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

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