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Week 1	Week 2
<p><u>7TH SEPT 2020</u></p> <ul style="list-style-type: none"> ❖ JAPANESE CURRY CHICKEN W CARROT & POTATO <i>(STIR FRIED CHICKEN CUBE W TERIYAKI SAUCE)</i> ❖ DEEP FRIED FISH W S/S SAUCE ❖ STIR FRIED CHINESE CABBAGE W BLACK FUNGUS ❖ LOTUS ROOTS & BLACK BEAN PORK RIB SOUP <p><u>8TH SEPT 2020</u></p> <ul style="list-style-type: none"> ❖ DEEP FRIED PORK RIB W MANGO SALAD SAUCE ❖ KOREAN STYLE ARMY STEWED TOFU <i>(STEAMED TOFU W MINCED PORK & MUSHROOM)</i> ❖ STIR FRIED BROCCOLI W FISH CAKE ❖ SWEET CORN & CORDYCEPS CHICKEN SOUP <p><u>9TH SEPT 2020</u></p> <ul style="list-style-type: none"> ❖ DEEP FRIED CHICKEN DRUMLET W KOREAN SOYA SAUCE ❖ STEAMED PRAWN W TOM YUM SAUCE <i>(STEAMED PRAWN W WOLFBERRY & WINE)</i> <i>(STEAMED FISH W FRIED TURNIP)</i> ❖ STIR FRIED CHYE SIM W STRAW MUSHROOM ❖ POTATO CARROT & ONION SLICED PORK SOUP <p><u>10TH SEPT 2020</u></p> <ul style="list-style-type: none"> ❖ STIR FRIED ASSAM SLICED PORK W CURRY LEAVE <i>(STIR FRIED SLICED PORK W CELERY & SHUMEIJI MUSHROOM)</i> ❖ PAN FRIED EGG W HAM, CRABSTICK & CABBAGE ❖ STIR FRIED LONG BEAN W SILVER FISH ❖ OLD MELON CHICKEN SOUP <p><u>11TH SEPT 2020</u></p> <ul style="list-style-type: none"> ❖ THAI SPICY SOYA CHICKEN W BASIL LEAVE <i>(BRAISED CHICKEN W GINGER & SPRING ONION)</i> ❖ DEEP FRIED FISH W LEMON PASTE ❖ STIR FRIED KAI LAN W STRAW MUSHROOM ❖ WINTER MELON & PORK BALL SOUP 	<p><u>14TH SEPT 2020</u></p> <ul style="list-style-type: none"> ❖ DEEP FRIED PORK CHOP W THAI CHILIE SAUCE <i>(DEEP FRIED PORK CHOP DELUXE)</i> ❖ STEAMED FISH TEOCHEW STYLE ❖ BRAISED HAIRY MELON W SHREDDED CARROT & EGG ❖ ANTI AGING HERBAL CHICKEN SOUP <p><u>15TH SEPT 2020</u></p> <ul style="list-style-type: none"> ❖ STIR FRIED SLICED BEEF W SPICY BULGOGI SAUCE ❖ <i>(STIR FRIED SLICED BEEF W GINGER & SPRING ONION)</i> <i>(STIR FRIED SLICED PORK W GINGER & SPRING ONION)</i> ❖ STEAMED EGG W TURNIP ❖ STIR FRIED FRENCH BEAN W SALTED FISH ❖ BLACK BEAN & PEANUT PORK RIB SOUP <p><u>16TH SEPT 2020</u></p> <ul style="list-style-type: none"> ❖ BRAISED RICE WINE CHICKEN ❖ SAMBAL PRAWN W LONG BEAN <i>(DEEP FRIED PRAWN W S/S SAUCE)</i> <i>(DEEP FRIED FISH W S/S SAUCE)</i> ❖ STIR FRIED CAULIFLOWER W FISH CAKE ❖ MUSHROOM & TOMATO SLICED PORK SOUP <p><u>17TH SEPT 2020</u></p> <ul style="list-style-type: none"> ❖ STEAMED PORK RIB W BEAN SAUCE ❖ DEEP FRIED EGG TOFU W SAMBAL MINCED PORK <i>(DEEP FRIED EGG TOFU W MINCED PORK & VEG)</i> ❖ STIR FRIED XIAO BAI CHYE W STRAW MUSHROOM ❖ PAPAYA KERNEL CORN CHICKEN SOUP <p><u>18TH SEPT 2020</u></p> <ul style="list-style-type: none"> ❖ GRILLED CHAR XIU CHICKEN ❖ DEEP FRIED FISH W DARK SOYA SAUCE ❖ STIR FRIED EGG PLANT W SAMBAL SHRIMP <i>(STIR FRIED EGG PLANT W CAPSICUM & BABY CORN)</i> <i>(STIR FRIED CABBAGE W EGG & IKAN BILIS)</i> ❖ PUMPKIN SLICED PORK SOUP
Week 3	Week 4
<p><u>21ST SEPT 2020</u></p> <ul style="list-style-type: none"> ❖ STEAMED HERBAL DRUMLET W SOYA SAUCE ❖ DEEP FRIED SALMON W SALTED EGG COCONUT BROTH ❖ STIR FRIED LONG BEAN W SPICY DRIED SHRIMP <i>(STIR FRIED LONG BEAN W SILVER FISH)</i> ❖ WINTER MELON & CARROT SLICED PORK SOUP <p><u>22ND SEPT 2020</u></p> <ul style="list-style-type: none"> ❖ STIR FRIED SHREDDED PORK W BLACK FUNGUS & MUSHROOM ❖ ASSAM PRAWN W VEG <i>(BUTTER CEREAL PRAWN)</i> <i>(BUTTER CEREAL SLICED FISH)</i> ❖ STIR FRIED KAI LAN W FISH CAKE ❖ SIX HERBS CHICKEN SOUP <p><u>23RD SEPT 2020</u></p> <ul style="list-style-type: none"> ❖ CURRY CHICKEN W POTATO <i>(BRAISED CHICKEN W GINGER & SPRING ONION)</i> ❖ PAN FRIED EGG W MINCED PORK ❖ STIR FRIED BROCCOLI W SHIMEIJI MUSHROOM ❖ KERNEL CORN CARROT & CABBAGE SLICED PORK SOUP <p><u>24TH SEPT 2020</u></p> <ul style="list-style-type: none"> ❖ SWEET & SOUR PORK W PINEAPPLE ❖ STEAMED FISH W CHILIE BEAN SAUCE <i>(STEAMED FISH W YELLOW BEAN SAUCE)</i> ❖ STIR FRIED SHANGHAI GREEN W GARLIC ❖ WHITE FUNGUS & BEAN SHEET CHICKEN SOUP <p><u>25TH SEPT 2020</u></p> <ul style="list-style-type: none"> ❖ GONG BAO CHICKEN CUBE W CASHEW NUTS <i>(STIR FRIED CHICKEN CUBE W ASSORTED VEG & CASHEW NUTS)</i> ❖ DEEP FRIED EGG TOFU W HONXIU SAUCE ❖ STIR FRIED CHINESE SPINACH W IKAN BILIS ❖ LOTUS ROOTS & PEANUTS PORK RIB SOUP 	<p><u>28TH SEPT 2020</u></p> <ul style="list-style-type: none"> ❖ MARMITE PORK CHOP DELUXE ❖ STEAMED HOME MADE OTAK <i>(STEAMED FISH W GARLIC SOYA SAUCE)</i> ❖ STIR FRIED XIAO BAI CHYE W MINCED PORK ❖ LOTUS SEED LILY BULBS & BARLEY CHICKEN SOUP <p><u>29TH SEPT 2020</u></p> <ul style="list-style-type: none"> ❖ BRAISED SESAME CHICKEN ❖ DEEP FRIED PRAWN W SPICY PUMPKIN SAUCE <i>(DEEP FRIED PRAWN W PUMPKIN SAUCE)</i> <i>(DEEP FRIED BREADED FISH W TARTAR SAUCE)</i> ❖ STIR FRIED DA LAO PO CAI W HAM & BLACK FUNGUS ❖ HAIRY MELON W PORK BALL SOUP <p><u>30TH SEPT 2020</u></p> <ul style="list-style-type: none"> ❖ BRAISED BEEF CUBE W SPICY RADDISH <i>(BRAISED BEEF W RADDISH)</i> <i>(BRAISED PORK CUBE W POTATO & MUSHROOM)</i> ❖ STIR FRIED SCRAMBLED EGG W CHINESE SAUCE, CRABSTICK & MIXED VEG ❖ STIR FRIED BROCCOLI W FISH CAKE ❖ SWEET CORN & RADDISH CHICKEN SOUP <p><u>1ST OCT 2020</u></p> <ul style="list-style-type: none"> ❖ DEEP FRIED MID WING W ROCK HONEY SAUCE ❖ STEAMED TOFU W BEAN SAUCE ❖ CURRY VEG <i>(STIR FRIED LUO HAN VEG)</i> ❖ ASSORTED BEAN PORK RIB SOUP <p><u>2ND OCT 2020</u></p> <ul style="list-style-type: none"> ❖ MALA XIANG GUO SLICED PORK <i>(STIR FRIED SLICED PORK W ASSORTED VEG)</i> ❖ DEEP FRIED FISH W PLUM SAUCE ❖ STIR FRIED NAI BAI CHYE W GARLIC ❖ FISH MAW & CARROT CHICKEN SOUP

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第一周	第二周	第三周	第四周
<p><u>九月七日</u></p> <ul style="list-style-type: none"> ❖ 日式咖喱鸡丁 (马铃薯红萝卜鸡丁) ❖ 酸甜鱼 ❖ 大白菜炒小木耳 ❖ 莲藕花生排骨汤 	<p><u>九月十四日</u></p> <ul style="list-style-type: none"> ❖ 炸猪排炒泰式椒酱 (炸排骨王) ❖ 潮州蒸鱼 ❖ 毛瓜炒鸡蛋 ❖ 抗老鸡汤 	<p><u>九月二十一日</u></p> <ul style="list-style-type: none"> ❖ 蒸当归小鸡腿黑酱油 ❖ 烤三文鱼咸蛋椰浆汁 ❖ 长豆炒辣椒虾米 (长豆炒银鱼) ❖ 冬瓜红萝卜瘦肉汤 	<p><u>九月二十八日</u></p> <ul style="list-style-type: none"> ❖ 炸排骨王妈咪酱 ❖ 蒸自制屋咗 (蒸鱼蒜头酱清) ❖ 小白菜炒碎肉 ❖ 莲子百合薏米鸡汤
<p><u>九月八日</u></p> <ul style="list-style-type: none"> ❖ 炸排骨芒果沙拉酱 ❖ 韩式泡菜豆腐锅 (蒸豆腐碎肉香菇) ❖ 西兰花鱼饼 ❖ 玉米虫草花鸡汤 	<p><u>九月十五日</u></p> <ul style="list-style-type: none"> ❖ 韩式辣椒烧烤酱牛肉片 (姜葱牛肉片) (姜葱猪肉片) ❖ 蒸水蛋菜圃 ❖ 咸鱼炒四季豆 ❖ 黑豆花生排骨汤 	<p><u>九月二十二日</u></p> <ul style="list-style-type: none"> ❖ 猪肉丝炒小木耳鸡腿菇 ❖ 啊参虾 (牛油麦片虾) (牛油麦片鱼片) ❖ 芥兰炒草菇 ❖ 六味药材鸡汤 	<p><u>九月二十九日</u></p> <ul style="list-style-type: none"> ❖ 麻油鸡 ❖ 炸虾牛辣椒油金瓜酱 (炸虾牛油金瓜酱) ❖ (炸面包糠鱼片塔塔酱) ❖ 打老婆菜炒火腿小木耳 ❖ 毛瓜猪肉圆汤
<p><u>九月九日</u></p> <ul style="list-style-type: none"> ❖ 炸小鸡腿韩国酱油 ❖ 泰式东炎虾 (花雕酒枸杞子蒸虾) (菜圃蒸鱼) ❖ 菜芯炒草菇 ❖ 马铃薯红萝卜大葱瘦肉汤 	<p><u>九月十六日</u></p> <ul style="list-style-type: none"> ❖ 米鸡鸡 ❖ 甘香咖喱叶炸虾 (椒盐炸虾) (炸酸甜鱼片) ❖ 白菜花炒鱼饼 ❖ 蘑菇番茄瘦肉汤 	<p><u>九月二十三日</u></p> <ul style="list-style-type: none"> ❖ 咖喱鸡 (姜葱鸡肉) ❖ 碎肉煎鸡蛋 ❖ 西兰花炒日本菇 ❖ 包菜玉米粒红萝卜瘦肉汤 	<p><u>九月三十日</u></p> <ul style="list-style-type: none"> ❖ 辣椒白萝卜焖牛肉粒 (白萝卜焖牛肉) (冬菇粒马铃薯焖猪肉粒) ❖ 腊肠蟹粒杂豆炒鸡蛋 ❖ 西兰花炒鱼饼 ❖ 玉米红萝卜鸡汤
<p><u>九月十日</u></p> <ul style="list-style-type: none"> ❖ 啊参猪肉片 (猪肉片炒西芹日本菇) ❖ 火腿蟹粒包菜煎鸡蛋 ❖ 长豆炒银鱼 ❖ 老黄瓜鸡汤 	<p><u>九月十七日</u></p> <ul style="list-style-type: none"> ❖ 蒸豆酱排骨 ❖ 炸鸡蛋豆腐辣椒瘦肉 (炸鸡蛋豆腐碎肉杂菜) ❖ 小白菜炒草菇 ❖ 木瓜玉米粒鸡汤 	<p><u>九月二十四日</u></p> <ul style="list-style-type: none"> ❖ 估佬肉 ❖ 蒸鱼辣椒豆酱 (蒸鱼黄豆酱) ❖ 上海青炒蒜头 ❖ 白木耳腐竹鸡汤 	<p><u>十月一日</u></p> <ul style="list-style-type: none"> ❖ 炸小鸡腿冰汁蜜糖 ❖ 蒸豆腐碎肉豆酱 ❖ 咖喱杂菜 (罗汉素) ❖ 杂豆排骨汤
<p><u>九月十一日</u></p> <ul style="list-style-type: none"> ❖ 泰式九层塔辣椒焖鸡 (姜葱鸡) ❖ 柠檬鱼片 ❖ 芥兰炒草菇 ❖ 冬瓜红萝卜猪肉圆汤 	<p><u>九月十八日</u></p> <ul style="list-style-type: none"> ❖ 烤叉烧鸡排 ❖ 炸鱼黑酱油 ❖ 参巴辣椒茄子 (茄子炒玉米心灯笼椒) (包菜炒鸡蛋江鱼仔) ❖ 南瓜瘦肉汤 	<p><u>九月二十五日</u></p> <ul style="list-style-type: none"> ❖ 宫保鸡丁 (鸡丁炒杂菜腰豆) ❖ 红烧蛋豆腐 ❖ 苋菜炒枸杞子 ❖ 莲藕花生排骨汤 	<p><u>十月二日</u></p> <ul style="list-style-type: none"> ❖ 麻辣香锅猪肉片 (猪肉片炒杂菜) ❖ 炸鱼梅酱 ❖ 奶白菜炒蒜头 ❖ 鱼鳔红萝卜鸡汤