

01月11日(一)		1/11/2021
A. 螺片栗子合桃蓮藕無花果黑豆紅棗陳皮煲雞湯 (補益脾腎)		
A. Chicken Soup with sliced conch, Walnut, Fig, chestnut, RedDate, Lotus Root, Dried Orange peel, Black bean		
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)		
B. LeanPork Soup with DriedScallop, sliced conch, Fig, chayote, Apricot		
1. 茶香蜜糖雞翼飯	Chicken Wings with Honey and Chinese Tea	
2. 醬爆回鍋肉飯-微辣	Twice cooked sliced pork with brown sauce	
3. 粉絲肉鬆蒸水蛋飯	Steam egg with vermicelli, minced pork side with rice	
4. 北菇馬蹄蒸肉餅飯	Steamed minced pork patty with mushroom and water chestnuts	

01月12日(二)		1/12/2021
A. 花膠瑤柱鮑片冬菇茶樹菇圓肉紅蘿蔔煲雞 (益胃生津)		
A. Chicken Soup with FishMaw, DriedScallop, SlicedAbalone, Hime-Matsutakemushroom, TeaMushroom, Mushroom, Dried Longan		
B. 瑤柱螺頭五指毛桃蓮藕百合陳皮煲豬展 (健脾化濕)		
B. PorkShin Soup with DriedScallop, Conch head, Hairy Fig, Lily Bulb, Lotus Root, Dried Orange peel		
1. 越式蔥油雞球飯	Fried chicken with green onion in Vietnamese style	
2. 鎮江豬軟骨飯	Pork Soft bone with sweet and sour sauce	
3. 星洲炒米-微辣	Fried rice vermicelli Singapore style	
4. 梅菜蒸肉餅飯	Steam minced pork patty with preserved vegetable	

01月13日(三)是日初1		1/13/2021
A. 鮑片瑤柱黨蔘北其圓肉杞子紅棗豬尾骨煲雞(補氣補血)		
A. PorkBone Chicken Soup with DriedScallop, SlicedAbalone, BeiQi, DangShen, Wolfberries, RedDate, Dried Longan		
B. 雪耳木瓜花生蓮子紅蘿蔔粟米素菜湯 (清潤美肌)		
B. Vegetarian Soup with Sweet Corn, Carrot, Lotus Seed, White fungus, papaya, Peanut		
1. 柚子蜜雞扒飯	Chicken fillet in pomelo Sauce	
2. 家鄉煎藕餅飯	Pan fried Minced Pork Patty with lotus root	
3. 素蠔油金針雲耳干燒伊麵	Black fungus fried with noodles and vegetarian oyster sauce	
4. 蟲草花蒸肉餅飯	Steamed minced pork patty with Cordyceps flowers	

01月14日(四)		1/14/2021
A. 花膠瑤柱鮑片金華火腿竹笙雪耳煲雞 (健胃養顏)		
A. Chicken Soup with FishMaw, DriedScallop, Chinese ham, SlicedAbalone, BambooFungus, White fungus		
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)		
B. LeanPork Soup with sliced conch, SlicedAbalone, Apricot kernel, Fritillaria Bulb, Fig, loquat leaf, Apple		
1. 巴東薯仔雞飯*少辣	Chicken Rendang with potato side with Rice - Spicy	
2. 蜜桃生炒排骨飯	Fried pork rib with peach in sweet and sour sauce	
3. 魚香肉鬆豆腐飯	Tofu cook with minced pork and salty fish	
4. 金粟蓮藕蒸肉餅飯	Steam Minced Pork Patty with lotus And corns Mixed	

01月15日(五)		1/15/2021
A. 蟲草花螺頭淮山杞子紅棗陳皮紅蘿蔔煲雞湯 (補腎護肝)		
A. Chicken Soup with Conch head, Yam, Wolfberries, RedDate, Carrot, Cordyceps Flowers, Cordyceps Flowers, Dried Orange peel		
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)		
B. PorkBone Soup with DriedScallop, sliced conch, Apricot kernel, Sweet Corn, Dried Orange peel, watercress, Carrot		
1. 冬菇紅棗蒸滑雞飯	Steam Chicken with mushroom and red date side with rice	
2. 香草鮮茄磨菇豬扒飯	Pork chop with tomato mushroom in cream sauce	
3. 臘味糯米飯	Glutinous rice with Chinese sausage	
4. 章魚雞粒蒸肉餅飯	Steamed Minced pork patty cooked with octopus and diced chicken	

01月18日(一)每週1素		1/18/2021
A.花膠蟲草菌淮山杞子栗子紅腰豆蜜棗陳皮豬骨鷓鴣湯 (保健強身)		
A. Quail Soup with FishMaw, Yam, Wolfberries, chestnut, CandiedDate, Cordyceps Flowers, Cordyceps Flowers, Dried Orange peel, Red kidney bean		
B.猴頭菇粉葛赤小豆扁豆紅蘿蔔粟米素菜湯 (清肝祛濕)		
B. Vegetarian Soup with Monkey head mushroom, Kudzu, Sweet Corn, Carrot, BianDou, Small Red Bean		
1.臘腸蒸滑雞飯	Steam Chicken with chinese sausage	
2.黑糖醋魚柳飯	Fish Fillet with black sweet and sour sauce	
3.欖菜素肉絲炒豆角飯	Vegetarian Pork fried with olive Pickles and beans	
4.瑤柱蒸肉餅	Steamed minced pork patty with dried scallop	

01月19日(二)		1/19/2021
A.象拔蚌螺頭瑤柱淮山蓮子茨實杞子圓肉紅棗煲竹絲雞湯(增強體質)		
A. SilkieChicken Soup with DriedScallop, Conch head, Geoduck, Yam, Wolfberries, RedDate, Lotus Seed, Dried Longan		
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)		
B. PorkShin Soup with sliced conch, SeaCoconut, Fig, chestnut, Lily Bulb, Sweet Corn, Apple, Apricot		
1.葡國薯仔雞飯	Chicken with potato in Portuguese style	
2.蒜香豬扒配菜飯	Vegetable mixed rice top with Fried garlic Pork chop	
3.麻婆雞粒豆腐飯-微辣	Diced chicken cooked with bean curd and chili oil	
4.咸蛋馬蹄蒸肉餅	Steam Minced pork patty, with salty egg	

01月20日(三)		1/20/2021
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)		
A. PorkShin Chicken Soup with FishMaw, SlicedAbalone, Radix, Yu Zhu, Lily Bulb, Apple, Bretschneider Pear, MaiDong		
B.燕窩銀耳杏汁海底椰汁冰糖燉鮮奶 (養血美肌)		
B. Steam Milk with Bird nest, Coconut juice, sea coconut		
1.蜜汁黑椒雞球飯-微辣	Fried chicken with black pepper and honey	
2.紅燒豆腐炆火腩飯	Fried bean curd cooked with with roast pork	
3.蝦仁火腿炒蛋配白飯	Fried egg with ham and shrimp side with rice	
4.土魷蒸肉餅飯	Steam minced pork patty with diced squid	

01月21日(四)		1/21/2021
A.螺頭靈芝猴頭菇姬松茸鮑片豬展煲雞(增強體質)		
A. PorkShin Chicken Soup with Conch head, SlicedAbalone, Hime-Matsutakemushroom, Monkey head mushroom, Ganoderma		
B.瑤柱螺片竹蔗馬蹄麥冬甘筍雪梨薏米瘦肉煲豬展湯 (清潤降火)		
B. LeanPork PorkShin Soup with DriedScallop, sliced conch, SugarCane, Job's Tears, Bretschneider Pear, Water chestnut, MaiDong, Carot		
1.洋蔥汁雞扒飯	Chicken with onion sauce	
2.XO醬翠瓜金菇炒肉片飯-微辣	Sliced pork with zucchini enoki mushroom in XO sauce	
3.福建炒飯	Fujian Fried Rice	
4.金針雲耳蒸肉餅飯	Steamed Minced pork patty with black fungus and vegetable	

01月22日(五)		1/22/2021
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)		
A. Chicken Soup with FishMaw, SlicedAbalone, DuZhong, chestnut, Sweet Corn, Dried Orange peel, Carot, Red kidney bean		
B.鱈魚肉海底椰南北杏無花果雪耳紅蘿蔔煲豬脊骨 (健脾益氣)		
B. PorkBone Soup with Alligator Meat, Apricot kernel, SeaCoconut, Fig, Carrot, White fungus		
1.腰果宮保雞丁飯		
2.柱候醬炆排骨飯拌西蘭花	Braised Chu Hou pork ribs side with Broccoli and rice	
3.廈門炒米	Fried Vermicelli with Sweet and Sour sauce	
4.杞子冬菇蒸肉餅飯	Steamed minced pork patty with wolfberry and mushroom	

01月25日(一)	1/25/2021
A.鮑片瑤柱百合蓮子紅棗陳皮紅蘿蔔煲竹絲雞(補血安神)	
B. 螺頭鮮淮山雪耳百合南北杏蜜棗合掌瓜豬肺瘦肉湯 ( 養顏潤膚 )	
B. LeanPork Pork Lung Soup with Conch head, Apricot kernel, Yam, Lily Bulb, CandiedDate, White fungus, Chayote	
1.洋蔥薯仔黃薑雞配白飯	Chicken with Turmeric Onion and potato side with rice
2.上海排骨菜飯	Pork Rib with Vegetable mixed rice in Shanghai style
3.三色肉鬆蒸水蛋	Steam egg, Century egg, duck egg and mince pork serve with rice
4.咸魚蒸肉餅飯	Steam minced pork patty with salty fish

01月26日(二)	1/26/2021
A.花膠章魚太子蔘牛大力土茯苓淮山赤小豆蜜棗煲雞湯 (益氣健脾)	
A. Chicken Soup with FishMaw, Tu Fu Ling, Yam, NiuDaLi, Dried Octopus, CandiedDate, Small Red Bean	
B.瑤柱螺片木瓜雪耳無花果南北杏蘋果煲豬展 (潤燥生肌)	
B. PorkShin Soup with DriedScallop, sliced conch, Apricot kernel, Fig, Apple, White fungus, papaya	
1.蜜汁芥末雞扒飯	Fried chicken fillet mixed with wasabi and honey side with rice
2.台式肉燥飯配滷水蛋	Taiwanese tastes minced pork rice with Marinated Egg
3.臘味糯米飯	Glutinous rice with Chinese sausage
4.章魚蒸肉餅飯	Steamed minced pork patty with dried octopus with rice

01月27日(三)是日十五	1/27/2021
A.象拔蚌鮑片瑤柱椰子雪耳杞子紅棗煲竹絲雞 (潤肺養顏)	
A. SilkieChicken Soup with DriedScallop, Geoduck, SlicedAbalone, Coconut, Wolfberries, RedDate, White fungus	
B. 黃耳沙參玉竹羅漢果粟米雪梨腰果素菜湯( 滋陰潤肺 )	
B. Vegetarian Soup with Yu Zhu, Sweet Corn, Monk Fruit , Bretschneider Pear	
1.風沙蒜香雞翼飯	Fried Chicken wings with Garlic topping
2.秘制無錫骨配白飯	Wuxi pork ribs side with plain rice
3.金針雲耳烤麩配白飯(素)	Vegetarian Kaofu with daylily and black fungus side with rice
4.櫻花蝦蓮藕蒸肉餅飯	Steamed minced pork patty with lotus top with sakura shrimp

01月28日(四)	1/28/2021
A.花膠雪耳猴頭菇沙參麥冬百合圓肉煲雞湯 (滋陰潤燥)	
A. Chicken Soup with FishMaw, Monkey head mushroom, Lily Bulb, White fungus, MaiDong, Dried Longan	
B.瑤柱螺頭五指毛桃蓮藕百合陳皮煲豬展 (健脾化濕)	
B. PorkShin Soup with DriedScallop, Conch head, Hairy Fig, Lily Bulb, Lotus Root, Dried Orange peel	
1.花雕杞子蒸滑雞	Chicken steam with wolfberries
2.椰香青咖哩豬扒飯-微辣	Coconut Green Curry pork chop side with rice
3.干炒叉燒意粉	Fired spaghetti with BBQ pork
4.榨菜馬蹄蒸肉餅飯	Steam Minced Pork Patty with water chestnut and mustard tuber

01月29日(五)	1/29/2021
A.鮑片瑤柱黨蔘北其圓肉杞子紅棗豬尾骨煲雞(補氣補血)	
A. PorkBone Chicken Soup with DriedScallop, SlicedAbalone, BeiQi, DangShen, Wolfberries, RedDate, Dried Longan	
B.螺頭百合杞子牛蒡粟米甘筍陳皮山斑魚煲瘦肉湯( 養心安神 )	
B. LeanPork Fish Soup with Conch head, Burdock, Wolfberries, Lily Bulb, Sweet Corn, Dried Orange peel, Carot	
1.西檸西柚汁蜜桃雞球飯	Sliced chicken with peach in lemon and grapefruit sauce
2.磨菇粟米龍脷柳飯	Fish Fillet with corn and mushroom sauce
3.XO醬茄子肉碎飯	Eggplant with mince in XO sauce
4.北菇蒸肉餅飯	Steamed minced pork patty with mushroom

02月01日(一)每週1素		2/1/2021
A.花膠瑤柱鮑片杜仲鹿腳筋紅腰豆圓肉煲雞(強筋健骨)		
A. Chicken Soup with FishMaw, DriedScallop, SlicedAbalone, DuZhong, Dried Longan, Red kidney bean		
B.西洋菜羅漢果南北杏杞子紅蘿蔔粟米紅棗陳皮素菜湯(清燥潤肺)		
B. Vegetarian Soup with Apricot kernel, Wolfberries, Sweet Corn, RedDate, Carrot, Monk Fruit , Dried Orange peel, watercres		
1.香橙煎軟雞飯	Pan Fried Chicken with mandarin sauce	
2.蒜香豉椒蒸排骨飯	Bell peppers, black bean, pork ribs with rice	
3.紅燒豆腐素雞飯(素)	Fried Bean Curd with Vegetarian Chicken	
4.咸蛋蒸肉餅飯	Steam minced pork patty with Salty Egg.	
02月02日(二)		2/2/2021
A.蟲草花螺頭淮山杞子紅棗陳皮紅蘿蔔煲雞湯(補腎護肝)		
A. Chicken Soup with Conch head, Yam, Wolfberries, RedDate, Carrot, Cordyceps Flowers, Cordyceps Flowers, Dried Orange peel		
B.象拔蚌片章魚蓮藕百合花生雞腳紅棗煲豬尾骨(保健養顏)		
B. PorkBone Soup with sliced conch, Geoduck, Lily Bulb, Dried Octopus, RedDate, Lotus Root, Peanut		
1.瑞士汁雞翼飯	Chicken wings with sweets sauce	
2.麻辣金菇炒牛肉配白飯(微辣)	Stir fried beef w/ enoki in spicy sauce side w/ rice	
3.瑤柱雞粒荷葉飯	Fried Rice with dried scallop and diced chicken in Lotus Leaf	
4.茶樹菇蓮藕蒸肉餅飯	Steamed minced pork patty with tea plant mushroom and lotus	
02月03日(三)		2/3/2021
A.花膠蟲草菌淮山杞子栗子紅腰豆蜜棗陳皮豬骨鷓鴣湯(保健強身)		
A. Quail Soup with FishMaw, Yam, Wolfberries, chestnut, CandiedDate, Cordyceps Flowers, Cordyceps Flowers, Dried Orange peel, Red kidney bean		
B.燕窩銀耳杏汁海底椰汁冰糖燉鮮奶(養血美肌)		
B. Steam Milk with Bird nest, Coconut juice, sea coconut		
1.鮮淮山杞子蒸雞飯	Steamed chicken with fresh chinese yam and red date	
2.京都洋蔥豬扒飯	Pork Chop and onion with Sweet and sour sauce	
3.椒鹽肉鬆四季豆配白飯	Fried Green Beans with Minced Pork, Garlic and pepper	
4.臘腸蒸肉餅飯	Steamed minced pork patty with Chinese Sausage	
02月04日(四)		2/4/2021
A.象拔蚌螺頭瑤柱淮山蓮子茨實杞子圓肉紅棗煲竹絲雞湯(增強體質)		
A. SilkieChicken Soup with DriedScallop, Conch head, Geoduck, Yam, Wolfberries, RedDate, Lotus Seed, Dried Longan		
B.瑤柱鮑片節瓜章魚南北杏密棗豬骨湯(增強體質)		
B. PorkBone Soup with DriedScallop, SlicedAbalone, Apricot kernel, Dried Octopus, hairy gourd		
1.鮑汁青瓜雲耳炒雞柳飯	Sliced chicken fried with black fungus and Courgette in abalone sauce	
2.黑糖醋排骨飯	Sour and sweet pork ribs side with rice	
3.馬來炒貴刁	Malaysian Fried Kway Teow	
4.銀魚仔蒸肉餅飯	Steamed Minced pork with salangid	
02月05日(五)		2/5/2021
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)		
A. PorkShin Chicken Soup with FishMaw, SlicedAbalone, Radix, Yu Zhu, Lily Bulb, Apple, Bretschneider Pear, MaiDong		
B.瑤柱螺片赤靈芝川貝龍利葉雪梨無花果南北杏煲鷓鴣(清肝潤肺)		
B. Quail Soup with DriedScallop, sliced conch, Apricot kernel, Fritillaria Bulb, Fig, Ganoderma, Bretschneider Pear, LongLiYe, Ganoderma		
1.醬爆薑蔥雞球飯-微辣	Chicken fried with ginger and scallion green onion	
2.咸魚蓮藕煎肉餅	Pan fry minced pork patty with lotus and Salty fish	
3.瑤柱肉鬆蒸水蛋	Steam egg and Dried scallop with Minced port and mushroom	
4.菜脯馬蹄蒸肉餅飯	Steam Minced Pork Patty with water chestnut and preserved vegetable	