

每週餐單 Weekly menu (Menu A)

| 早餐 Breakfast | | 午餐 Lunch | | 晚餐 Dinner | |
|---------------|--|--|--|-----------|--|
| 星期一 Monday | 菜乾粥配銀芽雜菜炒米粉 Congee with dried vegetables , stir-fired Vermicelli | 紅酒慢煮牛面肉配白飯 Slow cooked beef cheek in red wine sauce with steamed rice | 台式鹽酥雞肉燥飯 Deep fired chicken steak and Marinated pork mince with steamed rice | | |
| 星期二 Tuesday | 腸仔, 焗蛋, 焗豆配牛角包 Sausage ,hard boiled egg ,baked beans with croissant | 意式雜肉鮮茄螺絲粉 Fusilli with assorted cold cut in tomato sauce | 牛油雞配酥餅 Indian Butter Chicken with Roti paratha | | |
| 星期三 Wednesday | 鮮茄蛋沙律三文治配雜菜沙律 Tomato with egg Mayo Sandwich with mixed salad | 日式照燒雞扒飯 Teriyaki Chicken with steamed rice | 土匪雞翼配酸辣米線 Roasted Chicken wing marinated with Cumin Seed and sour & spicy rice noodle | | |
| 星期四 Thursday | 鮮茄雜菜通粉 Mixed vegetable with macaroni in tomato soup | 粟米魚柳飯 Fish Fillet with steamed rice in sweet corn sauce | 韓式燒雞配泡菜班戟 Roasted chicken in Korean style with kimchi pancake | | |
| 星期五 Friday | 蒸腸粉配奶黃包 Steamed Rice Roll with custard bun | 松露白菌雞皇飯 Truffe chicken a la king with steamed rice | 法式燒雞半隻配薯條雜菜沙律 Half roasted chicken with French fries and mixed salad | | |
| 星期六 Saturday | 乾菓乳酪配蘋果 Granola with whole apple | 風味喇沙米粉 (魚蛋, 蝦, 豆卜, 焗蛋) Singapore laksa with fish ball , shrimp , bean curd puff and egg | 特色辣味雞漢堡配薯條 Chicken Burger with Spicy sauce and vegetable pickle , French fries | | |
| 星期日 Sunday | 沙嗲牛肉公仔麵配炒蛋, 方包 Satay beef noodle with Scrambled eggs and bread | 意式鮮茄雞扒飯 Baked chicken steak with bread crumbs in tomato sauce | 咖喱香煎盲鱧柳配白飯 Pan fried barramundi fillet with steamed rice in curry sauce | | |

每週餐單 Weekly menu (Menu B)

| 早餐 Breakfast | | 午餐 Lunch | | 晚餐 Dinner | | |
|---------------|----------------|--|-----------------------|---|----------------------|--|
| 星期一 Monday | 火腿通粉,炒蛋,牛油方包 | Macaroni soup with ham , Scrambled eggs , butter with bread | 星州炒米 | Fried Rice Vermicelli in Singapore style | 美式燒排骨配薯條 | BBQ Pork Sparerib with French Fries |
| 星期二 Tuesday | 腸仔,焗蛋,焗豆配牛角包 | Sausage ,hard boiled egg ,baked beans with croissant | 洋蔥豬扒飯 | Seared pork chop with steamed rice in onion sauce | 慢煮豬腩配薯蓉 | Slow Cooked Pork Belly with Mashed Potatoes |
| 星期三 Wednesday | 點心拼盤 | Dim Sum Platter | 鳳爪排骨飯 | Steamed Chicken Feet and Pork Sparerib with steamed rice | 吉列豬扒飯 | Cutlet Pork chop with steamed rice |
| 星期四 Thursday | 皮蛋瘦肉粥配油炸鬼 | Congee with pork and preserved egg , Chinese fried dough stick | 鮮茄焗豬扒飯 | Baked Pork chop with steamed rice in tomato sauce | 四寶飯 (叉燒,鹹蛋,雞翼,紅腸) | BBQ pork , salted egg , chicken wing and Chinese sausage with steamed rice |
| 星期五 Friday | 雪菜肉絲米配炒蛋,牛油餐包 | Vermicelli with preserved vegetable and shredded pork in soup , Scrambled eggs , butter with bun | 鹹蛋蒸肉餅飯 | Steamed pork mince with salted egg and steamed rice | 德國鹹豬手酸椰菜配薯仔沙律 | German Pork Knuckle, cole slaw with potato salad |
| 星期六 Saturday | 點心拼盤 | Dim Sum Platter | 蝦醬豆卜蒸腩片 | Steamed Pork belly & Bean curd Puff with Shrimp paste and steamed rice | 日式燒鯖魚,醋薑配飯素及白飯 | Mackerel Teriyaki with pickle and seasoning , steamed rice |
| 星期日 Sunday | 鮮冬菇,金菇,昆布素菜湯烏冬 | Mushroom shitake , Enoki ,seaweed light soy sauce soup with udon | 滷水拼盤 (雞翼,紅腸,豆腐,大腸) | Brine Platter (Chicken wing , Chinese sausage, tofu and pork intestine) | 泰式豬肉碎生菜包拼春卷 | Thai pork mince with lettuce and spring roll |

每週素食餐單 Weekly Vegetarian menu (Menu C)

| | 早餐 Breakfast | | 午餐 Lunch | | 晚餐 Dinner | |
|---------------|------------------|---|-------------|---|------------|---|
| 星期一 Monday | 菜乾粥配銀芽雜菜炒米粉 | Congee with dried vegetables , stir-fired Vermicelli | 欖菜冬菇蒸豆腐 | Sauteed tofu with Preserved Vegetables and mushroom | 蕃茄炒蛋飯 | Scrambled eggs with tomatoes and steamed rice |
| 星期二 Tuesday | 鮮奶麥皮,薯餅配熱香餅 | Milk Oatmeal , Hash Brown with hotcake | 野菌浸娃娃菜 | Steamed baby cabbage in wild mushroom broth | 大啡菇意大利飯 | Portobello risotto |
| 星期三 Wednesday | 鮮茄蛋沙律三文治配雜菜沙律 | Tomato with egg Mayo Sandwich with mixed salad | 香辣茄醬意粉 | Spaghetti Arrabiata | 紅燒豆腐飯 | Braised mushroom , tofu and mix vegetable with steamed rice |
| 星期四 Thursday | 鮮茄雜菜通粉 | Mixed vegetable with macaroni in tomato soup | 雙菇西蘭花飯 | Stir- fired broccoli, mushroom and straw mushroom wit steamed rice | 雜菜千層麵 | Vegetable Lasagna |
| 星期五 Friday | 蒸腸粉配奶黃包 | Steamed Rice Roll with custard bun | 日式咖喱吉列南瓜餅飯 | Japanese curry with deep fried pumpkin cake and steamed rice | 日式野菌玉子豆腐烏冬 | Wild mushroom and Japanese tofu udon in miso soup |
| 星期六 Saturday | 乾菓乳酪配蘋果 | Granola with whole apple | 地中海烤乳酪醬菜玉米卷 | Grilled assorted vegetable burrito with yoghurt sauce | 蕃茄乾蒜片紫蘇長通粉 | Penne with sun-dried tomato , garlic and basil |
| 星期日 Sunday | 鮮冬菇, 金菇, 昆布素菜湯烏冬 | Mushroom shitake , Enoki , seaweed light soy sauce soup with udon | 馬來咖喱雜菜蛋飯 | Malaysia curry with mix vegetable, hard boiled egg and steamed rice | 菠蘿咕嚕豆腐飯 | Sweet and sour tofu with steamed rice |