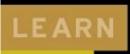
January 2022 Communal Dinner Menu			
Tuesday	Wednesday	Thursday	
11-Jan-2022	12-Jan-2022	13-Jan-2022	
鹹蛋蒸肉餅 Steamed Pork Patty with Salted Egg 翠玉瓜雲耳炒魚片	雜菜燴牛肉 Stewed Beef & Mixed Vegetables	南乳脆炸雞 Crispy Chicken in Red Fermented Bean Curd Sauce	
Sautéed Chinese Zucchini with Sliced Fish Cake	香草燒雞 Roasted Chicken with Herbs	紅燒豆腐魚柳 Sautéed Fish Fillet with Tofu in Brown Sauce	
✓ Stir-fried Cabbages in Garlic	▼	▼清炒西蘭花 VStir-fried Broccolis	
紅米飯 Red Rice	意粉 Spaghetti	白飯 Rice	
V時菜雜菌紅燒豆腐 VSeasonal Vegetable, Assorted Mushroom and Tofu	▼咖喱雜菜雞心豆 ▼Curry Assorted Vegetables and Chick Peas	V雜菌扒時蔬 VAssorted Mushrooms with Seasonal Vegetables	
✔無果 Fresh Fruit	朱古力布朗尼 Chocolate Brownies	V無果 Fresh Fruit	
18-Jan-2022	19-Jan-2022	20-Jan-2022	
豉汁蒸魚柳 Steamed Fish Fillet with Black Soybean Sauce	西班牙燴雞球 Spanish Stew Chicken	天多利雞 Tandoori Chicken	
蔥油淋雞 Chicken in Scallion Oil	芥茉燒豬柳 Roasted Pork Loin with Mustard	粟米滑蛋魚柳 Stir-fried Fish Fillet with Sweet Corn and Scrambled Egg	
✓炒雜菜 ✓ Stir-fried Vegetables 白飯 Rice ✓ 欖菜四季豆 ✓ Sautéed Long Beans with Olives ✓鮮果 Fresh Fruit	 ✓ 碎茄燴三蔬 Sautéed Carrots, Cauliflowers & Beans in Chopped Tomatoes 螺絲粉 Fusilli ✓ 雜菜紅腰豆 ✓ Assorted Vegetables and Red Kidney Beans 香蕉蛋糕 Banana Cake 	▼清炒翠肉瓜 ▼Stir-Fried Zucchini 薯粒 Roasted Potatoes ▼素魚香茄子 ▼Fried Sautéed Minced Mushrooms and Eggplants ▼鮮果 Fresh Fruit	







Tuesday	Wednesday	Thursday
25-Jan-2022	26-Jan-2022	27-Jan-2022
洋蔥豬扒	鮮茄魚柳	港式瑞士雞肉
Sautéed Pork Chop with Onion	Sautéed Fish Fillet with	HK Style Chicken in Swiss Sauce
	Tomatoes	
咖喱薯仔炆雞		香茅焗魚柳
Braised Curry Chicken with	青瓜雜菌牛肉	Lemongrass Sole Fillet
Potatoes	Sautéed Beef with Assorted	
	Mushrooms and Cucumbers	✓清炒椰菜四季豆
│		Stir-fried Cabbages & Greed
√Stir-fried Cabbages in Garlic	▼葡汁焗雜菜	Beans
o o	V Baked Assorted Vegetables	
白飯	in Portuguese Sauce	紅米飯
Rice	Ü	Red Rice
	意粉	
∀ 雜菌素鴨	Spaghetti	√照燒豆腐
√ Assorted Mushrooms &		√Teriyaki Tofu and Veggies
✓ Rolled Bean Curd Skin	✓雜菌燴南瓜	, 33
	VPumpkins & Mushrooms	V鮮果
∀ 鮮果		Fresh Fruit
Fresh Fruit	朱古力蛋糕	
1 TOOTT TAIL	Chocolate Cake	
	Choosate Oake	



