

MC Communal Dinner Menu (OCT 2026)		
Date	English name of the dishes	Chinese name of the dishes
06 Oct 2026 (Tue)	Sauteed Chinese Cauliflower with Chilli Bean Sauce	豆瓣醬炒椰菜花
	Char Siu Sauce Chicken	烤叉燒醬雞扒
	Tomato and Onion Pork Chop	鮮茄洋蔥豬扒
	Stir-fried Beef and Vegetables in Sichuan Style	川式炒牛肉
	Steamed Rice	珍珠米飯
	Fruits	時令水果
Vegetarian-coupon option	Dry-fried Green Beans with Plant-based Meat	干煸四季豆配素肉碎
07 Oct 2026 (Wed)	Sauteed Broccoli with Garlic	蒜香西蘭花
	Braised Beef Cheek Stewed	蕃茄燴牛面肉
	Roasted Chicken Thighs with Herbs	香草燒雞扒
	Fried Ham and Cheese Cutlet with Honey Mustard Sauce	炸吉列火腿芝士配蜜糖芥末醬
	Steamed Rice	珍珠米飯
	Soybean Pudding	豆腐花
Vegetarian-coupon option	Vegetables and Lentils Lasagna	素菜蘭度豆千層麵
08 Oct 2026 (Thu)	Sauteed Mushrooms with Butter	牛油炒什菌
	Steamed Chicken with Ginger	沙薑雞
	Baked Pork Chop with Cheese and Tomato Sauce	焗芝士鮮茄豬扒
	Stir-fried Shrimp with Sweet Beans and Red Bell Pepper	清炒蝦仁配甜椒及甜豆
	Steamed Rice	珍珠米飯
	Fruits	時令水果
Vegetarian-coupon option	Vegetables and Beans Fried Rice	素菜雜豆炒飯
Date	English name of the dishes	Chinese name of the dishes
13 Oct 2026 (Tue)	Stir-fried Chinese Zucchini with Garlic	蒜香翠玉瓜
	Mapo Tofu with Minced Pork	麻婆豆腐配豬肉碎
	Hainanese Chicken Fillets	海南雞扒
	Baked Portuguese Fish	葡汁焗魚
	Steamed Rice	珍珠米飯
	Fruits	時令水果
Vegetarian-coupon option	Pai Thai with Dried Beancurd	白豆乾炒金邊粉
14 Oct 2026 (Wed)	Stir-fried Choy Sum with Oyster sauce	蠔油菜心
	Baked Fish with Mushroom in Herbs and Butter Sauce	香草牛油焗什菌魚柳
	Sweet and Sour Chicken	咕嚕雞球
	Scrambled Egg with Tomatoes	蕃茄炒蛋
	Steamed Rice	珍珠米飯
	Pineapple Pie	鳳梨酥
Vegetarian-coupon option	Braised Tofu and Vegetables	什錦蔬菜燴豆腐
15 Oct 2026 (Thu)	Stir-fried Water Spinach with Belacan	馬拉盞通菜
	Roasted Chicken Fillets with Lemongrass	泰式香茅雞扒
	Stir-fried Beef with Thai basil	九層塔炒牛肉
	Stir-fried Minced Pork in Thai Style (Pad Krapao)	泰式打拋豬肉碎
	Steamed Rice	珍珠米飯
	Fruits	時令水果
Vegetarian-coupon option	Green Curry Vegetables and Beans	青咖喱什菜及豆
Date	English name of the dishes	Chinese name of the dishes
20 Oct 2026 (Tue)	Sauteed Vegetables Medley	炒什菜
	Chicken Teriyaki	照燒雞扒
	Japanese Beef Stew with Onion	日式肥牛
	Scrambled Egg with Eel	滑蛋鰻魚
	Steamed Rice	珍珠米飯
	Fruits	時令鮮果
Braised Assorted Vegetables ,Tofu and Glass Noodles in Miso Sauce		味噌粉絲豆腐什菜
21 Oct 2026 (Wed)	Steamed Gound and Vermicelli	蒜蓉節瓜蒸粉絲

	Sauteed Beef with Pineapple	菠蘿炒牛肉
	Steamed Chicken with Black Fungus	雲耳蒸雞
	Red Curry with Pork	紅咖喱肉片
	Steamed Rice	珍珠米飯
	Mini Portuguese Egg Tart	迷你葡撻
Vegetarian-coupon option	Stir-fried Udon with Beancurd	豆乾什菜炒烏冬
22 Oct 2026 (Thu)	Baby Cabbage in Broth	上湯旺菜
	Stewed Kimchi Chicken	韓式泡菜雞
	Roasted Pork Belly in Korean Style	韓式烤豬五花
	Stir-fried Beef and Vegetables in Korean style	醬炒牛肉什菜
	Steamed Rice	珍珠米飯
	Fruits	時令鮮果
Vegetarian-coupon option	Kimchi Tofu and Vegetables	泡菜豆腐什菜
Date	English name of the dishes	Chinese name of the dishes
27 Oct 2026 (Tue)	Roasted Cauliflowers & Potatoes with Herbs	香草烤椰菜花及烤薯
	Pork Goulash	匈牙利燴豬
	Roasted BBQ Chicken Fillets	香烤雞扒
	Fish Fillet in Butter Lemon Sauce	焗魚柳配檸檬牛油汁
	Steamed Rice	珍珠米飯
	Fruits	時令鮮果
Vegetarian-coupon option	Ratatouille and Mixed beans	普羅旺斯雜燴
28 Oct 2026 (Wed)	Dry-fried Green Beans	乾煸四季豆
	Beef Brisket Curry	咖喱牛腩
	Baked Chicken Wings with Herbs	烤香草雞翼
	Braised Seafood with Glassnoodles	海鮮什菜粉絲
	Steamed Rice	珍珠米飯
	Mini Chocolate Pie	迷你朱古力批
Vegetarian-coupon option	Sweet and Sour Tofu with Broccoli	咕嚕豆腐伴西蘭花
29 Oct 2026 (Thu)	Stir-fried Lettuce with Garlic	蒜炒油麥菜
	Roasted Thai Pork	烤泰式豬頸肉
	Japanese Curry Chicken	日式咖喱雞
	Stir-fried Beef with Beans and Chili	辣炒牛肉
	Steamed Rice	珍珠米飯
	Fruits	時令鮮果
Vegetarian-coupon option	Chana Masala	印式雞心豆什菜咖喱



Remark: All menu, except those with pork, are Halal-friendly