Rice Roll x2 + Minced Beef Ball x3 + Assorted Vegetables + Boiled Egg x1	燒汁雞扒意粉 Spaghetti w/ Chicken Fillet in Onion Sauce	葡國雞球, 菠蘿沙嗲牛肉飯 Rice w/ Chicken in Portuguese Sauce, Satay Beef & Pineapple
14/2/2022 星期一 Mon	雞肉腸x2 + 燒雞扒x1 + 雜菜 + 焗蛋 Chicken Sausage x2 + Roast Chicken Chop x1 + Assorted Vegetables + Boiled Egg x1	黑椒豬扒意粉 Spaghetti w/ Pork Chop in Black Pepper Sauce	香茅雞扒, 紅酒牛腩飯 Rice w/ Lemongrass Chicken Chop & Beef Brisket in Red Wine Sauce

	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
15/2/2022 星期二 Tue	雞絲炒麵 + 魚肉燒賣x5 + 雜菜 + 烩蛋 Fried Noodles w/ Shredded Chicken + Siu Mai x5 + Assorted Vegetables + Boiled Egg x1	日式咖喱雞扒烏冬 Udon w/ Curry Chicken Chop in Japanese Style	甜酸牛肉, 日式燒雞扒飯 Rice w/ Sweet & Sour Beef & Roast Chicken Chop in Japanese Style
16/2/2022 星期三 Wed	牛角包 + 牛仔腸x3 + 雜菜 + 烩蛋x1 Croissant + Veal Sausage x3 + Assorted Vegetables + Boiled Egg x1	咖喱雞扒意粉 Spaghetti w/ Curry Chicken Leg	蜜糖蒜雞翼, 鮮茄肉片飯 Rice w/ Chicken Wings in Honey & Garlic Sauce, Fresh Tomatoes & Pork
17/2/2022 星期四 Thu	豬柳扒x2 + 茄汁焗豆 + 英式鬆餅 + 烩蛋x1 Pork Sausage x2 + Baked Beans in Tomato Sauce + Muffins + Boiled Egg x1	焗芝士肉醬螺絲粉 Baked Fusilli Beef Bolognese w/ Cheese	滷水雞翼, 蘿蔔牛肉飯 Rice w/ Chinese Marinated Chicken Wings, Beef & Radish
18/2/2022 星期五 Fri	日式炒烏冬 + 菜肉餃子x3 + 雜菜 + 烩蛋x1 Stir-Fried Udon in Japanese Style + Dumplings w/ Vegetable & Meat x3 + Assorted Vegetables + Boiled Egg x1	瑞士汁雞球意粉 Spaghetti w/ Swiss Chicken	烤雞扒, 沙嗲肉片飯 Rice w/ Roasted Chicken & Satay Pork
19/2/2022 星期六 Sat	燒雞扒x1 + 風車漢堡包 + 雜菜 + 烩蛋x1 Roast Chicken Chop x1 + Hamburger + Assorted Vegetables + Boiled Egg x1	鮮茄魚柳螺絲粉 Fusilli w/ Fresh Tomatoes & Fish Fillets	燒汁牛肉, 辣烤雞翼脆飯 Rice w/ Fried Beef in Onion Sauce, Roasted Chicken Drumsticks in Spicy Sauce
20/2/2022 星期日 Sun	雞肉飯團x2 + 牛肉球x3 + 雜菜 + 烩蛋x1 Chicken Rice Roll x2 + Minced Beef Ball x3 + Assorted Vegetables + Boiled Egg x1	白汁豬扒意粉 Spaghetti w/ Pork Chop in White Sauce	鮮蕃茄雞球, 粟米牛肉飯 Rice w/ Fresh Tomatoes & Chicken, Corns & Beef
21/2/2022 星期一 Mon	雞肉腸x2 + 燒雞扒x1 + 雜菜 + 烩蛋 Chicken Sausage x2 + Roast Chicken Chop x1 + Assorted Vegetables + Boiled Egg x1	香草燒雞扒意粉 Spaghetti w/ Herb-Roasted Chicken Chop	蒜香牛肉粒, 粟米蒸雞肉餅飯 Rice w/ Diced Beef in Garlic Sauce & Steamed Chicken Meat & Corns
22/2/2022 星期二 Tue	雞絲炒麵 + 魚肉燒賣x5 + 雜菜 + 烩蛋 Fried Noodles w/ Shredded Chicken + Siu Mai x5 + Assorted Vegetables + Boiled Egg x1	黑椒雞球螺絲粉 Fusilli w/ Chicken in Black Pepper Sauce	韓式燒雞扒, 日式牛肉飯 Rice w/ Roast Chicken Chop in Korean Style & Beef in Japanese Sauce
23/2/2022 星期三 Wed	牛角包 + 牛仔腸x3 + 雜菜 + 烩蛋x1 Croissant + Veal Sausage x3 + Assorted Vegetables + Boiled Egg x1	紅酒牛腩意粉 Spaghetti w/ Beef Brisket in Red Wine Sauce	燒雞翼, 京都豬扒柳飯 Rice w/ Roasted Chicken Drumsticks & Peking Pork Chops
24/2/2022 星期四 Thu	豬柳扒x2 + 茄汁焗豆 + 英式鬆餅 + 烩蛋x1 Pork Sausage x2 + Baked Beans in Tomato Sauce + Muffins + Boiled Egg x1	咖喱雞扒烏冬 Udon w/ Curry Chicken Chop in Japanese Style	冬菇炆雞, 蟹柳蒸蛋飯 Rice w/ Shiitake Mushrooms & Chicken, Imitation Crab Sticks Steamed Egg
25/2/2022 星期五 Fri	日式炒烏冬 + 菜肉餃子x3 + 雜菜 + 烩蛋x1 Stir-Fried Udon in Japanese Style + Dumplings w/ Vegetable & Meat x3 + Assorted Vegetables + Boiled Egg x1	鮮蕃茄牛肉螺絲粉 Fusilli w/ Fresh Tomatoes & Beef	台式肉臊, 蒜香雞扒飯 Rice w/ Minced Meat in Taiwanese Style, Chicken Chop in Garlic Sauce
26/2/2022 星期六 Sat	燒雞扒x1 + 風車漢堡包 + 雜菜 + 烩蛋x1 Roast Chicken Chop x1 + Hamburger + Assorted Vegetables + Boiled Egg x1	和風豬柳烏冬 Udon w/ Pork Fillets in Japanese Style	紅咖喱牛肉, 日式燒雞扒飯 Rice w/ Beef in Red Curry Sauce, Roast Chicken Chop in Japanese Style
27/2/2022 星期日 Sun	雞肉飯團x2 + 牛肉球x3 + 雜菜 + 烩蛋x1 Chicken Rice Roll x2 + Minced Beef Ball x3 + Assorted Vegetables + Boiled Egg x1	燒汁雞扒意粉 Spaghetti w/ Chicken Fillet in Onion Sauce	葡國雞球, 菠蘿沙嗲牛肉飯 Rice w/ Chicken in Portuguese Sauce, Satay Beef & Pineapple
28/2/2022 星期一 Mon	雞肉腸x2 + 燒雞扒x1 + 雜菜 + 烩蛋 Chicken Sausage x2 + Roast Chicken Chop x1 + Assorted Vegetables + Boiled Egg x1	黑椒豬扒意粉 Spaghetti w/ Pork Chop in Black Pepper Sauce	香茅雞扒, 紅酒牛腩飯 Rice w/ Lemongrass Chicken Chop & Beef Brisket in Red Wine Sauce