<table>
<thead>
<tr>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-Sep-2019</td>
<td>4-Sep-2019</td>
<td>5-Sep-2019</td>
</tr>
<tr>
<td>西蘭花炒魚柳</td>
<td>Deep-fried Crispy Fish Fillet</td>
<td>Steamed Fish Fillet with Minced Chili Pepper</td>
</tr>
<tr>
<td>Stir-fried Broccoli with Fish Fillet</td>
<td>蠔人燴雞</td>
<td>脆皮燒腩仔</td>
</tr>
<tr>
<td>柚子脆雞球</td>
<td>Hunter's Chicken Stew</td>
<td>脆皮燒腩仔</td>
</tr>
<tr>
<td>Crispy Chicken with Honey Pomelo</td>
<td>法式燴牛肉</td>
<td>西芹草菇炒雞柳</td>
</tr>
<tr>
<td>沙茶粉絲牛肉</td>
<td>French Beef Stew</td>
<td>Stir-fried Chicken Fillet with Celery and Straw Mushroom</td>
</tr>
<tr>
<td>Sa Cha Beef with Glass Vermicelli</td>
<td>意式焗雜菜</td>
<td>鮮腐竹浸勝瓜</td>
</tr>
<tr>
<td>✔支竹炆蘿蔔</td>
<td>Baked Italian Assorted Vegetable</td>
<td>✔Sautéed Angled Luffa with Tofu Skin Stick</td>
</tr>
<tr>
<td>✔ Braised Turnip with Tofu Skin Stick</td>
<td>蒜香意粉 /白飯</td>
<td>紅米飯</td>
</tr>
<tr>
<td>紅米飯</td>
<td>Garlic Pasta/ Steamed Rice</td>
<td>✔生果拼盤</td>
</tr>
<tr>
<td>Red Grain Rice</td>
<td>朱古力班尼</td>
<td>Fresh Fruit Platter</td>
</tr>
<tr>
<td>清保涼煲雞湯</td>
<td>Assorted Mushroom &amp; Red Bean Risotto</td>
<td>✔雜菌翠玉瓜炒素鴨配紅米飯</td>
</tr>
<tr>
<td>Ching Po Leung and Chicken Soup</td>
<td>蒜香意粉 /白飯</td>
<td>脆皮燒腩仔</td>
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<thead>
<tr>
<th>10-Sep-2019</th>
<th>11-Sep-2019</th>
<th>12-Sep-2019</th>
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<tbody>
<tr>
<td>麵醬蘿蔔魚片</td>
<td>香茅豬扒</td>
<td>琵琶豆腐</td>
</tr>
<tr>
<td>Sautéed Turnip with Chiu Chow Fried fish Slice</td>
<td>Lemon Grass Pork Chop</td>
<td>Pipa Tofu</td>
</tr>
<tr>
<td>金沙雞翼</td>
<td>泰式烤雞</td>
<td>蜜汁叉燒</td>
</tr>
<tr>
<td>Salted Egg Chicken Wing</td>
<td>Green Curry Fish Fillet</td>
<td>Honey Glazed BBQ Pork</td>
</tr>
<tr>
<td>鮮茄滑蛋牛肉</td>
<td>泰式Style Stir-fried Chinese Kale</td>
<td>冬菇雲耳蒸雞</td>
</tr>
<tr>
<td>Stir-fried Beef and Tomato with Scrambled Eggs</td>
<td>珍珠米</td>
<td>Steamed Chicken with Chinese Mushroom and Black Fungus</td>
</tr>
<tr>
<td>✔ 北菇扒小葉菜</td>
<td>Pearl Rice</td>
<td>✔蒜子上湯浸娃娃菜</td>
</tr>
<tr>
<td>✔Sautéed Green Brassica with Chinese Mushroom</td>
<td>椰汁雞湯</td>
<td>✔Sautéed Baby Chinese Cabbage with Garlic and Broth Soup</td>
</tr>
<tr>
<td>紅米飯</td>
<td>Coconut Milk and Chicken Soup</td>
<td>紅米飯</td>
</tr>
<tr>
<td>Red Grain Rice</td>
<td>✔照燒豆腐,雜菜配珍珠飯</td>
<td>Red Grain Rice</td>
</tr>
<tr>
<td>陳皮紅豆沙</td>
<td>蕃茄紅腰豆配紅米飯</td>
<td>生果拼盤</td>
</tr>
<tr>
<td>Red Beans Sweet Soup</td>
<td>✔ Tomato and Red Kidney Bean Served Red Grain Rice</td>
<td>Fresh Fruit Platter</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>13-Sep-2019</th>
<th>14-Sep-2019</th>
<th>15-Sep-2019</th>
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</thead>
<tbody>
<tr>
<td>西芹草菇炒素鴨配紅米飯</td>
<td>四季甜品</td>
<td>香蕉蒸魚柳</td>
</tr>
<tr>
<td>蜜汁叉燒</td>
<td>Seasonal Vegetable Sweet Corn</td>
<td>脆皮燒腩仔</td>
</tr>
<tr>
<td>西芹草菇炒素鴨配紅米飯</td>
<td>and Veggie Fish Fillet</td>
<td>西芹草菇炒素鴨配紅米飯</td>
</tr>
<tr>
<td>蒜香意粉 /白飯</td>
<td>Served Pearl Rice</td>
<td>脫胎豆腐</td>
</tr>
<tr>
<td>葵花籽雪片</td>
<td>Served Red Grain Rice</td>
<td>香茅豬扒</td>
</tr>
<tr>
<td>生果拼盤</td>
<td>蔬菜泡芙</td>
<td>蜜汁叉燒</td>
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**EAT**

**LEARN**

**LIVE**

**Chartwells**
<table>
<thead>
<tr>
<th>Date</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
</table>
| 17-Sep-2019| 青瓜雲耳炒魚鬆  
Sautéed Dace Fish Patty with Cucumber and Black Fungus  
鎮江一字骨  
Short Pork Ribs with Zhenjiang Vinegar  
紫蘿牛肉  
Sautéed Beef with Pickled Ginger and Pineapple  
冬瓜炆豆卜  
Braised Tofu Puff with Winter Melon  
紅米飯  
Red Grain Rice  
蛋花馬蹄露  
Water Chestnuts and Egg Drop Sweet Soup  
羅漢上素配紅米飯  
Lo Han' Assorted Veggie Served Red Grain Rice | 咖喱吉列海鮮  
Curry Cutlet Seafood  
日式照燒雞  
Japanese Teriyaki Chicken  
豚肉生姜焼  
Pork Shogayaki  
日式炒雜菜  
Japanese Stir-fried Assorted Vegetable  
珍珠米  
Pearl Rice  
海帶豆腐味噌湯  
Seaweed and Tofu Miso Soup  
照燒豆腐雜菜炒烏冬  
Teriyaki Tofu, Assorted Vegetable Fried Udon | 椰香芋頭炆鴨  
Braised Duck with Taro in Coconut Milk  
香煎蓮藕餅  
Pan-fried Lotus Root Cake  
梅菜蒸魚柳  
Steamed Fish Fillet with Preserved Vegetable  
蒜茸炒菜心  
Stir-fried Choy Sum with Garlic  
紅米飯  
Red Grain Rice  
生果拼盤  
Fruit Platter |
| 18-Sep-2019| 香菇豉油雞  
Soy Sauce Chicken  
香辣肉片茄子  
Sautéed Chili Eggplant with Sliced Pork  
蜜桃沙拉魚柳  
Sautéed Fish Fillet with Peach in Salad Dressing  
冬菇扒節瓜  
Sautéed Hairy Gourd with Chinese Mushroom  
紅米飯  
Red Grain Rice  
朱古力泡芙  
Chocolate Puff  
咖喱雜菜蘭度豆配紅米飯  
Curry Assorted Vegetable and Lens Culinaris Served Red Grain Rice | 咖喱吉列海鮮  
Curry Cutlet Seafood  
日式照燒雞  
Japanese Teriyaki Chicken  
豚肉生姜焼  
Pork Shogayaki  
日式炒雜菜  
Japanese Stir-fried Assorted Vegetable  
珍珠米  
Pearl Rice  
海帶豆腐味噌湯  
Seaweed and Tofu Miso Soup  
照燒豆腐雜菜炒烏冬  
Teriyaki Tofu, Assorted Vegetable Fried Udon | 椰香芋頭炆鴨  
Braised Duck with Taro in Coconut Milk  
香煎蓮藕餅  
Pan-fried Lotus Root Cake  
梅菜蒸魚柳  
Steamed Fish Fillet with Preserved Vegetable  
蒜茸炒菜心  
Stir-fried Choy Sum with Garlic  
紅米飯  
Red Grain Rice  
生果拼盤  
Fruit Platter |
| 19-Sep-2019| 紅米飯  
Red Grain Rice  | 緣蓄煎封魚柳  
Pan-fried Fish Fillet with Ginger and Scallion  
瑞士雞翼  
Swiss Sauce Chicken Wings  
鼓汁蒸排骨  
Steamed Spare Ribs with Black Soybean Sauce  
攬菜四季豆  
日式炒雜菜  
Japanese Stir-fried Assorted Vegetable  
珍珠米  
Pearl Rice  
海帶豆腐味噌湯  
Seaweed and Tofu Miso Soup  
照燒豆腐雜菜炒烏冬  
Teriyaki Tofu, Assorted Vegetable Fried Udon | 椰香芋頭炆鴨  
Braised Duck with Taro in Coconut Milk  
香煎蓮藕餅  
Pan-fried Lotus Root Cake  
梅菜蒸魚柳  
Steamed Fish Fillet with Preserved Vegetable  
蒜茸炒菜心  
Stir-fried Choy Sum with Garlic  
紅米飯  
Red Grain Rice  
生果拼盤  
Fruit Platter |
| 24-Sep-2019| 玫瑰豉油雞  
Soy Sauce Chicken  
香辣肉片茄子  
Sautéed Chili Eggplant with Sliced Pork  
蜜桃沙拉魚柳  
Sautéed Fish Fillet with Peach in Salad Dressing  
冬菇扒節瓜  
Sautéed Hairy Gourd with Chinese Mushroom  
紅米飯  
Red Grain Rice  
朱古力泡芙  
Chocolate Puff  | 咖喱吉列海鮮  
Curry Cutlet Seafood  
日式照燒雞  
Japanese Teriyaki Chicken  
豚肉生姜焼  
Pork Shogayaki  
日式炒雜菜  
Japanese Stir-fried Assorted Vegetable  
珍珠米  
Pearl Rice  
海帶豆腐味噌湯  
Seaweed and Tofu Miso Soup  
照燒豆腐雜菜炒烏冬  
Teriyaki Tofu, Assorted Vegetable Fried Udon | 椰香芋頭炆鴨  
Braised Duck with Taro in Coconut Milk  
香煎蓮藕餅  
Pan-fried Lotus Root Cake  
梅菜蒸魚柳  
Steamed Fish Fillet with Preserved Vegetable  
蒜茸炒菜心  
Stir-fried Choy Sum with Garlic  
紅米飯  
Red Grain Rice  
生果拼盤  
Fruit Platter |
| 25-Sep-2019| 香辣肉片茄子  
Sautéed Chili Eggplant with Sliced Pork  | 咖喱吉列海鮮  
Curry Cutlet Seafood  
日式照燒雞  
Japanese Teriyaki Chicken  
豚肉生姜焼  
Pork Shogayaki  
日式炒雜菜  
Japanese Stir-fried Assorted Vegetable  
珍珠米  
Pearl Rice  
海帶豆腐味噌湯  
Seaweed and Tofu Miso Soup  | 椰香芋頭炆鴨  
Braised Duck with Taro in Coconut Milk  
香煎蓮藕餅  
Pan-fried Lotus Root Cake  
梅菜蒸魚柳  
Steamed Fish Fillet with Preserved Vegetable  
蒜茸炒菜心  
Stir-fried Choy Sum with Garlic  
紅米飯  
Red Grain Rice  
生果拼盤  
Fruit Platter |
| 26-Sep-2019| 紅米飯  
Red Grain Rice  | 日式照燒雞  
Japanese Teriyaki Chicken  
豚肉生姜焼  
Pork Shogayaki  
日式炒雜菜  
Japanese Stir-fried Assorted Vegetable  
珍珠米  
Pearl Rice  
海帶豆腐味噌湯  
Seaweed and Tofu Miso Soup  | 椰香芋頭炆鴨  
Braised Duck with Taro in Coconut Milk  
香煎蓮藕餅  
Pan-fried Lotus Root Cake  
梅菜蒸魚柳  
Steamed Fish Fillet with Preserved Vegetable  
蒜茸炒菜心  
Stir-fried Choy Sum with Garlic  
紅米飯  
Red Grain Rice  
生果拼盤  
Fruit Platter |