

Aug. 2025 H.C.A.S Lunch & Snack Menu

Dish 2	Dish 3	Dish 4	Soup	Pasta
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	星期	Main Dish	Dish 1	Dish 2	Dish 3	Dish 4	Soup	Fruit	Snack	Remark	Allergen
1	五 Fr	地瓜飯 Sweet potato rice	水煮肉片 Sichuan Spicy Boiled meat	★翡翠蒸蛋 Spinach steamed egg	三杯杏鮑菇 Three Cup Mushroom	時蔬 Vegetable	竹筍排骨湯 Bamboo shoots and ribs soup	水果 Fruit		★雞蛋(egg)	★egg
4	一 Mo	白飯 Rice	▲酸菜魚 Pickled fish	京醬肉絲 Peking-style shredded pork	麻婆洋芋 Mapo potato	時蔬 Vegetable	★玉米蛋花湯 Corn Egg Drop Soup	水果 Fruit		▲魚(fish) ★雞蛋(egg)	▲seafood ★egg
5	二 Tu	薑黃飯 Turmeric rice	鷹嘴豆燉辣豬肉 Spicy pork stew with chickpeas	培根蘑菇烘蛋 Bacon and Mushroom Omelette	椒鹽馬鈴薯 Salt and pepper potato	時蔬 Vegetable	▲冬瓜蛤蜊湯 Winter squash clam soup	水果 Fruit		★雞蛋(egg) ●起司(cheese) ▲蛤蜊(clams)	★egg ●dairy products ▲seafood
6	三 We	白飯 Rice	泰式椰香雞肉 Thai coconut chicken	▲▼月亮蝦餅 Moon shrimp cake	培根高麗菜 Bacon cabbage	時蔬 Vegetable	▼泰式酸辣湯 Thai hot and sour soup	水果 Fruit		▲魚(fish) ▼蝦(shrimp)	▼▲seafood
7	四 Th	義大利麵 Pasta	肉丸子義大利麵 Meatball pasta	洋蔥圈 Onion rings	烤菜 Grilled vegetables	時蔬 Vegetable	●地瓜濃湯 Sweet potato Soup	水果 Fruit		●奶油(cream)	●dairy products
8	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	銅鑼燒 Dorayaki	★鳥蛋(bird eggs)	★egg
11	一 Mo	墨西哥紅飯 Mexican red rice	墨西哥烤雞 Mexican roasted chicken	玉米餅(莎莎醬) Corn tortilla with Salsa	椰果優格 Coconut jelly yogurt	時蔬 Vegetable	果汁 Fruit juice	水果 Fruit	水果 Fruit		
12	二 Tu	糯米飯 Brown Rice	蘑菇肉片 Mushroom pork	五味豆腐 Five flavor tofu	西芹炒香腸 Sautéed sausages with celery	時蔬 Vegetable	冬瓜貢丸湯 Winter Melon Meatballs Soup	水果 Fruit	馬拉糕 Malay cake		
13	三 We	義大利麵 Spaghetti	鮮菇松露雞肉 Chicken with mushrooms truffles sauce	麥克雞塊 Chicken nuggets	○●焗烤南瓜 Pumpkin Gratin	時蔬 Vegetable	巧達濃湯 Chodal Soup	水果 Fruit	水煎包 Fried buns	●起司(cheese) ○奶油(cream)	○●dairy products
14	四 Th	白飯 Rice	糖醋排骨 Sweet and sour pork ribs	★海芽滑蛋 Sea bud smoot egg	玉米雞丁 Diced corn chicken	時蔬 Vegetable	酸菜肉片湯 Sliced Pork and Pickled Vegetable Soup	水果 Fruit	水果 Fruit	★雞蛋(egg)	★egg
15	五 Fr	烏龍麵 Udon noodles	稻禾烏龍麵 Daohe Udon noodles	唐揚炸雞 Chicken Karaage	油豆腐/★水煮蛋 /海苔絲 Tofu/egg/Seaw eed	時蔬 Vegetable		水果 Fruit	杯子蛋糕 Cup cake	★雞蛋(egg)	★egg
18	一 Mo	白飯 Rice	BBQ炒肉片 BBQ Fried pork slices	香菇豆腐煲 Mushroom tofu casserole	春捲 Spring rolls	時蔬 Vegetable	▲蘿蔔魚丸湯 White radish fish ball soup	水果 Fruit	水果 Fruit	▲魚(fish)	▲seafood
19	二 Tu	糯米飯 Brown Rice	安東燉雞 Andong chicken stew	辣炒年糕 Spicy rice cake	●★起司蒸蛋 Steamed egg with cheese	時蔬 Vegetable	★紫菜蛋花湯 Egg and seaweed soup	水果 Fruit	黑糖饅頭 Brown sugar bun	★雞蛋(egg) ●起司(cheese)	★egg ●dairy products
20	三 We	大亨堡 Hot dog bun	德國香腸 German sausage	洋蔥/酸黃瓜 Onion/Pickle	薯條 Fries	時蔬 Vegetable	●★玉米濃湯 Corn Soup	水果 Fruit	鮮肉包 Stamed Pork bun	★雞蛋(egg) ▲魚(fish)	★egg ▲seafood
21	四 Th	白飯 Rice	鹽酥雞 Salted chicken	★番茄炒蛋 Scrambled Eggs with Tomatoes	西芹炒豆包 Celery fried bean buns	時蔬 Vegetable	蘿蔔排骨湯 Pork ribs soup with radish	水果 Fruit	水果 Fruit	★雞蛋(egg)	★egg
22	五 Fr	拉麵 Ramen	味噌燒肉拉麵 Miso Grilled Pork Ramen	筍乾/★水煮蛋 Dried bamboo shoots/egg	黃金泡菜 Golden kimchi	時蔬 Vegetable		水果 Fruit	肉鬆麵包 Pork Floss Bread	★雞蛋(egg)	★egg
25	一 Mo	白飯 Rice	宮保雞丁 Spicy Stir Fried Chicken	螞蟻上樹 Minced Winter Noodles	★鮮菇蒸蛋Steamed Egg with Mushroom	時蔬 Vegetable	▲味噌豆腐湯 Miso Tofu Soup	水果 Fruit	水果 Fruit	★雞蛋(egg) ▲柴魚片(bonito flakes)	★egg ▲seafood
26	二 Tu	義大利麵 Spaghetti	茄汁肉醬義大利麵 Spaghetti Bolognese	義式炸雞 Italian Fried Chicken	○●焗烤奶香馬鈴薯泥 Baked Creamy Mashed Potatoes	時蔬 Vegetable	羅宋湯 Borscht	水果 Fruit	黑糖紅豆捲 Brown sugar red bean roll	●起司(cheese) ○奶油(cream)	○●dairy products
27	三 We	香料飯 Spice rice	○酸豆奶油雞肉 Chicken with capers and cream	●焗烤白菜 Cabbage Gratin	咖哩鷹嘴豆 Curried chickpeas	時蔬 Vegetable	香菇雞湯 Mushroom and Chicken Soup	水果 Fruit	叉燒包 Barbecued pork buns	○鮮奶油(fresh cream) ●起司(cheese)	○●dairy products
28	四 Th	白飯 Rice	打拋肉片 Beat and toss the slices of meat	▼■泰式涼拌海鮮 Thai Style Cold Seafood Salad	★泰式香炸雞蛋 Thai-style fried egg	時蔬 Vegetable	青木瓜排骨湯 Green papaya pork rib soup	水果 Fruit	水果 Fruit	▼蝦(shrimp) ■花枝(squid) ★雞蛋(egg)	▲■seafood ★egg
29	五 Fr	水餃(高麗菜) Dumplings	▲酥炸柳葉魚 Fried Fish	涼拌小黃瓜 Cucumber salad		時蔬 Vegetable	★酸辣湯 Hot and sour soup	水果 Fruit	蜂蜜蛋糕 Honey cake	▲魚(fish) ★雞蛋(egg)	▲seafood ★egg