





MENU


- A. 黨參蓮子麥米棗仁圓肉螺片竹絲雞湯 (消脂解毒)
Chicken Soup with dangshen, lotus seed, red date, dried longan, sliced whelk.
- B. 猴頭菇粉葛赤小豆扁豆紅蘿蔔粟米素菜湯 (清肝去濕)  素
Vegeterian soup with monkey head mushroom, carrot, corn, Kudzu, ricebeans, hyacinth bean

Nov6
MONDAY

1. 洋葱豆瓣醬爆雞球飯 Fried chicken with onion and thick broad-bean sauce  微辣
2. 粟米滑蛋牛肉飯 Sliced pork with corn and egg  新
3. 菠蘿咕嚕素雞飯 Vegetarian chick with sweet and sour sauce  素
4. 蟲草花蒸肉餅飯 Steamed minced pork patty with Cordyceps flowers


- A. 花膠石斛鮮茸雪耳木瓜蓮子圓肉煲雞湯 (補血健胃)
Chicken soup with dendrobium, maitake, snow fungus, papaya, lotus seed, dried longan
- B. 瑤柱螺片赤靈芝川貝龍利葉雪梨無花果南北杏煲鷓鴣湯 (清肝潤肺)
Partridge soup with whelk, dried scallop, pear, ganoderma lucidum, apricot kernel, fig and Dragon's Tongue Leaf

Nov7
TUESDAY

1. 鮑汁青瓜炒雞柳配白飯 Steam chicken with Cordyceps flowers and wolfberries
2. 洋葱京都豬扒飯 Pork Chop and onion with Sweet and sour sauce
3. 豉油皇雞柳炒麵 Fried noodles with chicken fillet and soy sauce  新
4. 冬菇馬蹄蒸肉餅飯 Steam Minced Pork Patty with water chestnut and Mushroom

- A. 象拔蚌鮑片墨魚乾陳皮蓮藕花生無花果雞胸肉湯 (滋補肝腎)
Chicken chest meat soup with Dried octopus, dried orange peel, fig, peanut, lotus
- B. 螺片海底椰無花果龍皇杏蘋果百合粟米栗子煲豬展 (清肝潤肺)
Pork soup with Saussurea involucreta, Ficus carica, apple, lotus and corns

Nov8
WEDNESDAY

1. 芝麻香蜜雞翼飯 Chicken wing cooked with honey and sesame
2. 墨西哥沙炒斑腩飯 Fish fillet with mexican salsa sauce  微辣
3. 魚香茄子肉絲飯 Eggplant cooked with salted fish and sliced pork
4. 金針雲耳蒸肉餅 Steamed Minced pork patty with black fungus and vegetable

- A. 花膠鮑片沙蔘玉竹百合麥冬雪梨蘋果豬展煲雞湯 (清心潤燥)
Chicken Soup with Fist maw, Ophiopogon japonicus, abalone, Lilly, pear, apple and pork
- B. 瑤柱鮑片節瓜章魚南北杏粟棗豬湯 (增強體質)
Pork Bone soup with dried scallop abalone, octopus, apricot kernel, honey date, apple cucumber

Nov9
THURSDAY


1. 紅棗雲耳蒸滑雞飯 Steam Chicken with black fungus and red date
2. 香煎粟米肉餅飯 Pan fried Minced Pork Patty with corn
3. 麻婆雞粒豆腐飯 Diced chicken cooked with bean curd and chili oil
4. 章魚馬蹄蒸肉餅飯 Steamed minced pork patty with water chestnut and dried octopus

- A. 螺片栗子合桃蓮藕無花果黑豆紅棗陳皮煲雞湯 (補益脾胃)
Chicken soup with dried scallop chest nut walut lotus root fig black bean red date and dried orange peel
- B. 蟲草花螺片茶樹菇粟米南北杏陳皮煲豬展湯 (滋補腎)
Pork soup with dry scallop tea plant mushroom, corn, Cordyceps flowers, dried orange peel and almond


Nov10
FRIDAY

1. 洋葱照燒雞扒飯 Chicken with onion and Teriyaki sauce
2. 秘制無錫骨配菜飯 Wuxi pork ribs with rice mixex with vegetable
3. 三色蒸水蛋飯 Steam egg with diced salted egg and preserved egg
4. 金粟蓮藕蒸肉餅飯 Steam Minced Pork Patty with lotus And corns Mixed

MENU



- A. 花膠瑤柱柱黨參北芪蟲草圓肉杞子紅棗豬展煲雞湯 (行氣補血)
Chicken soup with dried scallop, fish maw, radix codonopsis, dried longan, red date, date, and pork
- B. 五行素菜湯 (冬菇,牛蒡,白蘿蔔,紅蘿蔔,薯仔)  素
Vegeterian soup with mushroom, burdock, white radish, carrot and potato

Nov13
MONDAY

1. 節瓜冬菇炊雞柳飯 Sliced chicken cooked with Hairy Gourd and Mushroom
2. 家鄉煎藕餅飯 Pan fried Minced Pork Patty with lotus root
3. 素雞紅米菜粒炒飯 Fried cargo rice with vegetarian chicken and vegetable  素
4. 咸蛋蒸肉餅飯 Steam minced pork patty with Salty Egg

- A. 花旗參猴頭玉竹麥冬雪耳杞子圓肉蘋果煲雞湯 (益氣生津)
Chicken soup with american ginseng, whelk, Yuzhu, Maidong, snow fugus, date and apple
- B. 西洋菜瑤柱螺片陳腎甘筍粟米南北杏陳皮煲西施骨 (清肝潤燥)
Pork bone soup with Watercress, dried scallop, sliced whelk, carrot, corn, dried duck kidney, almond, dried orange peel

Nov14
TUESDAY

1. 蜜汁黑椒雞翼飯 Chicken wings with black pepper and honey sauce  微辣
2. 雞脾菇雲耳炒肉片配白飯 Sliced pork chop with balck fungus and mushroom  新
3. 上海雲耳肉絲粗炒 Shanghaiese Stir-fried Noodles with black fungus and sliced pork
4. 土魷雞粒蒸肉餅飯 Steam minced pork patty with diced chicken and squid

- A. 花膠瑤柱鮑片杜仲鹿腳筋紅腰豆圓肉煲雞湯 (強筋健骨)
Chicken soup with fish maw, sliced abalone, tendon of deer's leg, red kidney bean and pork shank
- B. 燕窩銀耳杏汁海底椰冰糖燉鮮奶 (養血美肌)
Steam Milk with Bird nest, Coconut juice, sea coconut

Nov15
WEDNESDAY

1. 咕嚕雞球飯 Chicken Leg Chops with Sweet and Sour sauce
2. 椰香咖喱豬軟骨配菜飯 Curry softbone with rice mixed with vegetable
3. 蠔皇金菇肉鬆豆腐飯 Bean curd cooked with Enoki Mushroom and minced pork in oyster sauce
4. 梅菜蒸肉餅飯 Steam minced pork patty with preserved vegetable

- A. 象拔蚌螺頭瑤柱淮山蓮子茨實杞子圓肉紅棗煲玉竹絲雞湯 (增強體質)
Chicken soup with Conch, Geoduck, Dried Scallop, Yam, lotus seed, Eurylea ferox, wolfberry, dried longan and red date
- B. 鯪魚粉葛土茯苓赤小豆扁豆螺片陳皮豬展煲西施骨 (利尿去濕)
Fish soup with whelk, Puerarialobata, chan pi, red bean, thin bean, pork bones and Glabrous Greenbrier Rhizome

Nov16
THURSDAY

1. 西檸芝麻雞扒飯 Chicken fillet with lemon sauce and sesame
2. 泰式蘑菇肉燥飯 Thai-style minced pork rice with mushroom  微辣
3. 蝦仁火腿炒蛋配白飯 Fried egg with ham and shrimp
4. 北菇蒸肉餅飯 Steamed minced pork patty with mushroom

- A. 花膠瑤柱鮑片冬菇茶樹菇圓肉陳皮煲雞 (益胃生津)
Chicken Soup with Shark bone, abalone, mushroom, Bread tooth mushroom
- B. 瑤柱螺片木瓜雪耳無花果南北杏蘋果煲豬展湯 (潤燥生肌)
Pork shank soup with dried scallop, papaya, white fungus, apple and almond


Nov17
FRIDAY

1. 臘腸蒸滑雞飯 Steam Chicken with chinese sausage
2. 照燒汁豬扒飯 Pork chop with Teriyaki sauce
3. 雜菌肉絲炒茄子飯 Boiled assorted mushrooms with sliced pork and eggplant
4. 菜脯馬蹄蒸肉餅飯 Steam Minced Pork Patty with water chestnut and preserved vegetable

MENU

A. 螺頭靈芝猴頭菇松茸鮑片豬展煲雞湯 (增強體質)
Chicken Soup with whelk, Ganoderma Lucidum, Pork string bearded Tooth Mushroom


B. 雪耳木瓜花生蓮子紅蘿蔔粟米素菜湯 (清潤美肌)  素
Vegeterian soup with snow fungus , papaya, peanuts, lotus seed, carrot and corn

- 1.淮山杞子蒸雞飯 Steamed chicken with chinese yam and red date
- 2.台式肉燥飯配水蛋飯 Taiwanese tastes minced pork rice with Marinated Egg
- 3.南乳羅漢齋飯 Chinese Vegeterian food with red bean curd sauce side with rice  素
- 4.金粟冬菇蒸肉餅飯 Steam Minced Pork Patty with corns and mushroom

Nov20
MONDAY

A. 花膠太子蔘北芪淮山蓮子圓肉紅棗煲雞湯 (強健補氣)
Chicken soup with fish maw, pseudostellaria heterophylla, astragali, wild yam, lotus seed, dried longan and red date

B. 瑤柱螺片霸王花龍皇杏無花果佛手瓜煲瘦肉湯 (潤肺清熱)
Pork soup with dried scallop sliced whelk, King spent, Fig and Chayote

- 1.醬爆薑蔥雞球飯 Chicken with giner and scallion green onion  微辣
- 2.鑊江豬軟骨配菜飯 Rice mixed with Vegetable top with Pork soft bone in Sweet and sour vinegar sauce
- 3.瑤柱肉鬆菜水蛋飯 Steam egg and Dried scallop with Minced port and mushroom
- 4.茶樹菇蓮藕蒸肉餅飯 Steamed minced pork patty with tea plant mushroom and lotus

Nov21
TUESDAY

A. 蟲草花螺頭淮山杞子紅棗陳皮紅蘿蔔煲雞湯 (補腎護肝)
Chicken Soup with dried scallop, Cordyceps flowers, red date, Wolfberries, dried orange peel and carrot

B. 五果杏仁豬肺魚翅豬骨湯(五果:蘋果,雪梨,無花果,白果,紅棗)(清熱降火)
Pork Lung with almond, apple, fig, Chinese date and ginkgo

- 1.粟米火腿雞絲飯 Sliced chicken with corn and ham
- 2.椒鹽豬扒飯 Fried Pork Chop with spicy salt
- 3.雪菜肉絲炒米 Braised Vermicelli with Pickled Vegetable & Shredded Pork
- 4.咸魚蒸肉餅飯 Steam minced pork patty with salty fish

Nov22
WEDNESDAY

A. 花膠黨蔘蟲草栗子紅腰豆蜜棗陳皮豬骨鵝鶉湯 (保健強身)
Partridge Soup with fish maw, cordyceps sinensis, wolfberry, chestnuts, red kidney bean, candied date, dried orange peel and bones

B. 瑤柱螺片竹蔗栗子粟米甘筍雪梨西施骨煲豬展 (清心潤燥)
Pork bone soup with dried scallop, sliced whelk, sugar cane, corn, chestnut, carrot and pear.

- 1.蒜香腐乳蒸雞翼飯 Steam Chicken wings with fermented bean curd sauce and garlic
- 2.支竹炆火腩飯 Pork belly cooked with dried tofu skin side with rice
- 3.瑤柱雞粒荷葉飯 Fried Rice with dried scallop and diced chicken in Lotus Leaf
- 4.臘腸蒸肉餅飯 Steamed minced pork patty with Chinese Sausage

Nov23
THURSDAY

A. 象拔蚌鮑片瑤柱椰子雪耳杞子紅棗煲竹絲雞 (潤肺養顏)
Chicken Soup with Fish maw, Dried Scallop, sliced abalone, chinese ham and fungus

B. 金華火腿陳腎合掌瓜無花果茶樹菇黃豆煲西施骨湯 (保健消化)
Pork Shank soup with Chinese Ham, duck kidney,, tea mushroom, yellow bean fig, cucumber


- 1.越式香茅雞扒飯 chicken fillet lemon grass in Vietnamese Style
- 2.蒜蓉雲耳肉片炒青瓜飯 Sliced pork chop with black fungus, garlic and Courgette
- 3.炸菜肉鬆豆腐飯 Minced pork cooked with bean curd and salted mustard
- 4.章魚蒸肉餅飯 Steamed minced pork patty with dried octopus with rice

Nov24
FRIDAY

MENU

A. 花膠鮑片杜仲栗子甘筍粟米紅腰豆陳皮煲雞湯 (強腰補腎)
Chicken soup with fish maw, sliced abalone, Eucommia, chestnut, carrot, corn, red kidney bean, dried orange peel

B. 冬菇蓮子淮山栗子馬蹄甘筍薯仔紅棗素菜湯 (清心潤燥)  素
Vegeterian soup with mushroom, lotus seed, chinese yam, chestnut, water chestnut, carrot, potato and red date

- 1.瑞士雞翼飯 Chicken wings with sweets sauce
- 2.上海排骨菜飯 Pork Rib with Vegetable mixed rice in Shanghai style
- 3.梅菜素肉絲豆腐飯 Bean curd cooked with perserved vegetable  素新
- 4.土魷蓮藕蒸肉餅飯 Steam minced pork patty with squid and water chestnut

Nov27
MONDAY

A. 象拔蚌瑤柱木瓜花生眉豆淮山次實豬展煲雞湯 (滋陰補腎)
Chicken soup Shark bone, with conch, peanut, papaya Euryale fero and pork shank

B. 瑤柱螺頭五指毛桃蓮藕百合陳皮煲豬展 (健脾化濕)
Pork Soup with Dried scallop, lotus root, lilly, dried orange peel, hairy mountain fig

Nov28
TUESDAY

- 1.蟲草花杞子蒸滑雞飯 Steam chicken with Cordyceps flowers
- 2.沙嗲沙葛炒肉片配白飯 Curry Beef with potato
- 3.臘味糯米飯 Glutinous rice with Chinese sausage
- 4.咸蛋馬蹄蒸肉餅飯 Steam Minced pork patty, with salty egg

A. 花膠瑤柱鮑片金華火腿竹筍雪耳煲雞湯 (健胃養顏)
Chicken Soup with Chinese Ham, Fish Mew, Shark Fin, dried scallop Chinese ham with winter melon

B. 燕窩銀耳杏汁海底椰冰糖燉鮮奶 (養血美肌)
Steam Milk with Bird nest, Coconut juice, sea coconut


Nov29
WEDNESDAY

- 1.秘制亞麻雞扒飯 Chicken fillet with special sauce
- 2.咸魚蓮藕煎肉餅飯 Pan fry minced pork patty with lotus and Salty fish
- 3.叉燒豆角炒蛋配白飯 Fried egg with BBQ pork and green beans
- 4.章魚雞粒蒸肉餅飯 Steamed Minced pork patty cooked with octopus and diced chicken

A. 鮑片瑤柱黨蔘北芪圓肉杞子紅棗豬尾骨煲雞湯 (補氣補血)
Chicken Soup with Abalone, Dried Scallop, Pork Tail, Dong Sum, Red Date, jujube

B. 西洋菜瑤柱螺片陳腎甘筍粟米南北杏陳皮煲西施骨 (清肝潤燥)
Pork bone soup with Watercress, dried scallop, sliced whelk, carrot, corn, dried duck kidney, almond, dried orange peel

Nov30
THURSDAY

- 1.西檸西柚汁蜜桃雞球飯 Sliced chicken with peach in lemon and grapefruit sauce
- 2.白汁蘑菇龍利柳飯 fish fillet with mushroom cream sauce side with rice
- 3.馬來炒實刁 Malaysian Fried Kway Teow  微辣
- 4.炸菜馬蹄蒸肉餅飯 Steam Minced Pork Patty with water chestnut and fried vegetable

A. 花膠瑤柱淮山次實蓮子百合紅棗陳皮甘筍煲雞 (保健強身)
Chicken Soup with Fish maw, carrot, Lilly, red date, lotus seed, dried scallop and dried orange peel

B. 鮑片赤芝川貝枇杷葉蘋果無花果螺片南北杏煲瘦肉 (清喉潤肺)
Pork soup with sliced abalone, ganoderma lucidum, apple, conch and dried figs

Dec1
FRIDAY

- 1.葡國薯仔雞飯 Chicken wings with potato in Portuguese style
- 2.美極洋蔥豬扒飯 Onion Pork chop in Maggi sauce
- 3.菠蘿粒西炒飯 Bean curd cooked with Enoki Mushroom and minced pork in oyster sauce
- 4.梅菜蒸肉餅飯 Steam minced pork patty with preserved vegetable