

	Monday	Tuesday	Wednesday	Thursday	Friday
				1/10	2/10
Meal A				 國慶 National Day	白菌燴牛肉長通粉 Stewed Mushroom & Beef w/ Spaghetti
Meal B					甜酸雞球紅米飯 Sweet & Sour Chicken w/ Red Rice
Meal C 					番茄燴素肉丸紅米飯 Vegetarian Meatballs in Tomato Sauce w/ Red Rice
Meal D					香濃咖喱牛腩配白飯 Spicy Curry Beef Brisket w/ Rice 
Meal E					上海白菜豬肉水餃湯米粉 Soup Vermicelli w/ Shanghai Style Vegetable & Pork Dumpling

Go! Eat as much as you want. (適宜) **Slow!** "Sometimes Food!" (限量) **Whoa!** Once in a while. (少量)
 Highlighted in respective colour on the Hot Meal choice
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 (D&E 餐只在午餐時段小食部供應)



Dairy Alert (含奶類)



Shellfish Alert (含貝殼海鮮)



Egg Alert (含蛋類)



Spicy Alert (辛辣)



Seafood Alert (含海鮮類)



Vegetarian Choice (素食)

	Monday	Tuesday	Wednesday	Thursday	Friday
	5/10	6/10	7/10	8/10	9/10
Meal A	意式豬扒意粉 Grilled Pork Chop with Italian Sauce & Spaghetti	忌廉雞肉千層麵 Creamy Chicken Lasagna 	鮮茄汁焗魚柳配扁意粉 Baked Fish Fillet in Tomato Sauce with Linguine	蜜桃燴豬柳飯 Braised Pork Chop & Peach Sauce w/Sweet Corn Rice	西班牙雞肉炒飯 Chicken Paella
Meal B	金菇燴雞柳飯 Braised Enoki Mushroom & Chicken w/Rice	粟米汁魚柳意粉 Pan Fried Fish Fillet with Sweet Corn Sauce & Pasta 	節瓜炆肉片飯 Braised Sliced Pork with Hairy Gourd w/Rice	魚香茄子配粟米飯 Braised Minced Pork and Eggplant with Sweet Corn Rice	菜芯炒牛肉配飯 Stir Fried Choy Sum & Beef with Rice
Meal C 	南瓜蒸水蛋飯 Steamed Egg with Pumpkin w/Rice 	墨西哥素肉醬配飯 Vegetarian Chilli Con Carne w/Rice 	日式雜菜炒烏冬 Japanese Fried Udon with Vegetables	芝士西蘭花長通粉 Cheese Bake Broccoli & Cauliflower w/ Penne 	天多利椰菜花配飯 Tandoori Cauliflower with Rice
Meal D	港式蔥油雞扒大碗飯 Hong Kong Style Scallion Oil Chicken Steak w/Rice	燒汁牛扒配烤雜菜薯粒 Grilled Beef Steak w/Grilled Vegetable & Potato	蒜香豚肉拌飯 Garlic Pork Rice Bowl	黑松露雞菌雞柳配扁意粉 Cheese Baked Truffle & Shredded Chicken w/Linguine 	日式汁燒牛肉大碗飯 Japanese-Style Beef Rice Bowl
Meal E	台式肉燥貢丸湯米粉 Taiwanese Braised Minced Pork & Pork Meat Ball with Vermicelli Soup	越式雞絲、扣肉湯河粉 Vietnamese Sausage & Shredded Chicken with Ho Fan Soup	港式雲吞湯麵 Hong Kong Style Wonton Noodle Soup 	上海式豬扒配湯米線 Shanghaiese Pork Chop with Rice Noodle Soup	泰式焗甜酸雞扒湯河粉 Baked Thai Style Sweet & Sour Chicken Fillet Ho Fan Soup 

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Seafood Alert (含海鮮類)



Vegetarian Choice (素食)

	Monday	Tuesday	Wednesday	Thursday	Friday
	12/10	13/10	14/10	15/10	16/10
Meal A	蘑菇汁雞絲長通粉 Baked Shredded Chicken with Mushroom Sauce & Penne	鮮茄免治牛肉意粉 Fresh Tomato & Minced Beef with Pasta	刁草檸檬焗魚配螺絲粉 Dill & Lemon Baked Fish with Fusilli	香草白汁豬扒意粉 Herbs Cream Sauce Pork Chop w/ Spaghetti	SD Day
Meal B	翠玉瓜炒牛肉紅米飯 Stir-fried Beef with Zucchini w/ Rice	滑蛋燴肉片飯 Egg Drop Sauce & Slice Pork w/ Rice	西芹炒雞柳配紅米飯 Stir Fried Chicken & Celery with Red Rice	滑蛋炒牛肉飯 Stir-fried Beef with Scrambled Eggs w/ Rice	
Meal C 	粉絲蒸茄子飯 Steamed Garlic, Glass Noodle & Eggplant w/ Rice	芝士焗粟米蘑菇長通粉 Cheese Baked Sweet Corn & Mushroom w/ Penne	素芙蓉蛋配紅米飯 Veggie Fu Yong Egg with Red Rice	咖喱燴雜菜配飯 Curry Vegetables w/ Rice	
Meal D	芝士焗咖喱雞球飯 Cheese Baked Curry Chicken w/ Egg Fried Rice	黑椒牛肉蘑菇蓋飯 Black Pepper Beef and Mushroom Rice Bowl	芝士焗肉醬意粉 Cheese Baked Spaghetti Bolognese	炸魚薯條F Fish & Chips	
Meal E	雜菌雞絲湯米線 Assorted Mushroom & Shredded Chicken Rice Noodle Soup	牛丸 & 魚皮餃湯河粉 Beef Balls & Fish Skin Dumpling Ho Fan Soup	韓式泡菜肉片湯烏冬 Korean Kimchi Sliced Pork with Udon Soup	日式照燒雞扒湯拉麵 Teriyaki Chicken with Reman Soup	

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Spicy Alert (辛辣)



Vegetarian Choice (素食)

	Monday	Tuesday	Wednesday	Thursday	Friday
	26/10	27/10	28/10	29/10	Happy Halloween 
Meal A	白汁雞皇燴飯 Chicken A La King w/ Rice 	洋葱汁豬扒意粉 Onion Sauce & Pork Chop w/ Pasta	芝士吞拿魚焗通粉 Baked Tuna Macaroni and Cheese 	鮮茄雞扒飯 Fresh Tomato Chicken Fillet w/ Rice	女巫燉牛肉飯 Witches Beef Stew with Rice
Meal B	單肉瓜炒肉片飯 Wok-fried Zucchini & Slice Pork w/ Rice	楊洲炒飯 Yeung Chow Fried 	薯仔雞球紅米飯 Stewed Dices Potato & Chicken w/ Red Rice	粟米蒸肉餅飯 Steam Sweet Corn Pork Patty w/ Rice	手指腸仔西炒飯 Severed Finger Bloody Fried Rice 
Meal C 	蒜香辣意粉 Spaghetti aglio olio 	雙菇扒西蘭花飯 Braised Broccoli with Mixed Mushrooms w/ Rice	馬來西亞鷹嘴豆配飯 Malaysian Curry Chickpea with Red Rice	乾燒伊麵 Braised Mushroom E-Fu Noodle	墓地紅腰豆南瓜薯蓉批 Graveyard Pie 
Meal D	日式牛肉大配飯 Gyudon (Japanese Beef Rice Bowl)	芝士焗匈牙利豬柳飯 Cheese Baked Hungarian Pork with Egg Fried Rice 	台式雞扒肉燥大碗飯 Taiwanese Minced Pork & Grilled Chicken Steak with Rice Bowl	三文魚炒飯 Smoked Salmon Fried Rice Bowl 	萬聖節芝士南瓜咖喱汁煙鴨胸配飯 Pumpkin Cheese Curry & Smoked Duck Breast with Rice 
Meal E	魚蛋魚腐湯河粉 Fish Balls & Fish Tofu with Ho Fan Soup 	香濃蕃茄雞絲湯米粉 Tomato & Shredded Chicken Rice Noodle Soup	港式雲吞麵 Hong Kong Style Wonton Noodle Soup	雞苗雞絲湯米線 Soup Noodle w/ Assorted Mushroom & Shredded Chicken	

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Vegetarian Choice (素食)