

Dec. 2023 H.C.A.S Lunch & Snack Menu

日	星期	Main Dish	Dish 1	Dish 2	Dish 3	Dish 4	Soup	Fruit	Snack	Remark	Allergen
1	五 Fr	稀飯 Porridge	★玉米皮蛋牛肉粥 Corn-egg beff porridge	▲柴魚涼拌豆腐/油條 Bonito fis salad with tofu/Fried dough sticks	紅豆棗/肉鬆 Red bean dates/Meat floss	時蔬 Vegetable		水果 Fruit	奶酥麵包 Butter bread	★皮蛋 (preserved egg) 雞蛋(egg) ▲ 柴魚片(bonito flakes)	★egg ▲seafood
4	一 Mo	白飯 Rice	黑胡椒豬柳 Black pepper pork tenderloin	▲酥炸柳葉魚 Fried Fish	★老燒蛋 Lao shaodan	時蔬 Vegetable	青木瓜排骨湯 Green papaya pork rib soup	水果 Fruit	水果 Fruit	▲魚(fish) ★雞蛋(egg)	▲seafood ★egg
5	二 Tu	糯米飯 Brown Rice	瓜仔雞 Melon chicken	螞蟻上樹 Minced Winter Noodles	▼塔香甜不辣 Basil Tempura	時蔬 Vegetable	▲味噌豆腐湯 Miso Tofu Soup	水果 Fruit	芝麻包 Sesame bun	▼魚(fish) ▲柴魚片 (bonito flakes)	▲seafood
6	三 We	義大利麵 Spaghetti	波隆那肉醬義大利麵(牛) Bologna spaghetti	薯餅 Hash Brown	●焗烤南瓜 Pumpkin Gratin	時蔬 Vegetable	羅宋湯 Borscht	水果 Fruit	冬瓜米苔目 Winter melon soup	●起司 (cheese)	●dairy products
7	四 Th	白飯 Rice	豬肉丼飯 Pork Rice	鮮菇花椰菜 Fresh mushroom caulifower	黑胡椒豆腐 Black pepper Tofu	時蔬 Vegetable	★紫菜蛋花湯 Egg and seaweed soup	水果 Fruit	水果 Fruit	★雞蛋(egg)	★egg
8	五 Fr	油麵 Yellow noodle	▲花枝羹麵 Noodle soup with twigs	椒鹽雞捲 Chicken rolls with salt and pepper	★中式滷味 Braised assorted foods	時蔬 Vegetable		水果 Fruit	蛋黃派 Custard Bun	▲花枝 (squid) ★鳥蛋(bird eggs)	▲seafood ★egg
11	一 Mo	地瓜飯 Sweet potato rice	宮保雞丁 Spicy Stir Fried Chicken	沙茶寬粉 Sacha Glass Noodle	蕃茄燉洋芋 Tomato stew with potatoes	時蔬 Vegetable	蘿蔔排骨湯 Pork ribs soup with radish	水果 Fruit	水果 Fruit		
12	二 Tu	紫米飯 Purple rice	橙汁排骨 Spare ribs orange juice	★肉鬆蒸蛋 Steamed Egg with Pork Floss	紅燒冬瓜 Steam Melon	時蔬 Vegetable	冬菜粉絲湯 Cabbage Vermicelli Soup	水果 Fruit	馬拉糕 Malay cake	★雞蛋(egg)	★egg
13	三 We	白飯 Rice	蒜頭雞 Garlic chicken	培根雙花 Pan-fry broccoli with bacon	★番茄炒蛋 Scrambled Eggs with Tomatoes	時蔬 Vegetable	大瓜貢丸湯 Big gua gong ball soup	水果 Fruit	綠豆薏仁湯 Mung bean job's tears	★雞蛋(egg)	★egg
14	四 Th	糯米飯 Brown Rice	馬鈴薯燉肉 Braised Pork And Potato	肉末玉米 Minced pork and corn	脆皮馬蹄條 Fried Water Chestnuts	時蔬 Vegetable	★海芽蛋花湯 Egg&Seawe ed soup	水果 Fruit	水果 Fruit	★雞蛋(egg)	★egg
15	五 Fr	白麵 Noodles	蔥燒牛肉麵 Beef soup	★中式滷味 Braised assorted foods	酸菜 pickled vegetables	時蔬 Vegetable		水果 Fruit	波羅麵包 Pineapple bread	★鳥蛋(bird eggs)	★egg
18	一 Mo	白飯 Rice	咖哩豬 Curry Pork	塔香茄子 Tarxiang eggplant	★三色蛋 Three color egg	時蔬 Vegetable	酸菜肉片湯 Sliced Pork and Pickled Vegetable Soup	水果 Fruit	水果 Fruit	★雞蛋(egg)鹹蛋(salted egg) 皮蛋(preserved egg)	★egg
19	二 Tu	義大利麵 Spaghetti	南瓜雞肉義大利麵 Pumpkin chicken pasta	薯條 Fries	●大蒜麵包 Garlic bread	時蔬 Vegetable	●★玉米濃湯 Corn Soup	水果 Fruit	蔥肉餡餅 Pork pie	●奶油(cream) ★雞蛋(egg)	●dairy products ★egg
20	三 We	白飯 Rice	蔥爆牛柳 Beef fillet with spring onion	白花炒鮮菇 Cauliflower with musroom	山藥捲 Yam roll	時蔬 Vegetable	玉米蘿蔔湯 Corn and radish soup	水果 Fruit	紅豆湯圓 Red bean dumplings in soup	小瓜炒香腸 Zucchini sausage	
21	四 Th	白飯 Rice	紅糟雞丁 Red Glutinous Chicken	小瓜炒香腸 Zucchini sausage	★紅蘿蔔炒蛋 Carrot scrambled eggs	時蔬 Vegetable	▲鹹湯圓 Salty glutinous rice balls	水果 Fruit	水果 Fruit	★雞蛋(egg) ▲蝦米 (shrimp)	★egg ▲seafood
22	五 Fr	法國麵包 Frenc bread	羅勒烤雞 Grilled cicken with basil	椒鹽翅小腿 Salt and pepper chicken	生菜沙拉 Lettuce salad		果汁 Juice	水果 Fruit	奶油麵包 Butter bread	★雞蛋(egg)	★egg
25	一 Mo	白飯 Rice	辣炒雞排 Spicy fried chicken chop	辣炒年糕 Stir-fried rice cake	烤五花肉 Roasted pork belly	時蔬 Vegetable	韓式豆腐湯 Korean tofu soup	水果 Fruit			
26	二 Tu	蛋包飯 Omelet rice	咖哩牛 Curry beef	●焗烤馬鈴薯 Potato gratin	炸天婦羅 Fried tempura	時蔬 Vegetable	冬瓜蛤蜊湯 Winter squash clam soup	水果 Fruit		●起司 (cheese)	●dairy products
27	三 We	上海菜飯 Shanghai vegetable rice	▲酸菜魚 Pickled fish	蒜香回鍋肉 Garlic twice-cooked pork	酸辣土豆絲 Hot and sour potatoes	時蔬 Vegetable	鳳梨苦瓜雞湯 Bitter gourd chicken soup	水果 Fruit		▲魚(fish)	▲seafood
28	四 Th	糯米飯 Brown Rice	脆皮燒肉 Crispy roast pork belly	油雞 Chicken	老皮嫩肉 Braised Egg Tofu	時蔬 Vegetable	肉骨茶湯 Bak kut teh soup	水果 Fruit			
29	五 Fr	王子麵 Prince noodle	▲海鮮炒泡麵 Seafood fried noodles	牛肉捲餅 Beef burrito	黃金泡菜 Golden kimchi	時蔬 Vegetable	麻油雞湯 Sesame oil chicken soup	水果 Fruit		▲蛤蜊(clams) 花枝(squid) 蝦子 (shrimp)	▲seafood