

膳食餐單 Menu (01 - 31 May 2022)

* 每份餐盒附有刀、羹、叉
Knife, spoon and fork are included
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
1/5/2022 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
2/5/2022 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
3/5/2022 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
4/5/2022 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
5/5/2022 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
6/5/2022 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
7/5/2022 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
8/5/2022 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
9/5/2022 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
10/5/2022 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
11/5/2022 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
12/5/2022 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
13/5/2022 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
14/5/2022 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
15/5/2022 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

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.

膳食餐單 Menu (01 - 31 May 2022)

* 每份餐盒附有刀、羹、叉
Knife, spoon and fork are included 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
16/5/2022 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
17/5/2022 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
18/5/2022 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	燒雞翼錘, 京都豬扒柳飯 Rice w/ Roasted Chicken Drumsticks & Peking Pork Chops
19/5/2022 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
20/5/2022 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
21/5/2022 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
22/5/2022 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
23/5/2022 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
24/5/2022 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
25/5/2022 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
26/5/2022 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
27/5/2022 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
28/5/2022 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
29/5/2022 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
30/5/2022 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
31/5/2022 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

以上餐單僅供參考。如有變更, 恕不作另行通知。
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膳食餐單 Menu (01 - 30 June 2022)

* 每份餐盒附有刀、羹、叉
Knife, spoon and fork are included 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
1/6/2022 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	燒雞翼筍,京都豬扒柳飯 Rice w/ Roasted Chicken Drumsticks & Peking Pork Chops
2/6/2022 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
3/6/2022 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
4/6/2022 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
5/6/2022 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
6/6/2022 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
7/6/2022 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
8/6/2022 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
9/6/2022 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
10/6/2022 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
11/6/2022 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
12/6/2022 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
13/6/2022 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
14/6/2022 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
15/6/2022 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	燒雞翼筍,京都豬扒柳飯 Rice w/ Roasted Chicken Drumsticks & Peking Pork Chops

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17/6/2022 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
18/6/2022 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
19/6/2022 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
20/6/2022 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
21/6/2022 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
22/6/2022 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
23/6/2022 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
24/6/2022 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
25/6/2022 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
26/6/2022 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
27/6/2022 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
28/6/2022 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
29/6/2022 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	燒雞翼脆,京都豬扒柳飯 Rice w/ Roasted Chicken Drumsticks & Peking Pork Chops
30/6/2022 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

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.

	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
1/7/2022 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
2/7/2022 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
3/7/2022 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
4/7/2022 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
5/7/2022 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
6/7/2022 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
7/7/2022 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
8/7/2022 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
9/7/2022 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,辣烤雞翼腩飯 Rice w/ Fried Beef in Onion Sauce, Roasted Chicken Drumsticks in Spicy Sauce
10/7/2022 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
11/7/2022 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
12/7/2022 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
13/7/2022 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	燒雞翼筍,京都豬扒柳飯 Rice w/ Roasted Chicken Drumsticks & Peking Pork Chops
14/7/2022 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
15/7/2022 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

膳食餐單 Menu (01 - 31 July 2022)

* 每份餐盒附有刀、羹、叉
Knife, spoon and fork are included 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
16/7/2022 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
17/7/2022 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
18/7/2022 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
19/7/2022 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
20/7/2022 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
21/7/2022 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
22/7/2022 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
23/7/2022 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
24/7/2022 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
25/7/2022 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
26/7/2022 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
27/7/2022 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	燒雞翼脆, 京都豬扒柳飯 Rice w/ Roasted Chicken Drumsticks & Peking Pork Chops
28/7/2022 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
29/7/2022 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
30/7/2022 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
31/7/2022 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

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.