International Cuisine 環球風味

	BREAKFAST 早餐	LUNCH 午餐	DINNER 晚餐
Monday 星期一	Indian Style Breakfast Channa Masala, Aloo Jeera, Khichadi,	Lamb Korma with Beans and Saffron Basmati Rice	Pan-fried Pork Chop in Morel Cream Sauce with Roasted Potato
	Prantha + Yoghurt Granola* 雞心豆馬沙拉、印式薯粒、蘭度豆米糊、 印度薄餅 + 酸奶麥片*	Korma Lamb, Beans Green, Basmati Saffron Rice + Prawn and Lemon Skewer + Fresh Fruit Bowl*	Pork Chop, Morel Cream Sauce, Roast Potato, Garden Vegetables + Quiche Lorraine + Cherry Cheese Cake*
		印度烤瑪羊肉配印度紅花飯 + 檸檬蝦串 + 新鮮生果碗*	香煎豬排羊肚菌忌廉汁配烤馬鈴薯 + 煙肉芝士批 + 車厘子芝士餅*
Tuesday 星期二	American Style Breakfast Chicken Franks, Pork Patties, Scrambled Eggs, Herbs Mushroom, Cherry Tomato, English Muffin + Fresh Fruit Bowl* 雞肉腸、豬柳漢堡扒、炒蛋、香草蘑菇、 車厘茄、英式鬆餅 + 新鮮生果碗*	Seafood Penne in Tomato Sauce Mixed Seafood with Mushrooms and Tomato Sauce, Penne + Herb Butter Fish Skewer + Daily Salad* 海鮮長通粉配蕃茄汁 + 香草牛油魚柳串 + 是日沙律*	"Bombay Style" Chicken Curry with Kidney Beans and Basmati Saffron Rice Bombay Creamy Curry Chicken, Basmati Saffron Rice, Rajmah + Potato, Mixed Vegetables + Pineapple Chocolate Cake* 孟買咖哩雞配印度紅花飯 + 素菜咖哩角 + 菠蘿朱古力餅*
Wednesday 星期三	Favorite Continental Chicken Breakfast Grilled Chicken Steak, Pork Sausage, Grilled Tomato, Mixed Vegetables, Baked Beans, Daily Bakery (Bread Roll) + Cornflakes with Milk* 燒雞扒、豬肉腸、烤蕃茄、炒雜菜、茄 汁焗豆、是日餐包+ 栗米片+牛奶*	Chicken Mahanwala with Vegetable Jalfrezi and Basmati Rice Makhanwala Chicken, Jalfrezi, Basmati Saffron Rice + Red Pepper Tenderloin Skewer + Fresh Fruit Bowl* 蕃茄奶油雞配紅花飯 + 紅椒牛柳串 + 新鮮生果碗*	Pan-fried Chicken Thigh in Chimichurri Sauce with Roasted Potato and Vegetable Chicken Thigh, Chimichurri Sauce, Roasted Potato, Garden Vegetables + Mixed Vegetables Mini Pie + Apple Butter Cake* 阿根廷青醬煎雞扒配烤薯仔 + 迷你雜菜批 + 蘋果牛油餅*
Thursday 星期四	Scrambled Eggs and Fish Fillet Breakfast Fish Fillet Cutlet, Scrambled Eggs, Mixed Vegetables, Cherry Tomato, Daily Bakery (Danish) + Yoghurt Granola* 吉列魚柳、炒蛋、炒雜菜、車厘茄、是日餐包 + 酸奶麥片*	Seafood in Béchamel Sauce with Steam Rice Sole, Mussels, Prawns, Cream Sauce, Garden Vegetables and Steamed Rice + Red and Yellow Cherry Tomato Ragout + Daily Salad* 白汁海鮮配白飯 + 燴紅黃車厘茄 + 是日沙律*	Penne with Braised Fish Fillet in Herb and Tomato Sauce Fish, Tomato, Herb, Penne, Garden Vegetables + Tandoori Chicken Skewer + Carrot Cinnamon Cake* 香草茄蓉魚柳長通粉 + 天多利雞串 + 甘筍玉桂餅*
Friday 星期五	American Style Breakfast Pork and Cheese Sausages, Pork Patties, Scrambled Eggs, Cherry Tomato, Mixed Vegetables, Muffin + Fresh Fruit Bowl* 芝士陽、豬柳漢堡扒、炒蛋、 車厘茄、炒雜菜、鬆餅 + 新鮮生果碗*	Penne with Hungarian Beef Goulash Beef Goulash, Penne Pasta, Zucchini and Peppers + Prawn and Herb Skewer + Fresh Fruit Bowl* 匈牙利燴牛肉長通粉 + 香草蝦串 + 新鮮生果碗*	Russian Braised Pork Tenderloin with Mashed Potato with Parsley Pork Loin, Tomato, Onion, Parsley Mashed Potato, Garden Vegetables + Sautéed Mixed Mushrooms + Chocolate Butter Brownies* 俄羅斯燴豬柳配香草薯蓉 + 炒雜菌 + 朱古力班尼士*
Saturday 星期六	Indian Style Breakfast Kidney Bean Masala, Spinach with Cherry Tomato, Khichadi, Prantha + Cornflakes with Milk* 紅腰豆馬沙拉、炒菠菜及車厘茄、蘭度 豆米糊、印度薄餅 + 栗米片+牛奶*	Thai Green Curry Chicken with Steamed Rice Thai Green Curry Chicken, Steamed Rice + Herb Butter Fish Skewer + Daily Salad* 泰式青咖哩雞配白飯 + 香草牛油魚柳串 + 是日沙律*	Beef Bourguignon with Potato Beef, Red Wine, Carrot, Butter, Roasted Potato, Garden Vegetables + Prawn and Lemon Skewer + Tiramisu* 法式紅酒燉牛肉配燒薯仔 + 檸檬蝦串 + 意大利芝士餅*
Sunday 星期日	Scrambled Egg, Beans and Chicken Franks Breakfast Cutlet Fish Fillet, Chicken Franks, Scrambled Eggs, Bacon, Seasonal Vegetable, Daily Bakery (Bread Roll) + Yoghurt Granola* 吉列魚、雞肉陽、炒蛋、煙肉、車厘茄、 是日餐包 + 酸奶麥片*	Pan-fried Pork Chop in Pommery Mustard Sauce with Roasted Potato Pork Chop, Pommery Mustard Sauce, Roasted Potato, Seasonal Vegetable + Tenderloin Skewer + Fresh Fruit Bowl* 香煎豬扒、芥末汁、燒薯仔、清炒時蔬 + 香草牛柳串 + 新鮮生果碗*	Lamb Curry with Masala Lentils and Basmati Saffron Rice Lamb Curry, Masala Dhal, Basmati Rice + Herb Butter Scallop Skewer + Triple Chocolate Mousse Cake* 印式羊咖哩串粒配印度紅花飯 + 咖喱角 + 三重朱古力蛋糕*

Chinese Cuisine 中式風味

	BREAKFAST 早餐	LUNCH 午餐	DINNER 晚餐
Monday 星期一	Signature "Hong Kong Style" Breakfast	Fried Pork Belly with Green Beans and Olive Cabbage	Braised Pork with Preserved Vegetables
	Hong Kong Sampan Congee, Fried Noodles with Squid and Soy Sauce, Daily Steamed Dumplings, Preserved Vegetables + Steamed Mushroom Bun*	Served with Sole Fillet in Corn Sauce, Stir-fried Vegetables, Steamed Rice + Smoked Duck Breast with Pineapple + Fresh Fruit Bowl*	Served with Braised Fillet with Tofu, Stir- fried Vegetables, Steamed Rice + Wenchang Chicken with Ginger & Spring Onion + Cherry Cheese Cake*
	荔灣艇仔粥、豉油皇吊片絲炒麵、是 日蒸餃、麻香炸菜片 + 野菌包*	欖菜四季豆炒五花腩、粟米龍利魚柳、清炒 時蔬、白飯 + 菠雞煙鴨胸 + 新鮮生果碗*	梅菜扣肉、豆腐燴魚柳、清炒時蔬、白飯 + 薑蔥茸文昌雞 + 車厘子芝士餅*
Tuesday 星期二	"Hong Kong Style" Dim Sum Combination	Sweet and Sour Pork Served with Kung Pao Chicken, Stir-fried Vegetables, Steamed Rice + Fried Shrimp Balls + Daily Salad* 菠蘿咕嚕肉、宫保雞丁、清炒時蔬、白飯	Braised Chicken Slices with Wild Mushrooms in Oyster Sauce
	Stir-fried Rice Flour Roll with Soy Sauce, Glutinous Rice Dimpling, Daily Steamed Dumplings, Bean Curd Skin Roll +		Served with Steamed Pork Ribs with Pickled Plums, Stir-fried Vegetables, Steamed Rice + Honey-glazed Barbecue Pork
	Chives Dumpling* 豉油皇炒腸粉、珍珠雞、是日蒸餃、 鮮竹卷 + 韭菜角*	+ 炸蝦丸 + 是日沙律*	+ Pineapple Chocolate Cake* 蠔皇什菌雞肉片、梅子蒸排骨、清炒時蔬、 白飯 + 蜜汁叉燒 + 菠蘿朱古力餅*
Wednesday 星期三	Chicken Congee with Chinese Mushrooms	Steamed Chicken with Cloud Mushrooms	Pork Chop in Peking Sauce
	Served with Fried Rice Noodles with BBQ Pork, Daily Steamed Dumpling, Chinese	Served with Meatloaf with Salted Egg in Hairy Ground Rings, Stir-fried Vegetables, Steamed	Served with Chicken Dice in Corn Sauce, Stir-fried Vegetables, Steamed Rice + Shrimp Toast + Apple Butter Cake* 京都汁豬扒、粟米燴雞粒、清炒時蔬、白 飯 + 蝦多士 + 蘋果牛油餅*
	Fried Fritter + Spring Roll* 北菇滑雞粥、叉燒絲炒米、是日蒸餃、	Rice + Spiced Salty Bean Curd Cubes + Fresh Fruit Bowl*	
	油條 + 春卷*	金針雲耳蒸雞、咸蛋肉餅節瓜脯、清炒時蔬、白飯 + 椒鹽豆腐粒 + 新鮮生果碗*	
Thursday 星期四	Shanghainese Stir-fried Noodles with Shredded Pork	Onion Pork Chop Served with Braised Egg Plant with Shredded Pork, Stir-fried Vegetables, Steamed Rice + Fried Wonton in Sweet & Sour Sauce + Daily Salad* 洋蔥豬扒、魚香茄子魚崧、清炒時蔬、白飯 + 糖醋炸雲吞 + 是日沙律*	Scrambled Eggs with BBQ Pork and Chives
	Lean Meat Congee with Preserved Egg, Silver Pin Noodles, Daily Steamed Dumplings, Chinese Fried Fritter		Served with Spiced Salty Chicken Wings, Stir-fried Vegetables, Steamed Rice + Roasted Goose + Carrot Cinnamon Cake*
	+ Steamed Pork Dumplings* 上海肉絲粗炒、蒸蘿蔔糕、蠔油雲吞、麻香炸菜片 + 燒賣*		韭黃叉燒炒蛋、椒鹽雞翼、清炒時蔬、白飯 + 潮蓮脆燒鵝 + 甘筍玉桂餅*
Friday 星期五	Lean Meat Congee Served with Preserved Egg, Silver Pin	Scrambled Eggs with Shrimp and Chives Served with Sweet & Sour Sole Fillet, Stir-fried	Steamed Minced Pork with Preserved Vegetables
	Noodles, Daily Steamed Dumplings, Chinese Fried Fritter + Lotus Seed Bun*	Vegetables, Steamed Rice + Spiced Salty Noodle Fish + Fresh Fruit Bowl*	Served with Stir-fried Chicken Slice with Celery, Stir-fried Vegetables, Steamed Rice
	皮蛋瘦肉粥、家鄉銀針粉、是日蒸餃、 油條 + 蓮蓉包*	韭黃蝦仁炒蛋、菠蘿咕嚕龍利柳、清炒時蔬、 白飯 + 椒鹽白飯魚 + 新鮮生果碗*	+ Baby Pigeon (Half) in Soy Sauce + Chocolate Butter Brownies*
			梅菜蒸肉餅、西芹炒雞柳、清炒時蔬、白飯 + 豉油皇BB鴿半隻 + 朱古力班尼士*
Saturday 星期六	Braised Rice Noodles with Shredded Pork	Steamed Squid with Glass Noodle and Garlic	Stewed Beef Brisket and Tendon in Chu Hou Sauce
	Served with Steamed Rice Flour Roll in XO Sauce, Black Pepper Pork Pastry, Steamed Corn + Barbecued Pork Bun*	Served with Fried Pork Meat and Lotus Root in Red Fermented Bean Curd Sauce, Stir-fried Vegetables, Steamed Rice + Deep Fried Baby	Served with Braised Pork Belly with Lotus Root, Stir-fried Vegetables, Steamed Rice + Crispy Skin Fried Chicken + Tiramisu*
	雪菜肉絲炆米、XO醬蒸腸粉、胡椒鮮 肉酥餅、蒸粟米 + 叉燒包*	Oyster + Daily Salad* 蒜茸粉絲蒸鮮魷、南乳蓮藕炒梅肉片、清炒 時蔬、白飯 + 脆炸蠔仔 + 是日沙律*	柱侯牛根腩、蓮藕炆腩仔、清炒時蔬、白 飯 + 脆皮炸子雞 + 意大利芝士餅*
Sunday 星期日	Dry Scallop Congee in Cantonese Style	Braised Chicken with Chestnut	Braised Eggplant with Minced Pork
<u> </u>	Served with Stir-fried Noodles, Daily Steamed Dumpling, Preserved Vegetables + Twisted Scallion Bun*	Served with Fried Pork Jowl Meat with Zucchini, Stir-fried Vegetables, Steamed Rice + Deep Fried Bean Curd Roll + Fresh Fruit Bowl*	Served with Steamed Pork with Preserved Vegetables, Stir-fried Vegetables, Steamed Rice + Roasted Duck + Triple Chocolate Mousse Cake*
	瑤柱白粥、三絲炒油麵、是日蒸餃、 麻香炸菜片 + 蔥花卷*	栗子炆雞、翠肉瓜炒豬頸肉、清炒時蔬、白 飯 + 素鴨 + 新鮮生果碗*	魚香肉碎茄子、炸菜蒸肉片、清炒時蔬、 白飯 + 明爐燒米鴨 + 三重朱古力蛋糕*

Vegetarian Menu 素食之選

	BREAKFAST 早餐	LUNCH 午餐	DINNER 晚餐
Monday 星期一	Corn Congee in Cantonese Style Served with Stir-fried Noodles with Soy Sauce, Steamed Vegetarian Dumplings, Salted Vegetables + Wild Mushrooms Bun*	Penne with Vegetable in Coconut Curry Sauce Mixed Vegetables in Portuguese Sauce, Penne + Mushroom Quiche + Fresh Fruit Bowl* 葡汁雜菜長通粉 + 蘑菇批 + 新鲜生果碗*	Fried Vegetarian Beef with Green Pepper Served with Scrambled Eggs and Tomatoes, Stir-fried Vegetables, Steamed Rice + Vegetarian Fillet in Sweet Corn Sauce
	粟米粥、豉油皇炒麵、素餃、 麻香炸菜片 + 野菌飽*	制/	+ Cherry Cheese Cake* 青椒炒素牛肉、番茄煮蛋、清炒時蔬、白飯+ 栗米汁素魚塊+ 車厘子芝士餅*
Tuesday 星期二	Old Fashioned Vegetarian Cheese Sandwich and Muffin Breakfast	Stir-fried Vegetarian Chicken with Assorted Mushrooms	Vegetarian Shredded Pork with Green Beans and Olive Cabbage
	Tomato, Cheese Sandwich, Mixed Greens Salad, Vegetable Stick Muffin, Cherry Tomato + Fresh Fruit Bowl*	Served with Vegetarian Meat Balls with Chinese Cabbage, Stir-fried Vegetables, Steamed Rice + Sautéed White Fungus and Cordyceps Flower + Daily Salad*	Served with Stewed Mixed Vegetables with Bean Curd, Stir-fried Vegetables, Steamed Rice + Pan-fried Vegetarian Pork Patty + Pineapple Chocolate Cake*
	蕃茄芝士三文治、雜菜沙律、蔬菜條、 鬆餅及車厘茄 + 新鮮生果碗*	椰菜炒什菌齋雞、素肉丸津膽、清炒時蔬、 白飯 + 芹香白木耳蟲草花 + 是日沙律*	欖菜素肉絲四季豆、羅漢齋豆腐飯、清炒 時蔬、白飯 + 香煎素肉餅 + 菠蘿朱古力餅*
Wednesday 星期三	Classic English Vegetarian Breakfast Scrambled Eggs, Baked Beans, Baked Potato Diced, Cherry Tomato and Vegetable, Daily Bakery (Bread Roll) + Yoghurt Granola*	Fusilli with Mixed Mushrooms in Tomato Sauce and Seasonal Vegetable Italian Tomato Sauce, Mixed Mushrooms, Fusilli, Seasonal Vegetable + Spinach Pie + Fresh Fruit Bowl*	Thai Vegetable Green Curry
生和二			Fried Vegetables, Steamed Rice + Braised Cherry Tomato + Apple Butter Cake*
			青咖哩雜菜、清炒時蔬、白飯 + 燴車厘茄 + 蘋果牛油餅*
	炒蛋、茄汁焗豆、焗薯粒、車厘茄及 時蔬、是日餐包 + 酸奶麥片*	意式茄汁雜螺絲粉 + 菠菜批 +新鮮生果碗*	
Thursday	The Vegetarian Western Breakfast Combo Vegetable Patties, Grilled Tomato, Baked Potato Diced, Spinach Frittata, Daily Bakery (Danish) + Yoghurt Granola* 素漢堡扒、烤蕃茄、焗薯粒、菠菜蛋批、是日餐包+酸奶麥片*	Stir-fried Bean Curd with Vegetables	Egg Plant with Vegetarian Pork Floss
星期四		Served with Staffed Egg Plant in Black Bean Sauce, Stir-fried Vegetables, Steamed Rice + Plant Meat with Corn + Daily Salad* 素炒粟米豆角菜莆豆乾、豉汁釀素肉茄子、	Served with Mushrooms in Vegetarian Oyster Sauce, Stir-fried Vegetables, Steamed Rice + Stuffed Peppers in Black Bean Sauce + Carrot Cinnamon Cake*
		系炒来示立月采用立钇、以기睋系内加于、 清炒時蔬、白飯 + 素餐肉栗米粒 + 是日沙律*	怡香素肉崧茄子、素蠔皇雙菇、清炒時蔬、 白飯 + 豉汁素肉釀尖椒 + 甘筍玉桂餅*
Friday 星期五	Pumpkin Congee	Assorted Vegetable in Cream Sauce	Fusilli with Omni Meatballs in Tomato Sauce and Seasonal Vegetable
±743.±	Served with Fried Rice Noodles with Assorted Vegetables, Vegetarian Dumplings, Chinese Fried Fritter + Lotus Seed Bun*	Stir-fried Vegetables, Steamed Brown Rice + Mixed Vegetable Tart + Fresh Fruit Bowl* 忌廉燴雜菜、清炒時蔬、糙米飯 + 雜菜批 + 新鮮生果碗*	Vegetable Meatballs, Tomato Sauce, Fusilli + Red and Yellow Cherry Tomato Ragout + Chocolate Butter Brownies*
	南瓜粥、雜菜炒米、素餃、油條 + 蓮蓉包*		茄汁素肉丸配螺絲粉 + 燴紅黃車厘茄 + 朱古力班尼士*
Saturday 星期六	Classic English Vegetarian Breakfast	Curry Vegetarian Chicken and Potato Rice	Stir-fried Vegetarian Beef with Fresh Mushrooms
	Scrambled Eggs, Baked Beans, Baked Potato Diced, Grilled Tomato, Seasonal Vegetable, Daily Bakery (Muffin) + Yoghurt Granola*	Served with Vegetarian Beef with Tomato, Stir- fried Vegetables, Steamed Rice + Spiced Salty Bean Curd Cubes + Daily Salad*	Served with Stir-fried OMI Pork Strips with Vegetables, Stir-fried Vegetables, Steamed Rice + Pan-fried Vegetarian Stuffed Tofu + Tiramisu*
	炒蛋、茄汁焗豆、焗薯粒、烤蕃茄、 時蔬、是日餐包 + 酸奶麥片*	咖哩薯仔素雞飯、番茄煮素牛肉、清炒時蔬、 白飯 + 椒鹽豆腐粒 + 是日沙律*	鮮菇素牛肉、彩虹素肉絲、清炒時蔬、白飯 + 煎釀素肉豆腐 + 意大利芝士餅*
Sunday	Yam Congee	Deep Fried Bean Curd Roll	Vegetarian Lasagna
星期日	Served with Stir-fried Noodles with Vegetarian Meat, Vegetarian Dumplings, Chinese Fried Fritter + Twisted Scallion Bun*	Served with Vegetarian Chicken in Sweet & Sour Sauce, Stir-fried Vegetables, Steamed Rice + Cucumber and Black Fungus in Vinegar + Fresh Fruit Bowl*	Lasagna, Mixed Vegetables, Tomato Sauce, Sautéed Mushroom + Baked Cheese Cauliflower + Triple Chocolate Mousse Cake*
	番薯粥、素肉絲炒油麵、素餃、油條 + 蔥花卷*	素齋鴨、菠蘿咕嚕素雞、清炒時蔬、 白飯 + 陳醋青瓜雲耳 + 新鮮生果碗*	素菜千層麵 + 芝士焗椰菜花 + 三重朱古力蛋糕*

Gluten-free Menu 無麩質之選

	BREAKFAST 早餐	LUNCH 午餐	DINNER 晚餐
Monday 星期一	Spinach Frittata withTomato and Potato	Lamb Korma with Beans and Saffron Basmati Rice	Pan-fried Pork Chop in Morel Cream Sauce with Roasted Potato
	Spinach Frittata, Grilled Tomato, Roasted Potato, Beans and Mushroom, Gluten- free Roll + Fresh Fruit Bowl*	Korma Lamb, Beans Green, Basmati Saffron Rice + Prawn and Lemon Skewer + Daily Salad*	Pork Chop, Morel Cream Sauce, Roast Potato, Garden Vegetables + Red Pepper Tenderloin Skewer + Cherry Cheese Cake*
	菠菜蛋批、扒蕃茄、烤薯角、青豆角、 磨菇、無麩質包 + 新鮮生果碗*	印度烤瑪羊肉配印度紅花飯 + 檸檬蝦串 + 是日沙律*	香煎豬排羊肚菌忌廉汁配烤馬鈴薯 + 紅椒牛柳串 + 車厘子芝士餅*
Tuesday 星期二	Scrambled Egg with Herbed Tomato and Potato Pan-fried Chicken Steak, Scramble Egg, Cherry Tomato and Green Bean, Buttered Corn, Roasted Potato, Glutenfree Apple Muffin + Daily Salad* 香煎雞扒配炒蛋、車厘茄、青豆角、牛油炒粟米、烤薯片、無麩質蘋果鬆餅 + 是日沙律*	Seafood Penne in Tomato Sauce Mixed Seafood with Mushrooms and Tomato Sauce, Steamed Rice + Herb Butter Fish Skewer + Fresh Fruit Bowl* 蕃茄汁海鮮配白飯 + 香草牛油魚柳串 + 新鮮生果碗*	"Bombay Style" Chicken Curry with Kidney Beans and Basmati Saffron Rice Bombay Creamy Curry Chicken, Basmati Saffron Rice, Rajmah + Red and Yellow Cherry Tomato Ragout + Fresh Fruit Bowl* 孟賈咖哩雞配印度紅花飯 + 素菜咖哩角 + 新鮮生果碗*
Wednesday 星期三	Gluten-free Egg Omelette with Bacon, Spinach and Potato Gluten-free Egg Omelette with Tomato,	Chicken Mahanwala with Vegetable Jalfrezi and Basmati Rice Makhanwala Chicken, Jalfrezi, Basmati	Pan-fried Chicken Thigh in Chimichurri Sauce with Roasted Potato and Vegetable
	Spinach, Roasted Pumpkin, Mushroom, Gluten-free Roll + Fresh Fruit Bowl* 無麩質蛋奄列、蕃茄、炒菠菜、烤南瓜、蘑菇、無麩質包+新鲜生果碗*	Saffron Rice + Red Pepper Tenderloin Skewer + Daily Salad* 蕃茄奶油雞配紅花飯 + 紅椒牛柳串 + 是日沙律*	Chicken Thigh, Chimichurri Sauce, Roasted Potato, Garden Vegetables + Herb Butter Fish Skewer + Apple Cinnamon Cake* 阿根廷青醬煎雞扒配烤薯仔 + 香草牛油魚柳串 + 蘋果肉桂餅*
Thursday 星期四	Boiled Egg with Spinach and Potato Pan-fried Fish Fillet with Tomato Sauce, Green Bean, Boiled Egg, Roasted Sweet Potato, Bell Pepper, Gluten-free Chocolate Muffin + Daily Salad* 香煎魚柳配蕃茄汁、青豆角、烚蛋、 烤甜薯、炒彩椒、無麩質朱古力鬆餅 + 是日沙律*	Seafood in Tomato Sauce and Brown Rice Sole, Mussels, Prawns, Tomato Cream Sauce, Garden Vegetables and Brown Rice + Red and Yellow Cherry Tomato Ragout + Fresh Fruit Bowl* 茄汁海鮮配糙米飯 + 燴紅黃車厘茄 + 新鮮生果碗*	Braised Fish Fillet in Herb and Tomato Sauce, Brown Rice Fish, Tomato, Herb, Garden Vegetables, Brown Rice + Tandoori Chicken Skewer + Fresh Fruit Bowl* 香草茄蓉魚柳配糙米飯 (蕃茄醬汁) + 天多利雞串 + 新鮮生果碗*
Friday 星期五	Mixed Vegetable Frittata with Tomato and Potato Mixed Vegetable Frittata, Tomato, Mushroom, Buttered Corn, Gluten-free Roll + Fresh Fruit Bowl* 雜菜蛋批、扒蕃茄、磨菇、牛油炒粟 米、無麩質包 + 新鮮生果碗*	Brown Rice with Hungarian Beef Goulash Beef Goulash, Brown Rice, Zucchini and Peppers + Prawn and Herb Skewer + Daily Salad* 香煎豬扒、芥末汁、燒薯仔、清炒時蔬 + 香草蝦串 + 是日沙律*	Russian Braised Pork Tenderloin with Mashed Potato with Parsley Pork Loin, Tomato, Onion, Parsley Mashed Potato, Garden Vegetables + Sautéed Mixed Mushrooms + Chocolate Cake* 俄羅斯燴豬柳配香草薯蓉 + 炒雜菌 + 朱古力餅*
Saturday 星期六	Mushroom and Scrambled Egg with Chunky Ratatouille and Potato Scramble Egg with Mushroom, Spinach, Ratatouille, Sautéed Potato and Bacon, Gluten-free Blueberry Muffin + Daily Salad* 磨菇炒蛋、炒菠菜、意式雜菜、煙肉炒薯粒、無麩質藍莓鬆餅 + 是日沙律*	Braised Chicken and Mixed Mushrooms in Tomato Sauce with Steamed Rice Chicken in Tomato Sauce, Mixed Mushrooms with Vegetables and Steamed Rice + Herb Butter Fish Skewer + Fresh Fruit Bowl* 意式茄汁雜菌配時蔬伴白飯 + 香草牛油魚柳串 + 新鮮生果碗*	Beef Bourguignon with Potato Beef, Red Wine, Carrot, Butter, Roasted Potato, Garden Vegetables + Prawn and Lemon Skewer + Fresh Fruit Bowl* 法式紅酒燉牛肉配燒薯仔 + 檸檬蝦串 + 新鮮生果碗*
Sunday 星期日	Chicken Steak and Scrambled Egg with Spinach and Potato Pan-Fried Chicken Steak, Scrambled Eggs, Bell Pepper, Roasted Sweet Potato, Cherry Tomato, Gluten-free Roll + Fresh Fruit Bowl* 香煎雞扒配炒蛋、炒彩椒、烤甜薯、 車厘茄、無麩質包 + 新鮮生果碗*	Pan-fried Pork Chop in Pommery Mustard Sauce with Roasted Potato Pork Chop, Pommery Mustard Sauce, Roasted Potato, Seasonal Vegetable + Tenderloin Skewer + Daily Salad* 香煎豬扒、芥末汁、燒薯仔、清炒時蔬 + 香草牛柳串 + 是日沙律*	Lamb Curry with Masala Lentils and Basmati Saffron Rice Lamb Curry, Masala Dhal, Basmati Rice + Herb Butter Fish Skewer + Pavlova with Fresh Fruit* 印式羊咖哩串粒配印度紅花飯 + 香草牛 油魚柳串 + 鮮果忌廉蛋白餅*