



# 早餐

## BREAKFAST

星期一  
MONDAY

星期二  
TUESDAY

星期四  
THURSDAY

星期五  
FRIDAY

中式早餐

Chinese breakfast

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新鲜水果

Fresh fruits

上海小笼包※△☆

Shanghai steamed bun

甜酱手抓饼包蛋※O

Eggs pan cake

白粥

Plain congee

海鲜粥#△☆

Seafood congee

中式早餐

Chinese breakfast

\*\*\*\*\*

新鲜水果

Fresh fruits

韭菜盒子※△☆

Fried leek

& eggs dumpling

肉丝白菜汤面※△☆

Stewed shredded meat &

bok choy noodles

煮蛋☆

Boiled eggs

西式早餐

Western breakfast

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新鲜水果

Fresh fruits

吐司面包※O☆

(配黄油/果酱)

Toast

(Served with butter or jam)

意式火腿,番茄,蘑菇,芝士

焗蛋※O☆

Ham, tomato & mushroom

frittata

扒早餐肠※

Grilled sausage

薯饼※O

Hash brown

中式早餐

Chinese breakfast

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新鲜水果

Fresh fruits

叉烧包※△☆

BBQ pork bun

椰汁流心球※O☆

Coconut ball

白粥

Plain congee

滑蛋牛肉粥

Beef, eggs & vegetables

congee

卤蛋△☆

Spiced corned egg

### OUR HEALTHY EATING KEY

※ Gluten Content 面粉 △ Legumes Product 豆类 O Dairy Product 牛奶

# Shell Fish & Seafood 鱼&海鲜 ☆ Eggs Product 鸡蛋

有机豆浆

Organic soybean

milk

有机豆浆

Organic soybean

milk

牛奶,豆奶,酸奶选一

Choice of drink among Milk,

Soybean milk, Yogurt

有机豆浆

Organic soybean

milk

# 午餐 LUNCH



星期一  
MONDAY

蛋黄流沙柏林娜※O☆  
Berliner  
酸奶  
Yogurt O

星期二  
TUESDAY

黑米糕 ※O△☆  
Black rice pudding  
酸奶  
Yogurt O

星期四  
THURSDAY

豆乳面包 ※O△☆  
Soybean milk bread  
酸奶  
Yogurt O

星期五  
FRIDAY

牛角面包 ※O☆  
Croissant  
酸奶  
Yogurt O

(日本美食)

裙带菜豆腐猪骨汤#△  
Seaweed, tofu & pork bone  
soup  
天妇罗大虾配奇妙酱※#☆  
Prawn tempura  
日式咖喱牛肉※O  
Japanese beef curry  
铁板包菜△  
Cabbage  
胡萝卜 & 玉米粒  
Carrot & corn

清炖青红萝卜猪骨汤  
Radish, carrot  
& pork ribs soup  
茶香鸡△  
Fricassee chicken  
金汁玉脂焗鱼柳※#△☆  
Poached fish  
fillet & tofu  
白灼娃娃菜△  
Baby cabbage  
菠菜  
Spinach

榨菜肉丝蛋汤☆  
Shredded pork & eggs  
soup  
广式沙茶牛腩煲△  
Stewed beef & white turnip  
香酥藕盒附鸡酱※△☆  
Fried lotus root cake  
served Sour & sweet sauce  
上汤翠瓜☆  
Zucchini  
高山生菜  
Lettuce

淮山土鸡汤  
Chinese yam & chicken  
soup  
红烧大排※△☆  
Braised pork chop  
翡翠海鲜蒸蛋※△☆  
steamed seafood & eggs  
甜椒土豆丝  
Sautéed bell pepper &  
potatoes  
油菜  
Choy sum

日式炒蛋△☆  
Japanese scrambled eggs

蔬菜芝士卷饼※O  
Vegetables  
& cheese wraps

星洲炒粉※☆  
Singapore fried  
glass noodles

时蔬炖豆腐△  
Stewed tofu  
& vegetables

香蕉  
Banana  
牛奶O  
Milk

红豆丹麦酥※O△☆  
Red bean Danish  
果汁  
Fruit juice

港式菠萝包※O☆  
Pineapple bread  
牛奶O  
Milk

杂粮乳酪面包※O△☆  
Whole wheat cheese bread  
果汁  
Fruit juice

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# Shell Fish & Seafood 鱼&海鲜 ☆ Eggs Product 鸡蛋





# 晚餐 DINNER

星期一  
MONDAY

酸奶  
Yoghurt  
各式时令水果选一  
Selection  
seasonal fruits

星期四  
THURSDAY

酸奶  
Yoghurt  
各式时令水果选一  
Selection  
seasonal fruits

西红柿冬瓜汤  
Tomato & white ground  
soup  
苏式东坡肉△  
Dongpo braised pork belly  
淮扬大煮干丝※#△  
Boiled shredded bean  
curd  
孜然藕丁  
Cumin lotus root  
菜心  
Choy sum

红腰豆莲藕猪骨汤△  
Kidney bean, lotus root &  
pork soup  
洋葱甜椒炒牛柳△☆  
Stir-fried beef fillet  
绍兴花雕鸡△  
Steamed chicken  
醋溜白菜  
Cabbage  
葱油莴笋片※△  
Celtuce

芝士焗土豆※O  
Gratin potatoes

蔬菜饺子※△☆  
vegetables dumpling

烤肠披萨咸面包※O☆  
Sausage pizza bread  
酸奶  
Yogurt O

牛肉炒乌冬面※☆  
Fried udon noodles  
with beef

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# Shell Fish & Seafood 鱼&海鲜 ☆ Eggs Product 鸡蛋

