

# October 2021 Communal Dinner Menu

Tuesday 5-Oct-2021	Wednesday 6-Oct-2021	Thursday 7-Oct-2021
<p style="text-align: center;">羅定豆豉雞 Braised Chicken with Black Soy Bean</p> <p style="text-align: center;">紅燒豆腐魚柳 Sautéed Fish Fillet with Tofu in Brown Sauce</p> <p style="text-align: center;">✓ 雜菌扒時蔬 ✓ Assorted Mushroom with Seasonal Vegetables</p> <p style="text-align: center;">白飯 Rice</p> <p style="text-align: center;">✓ 鮮腐竹浸菜苗 ✓ Sautéed Baby Vegetable with Tofu Stick and Broth</p> <p style="text-align: center;">✓ 鮮果 Fresh Fruit</p>	<p style="text-align: center;"> 台式肉燥鹵蛋 Taiwanese Minced Pork and Marinated Egg</p> <p style="text-align: center;">鹽酥雞球 Salted Crispy Chicken</p> <p style="text-align: center;">✓ 台式泡菜 ✓ Taiwanese Pickled Vegetables</p> <p style="text-align: center;">白飯 Rice</p> <p style="text-align: center;">✓ 時菜三杯杏鮑菇 ✓ Seasonal Vegetable and Taiwanese Three-cups Abalone Mushroom</p> <p style="text-align: center;">蛋花大菜糕 Egg Agar Jelly</p>	<p style="text-align: center;">香草燒雞 Roasted Chicken</p> <p style="text-align: center;">吉列魚柳 Fish Fillet Cutlet</p> <p style="text-align: center;">✓ 清炒西蘭花 ✓ Stir-fried Broccoli</p> <p style="text-align: center;">白飯 Rice</p> <p style="text-align: center;">✓ 咖喱雞心豆雜菜 ✓ Curry Chicken Peas and Assorted Vegetable</p> <p style="text-align: center;">✓ 鮮果 Fresh Fruit</p>
12-Oct-2021	13-Oct-2021	14-Oct-2021
<p style="text-align: center;">藕片炒雞柳 Sautéed Chicken with Lotus Root</p> <p style="text-align: center;">咕嚕魚柳 Sweet and Sour Fish Fillet</p> <p style="text-align: center;">✓ 冬菇粉絲節瓜 ✓ Sautéed Chinese Zucchini with Vermicelli and Chinese Mushroom</p> <p style="text-align: center;">白飯 Rice</p> <p style="text-align: center;">✓ 時蜜糖豆雲耳炒蓮藕 ✓ Stir-Fried Honey Beans, Black Fungus and Lotus Root</p> <p style="text-align: center;">✓ 鮮果 Fresh Fruit</p>	<p style="text-align: center;">南方炸雞 American Southern Fried Chicken</p> <p style="text-align: center;">牛油煎魚柳 Butter Pan-fried Fish Fillet</p> <p style="text-align: center;">✓ 香料薯仔椰菜花 ✓ Spiced Potato and Cauliflower</p> <p style="text-align: center;">白飯 Rice</p> <p style="text-align: center;">✓ 雜菜燴紅腰豆 ✓ Assorted Vegetables and Red Kidney Beans</p> <p style="text-align: center;">朱古力慕絲 Chocolate Mousse</p>	<h1 style="font-size: 2em; margin: 0;">Chung Yeung Festival</h1>

**EAT**

LEARN

LIVE



Chartwells

Tuesday	Wednesday	Thursday
<p>19-Oct-2021</p> <p>北菇蒸滑雞 Steamed Chicken with Mushroom</p> <p>豉椒炒牛肉 Stir-fried Beef with Black Soy Bean and Bell Pepper</p> <p>✓蒜茸菜心 ✓Stir-fried Choy Sum in Garlic</p> <p>白飯 Rice</p> <p>✓素魚香茄子 ✓Sautéed Minced Mushroom and Eggplant</p> <p>✓鮮果 Fresh Fruit</p>	<p>20-Oct-2021</p> <p>天多利雞 Tandoori Chicken</p> <p>香草燒豬柳 Roasted Pork Loin</p> <p>✓葡汁焗雜菜 ✓Baked Assorted Vegetables in Coconut Curry Sauce</p> <p>白飯 Rice</p> <p>✓咖喱雜菜蘭度豆 ✓Curry Assorted Vegetables and Lentil</p> <p>朱古力布朗尼 Chocolate Brownies</p>	<p>21-Oct-2021</p> <p>榨菜蒸肉餅 Steamed Pork Patty with Preserved Vegetable</p> <p>鮮茄魚柳 Sautéed Fish Fillet with Tomato</p> <p>✓清炒芥蘭 ✓Stir-fried Chinese Kale</p> <p>白飯 Rice</p> <p>✓素三絲豆腐 ✓Stir-fried Assorted Veggies with Dried Tofu</p> <p>✓鮮果 Fresh Fruit</p>
<p>26-Oct-2021</p> <p>咖喱薯仔雞球 Curry Chicken with Potato</p> <p>魚肉蒸豆腐 Steamed Tofu with Fish</p> <p>✓冬菇粉絲紹菜 ✓Sautéed Chinese Cabbage with Vermicelli and Chinese Mushroom</p> <p>白飯 Rice</p> <p>✓上湯浸娃娃菜 ✓Sautéed Baby Chinese Cabbage with Broth</p> <p>✓鮮果 Fresh Fruit</p>	<p>27-Oct-2021</p> <p> 蝦米粉絲蒸水蛋 Steamed Egg with Vermicelli and Dried Shrimps</p> <p>翠玉瓜炒雞柳 Stir-fried Chicken Fillet with Chinese Zucchini</p> <p>✓蒜香椰菜 ✓Stir-fried Chinese Cabbage with Garlic</p> <p>白飯 Steamed Rice</p> <p>✓時菜扒豆腐 ✓Seasonal Vegetables and Tofu</p> <p>✓鮮果 Fresh Fruit</p>	<p>28-Oct-2021</p> <p>粟米滑蛋魚柳 Stir-fried Fish Fillet with Sweet Corn and Scrambled Eggs</p> <p>西檸雞球 Crispy Chicken with Lemon Sauce</p> <p>✓清炒芥蘭 ✓Stir-fried Chinese Kale</p> <p>白飯 Rice</p> <p>✓青瓜雜菌素鴨 ✓Assorted Mushroom, Cucumber with Veggie Duck</p> <p>✓鮮果 Fresh Fruit</p>

EAT

LEARN

LIVE

  
Chartwells

EAT

LEARN

LIVE

