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Week 1	Week 2
<p><u>04TH OCT 2021</u></p> <ul style="list-style-type: none"> <li>❖ STIR FRIED CHICKEN CUBE W POTATO W BASIL LEAVE</li> <li>❖ STEAMED FISH W SPICY BEAN SAUCE <i>(DEEP FRIED FISH HK STYLE)</i></li> <li>❖ STIR FRIED HAIR MELON W EGG AND CARROT</li> <li>❖ WHITE FUNGUS &amp; CARROT SLICED PORK SOUP</li> </ul> <p><u>05TH OCT 2021</u></p> <ul style="list-style-type: none"> <li>❖ DEEP FRIED PORK RIB W PUMPKIN SAUCE</li> <li>❖ STEAMED NONYA ASSAM PRAWN <i>(STEAMED PRAWN W GARLIC SOYA SAUCE)</i></li> <li>❖ <i>(GRILLED FISH W LEMON WHITE SAUCE)</i></li> <li>❖ STIR FRIED CAULIFLOWER W FISH CAKE</li> <li>❖ CORDYCEPS FLOWER &amp; CARROT CHICEN SOUP</li> </ul> <p><u>06TH OCT 2021</u></p> <ul style="list-style-type: none"> <li>❖ SAMBAL MERAH CHICKEN <i>(STEAMED HERBAL CHICKEN)</i></li> <li>❖ DEEP FRIED EGG TOFU W ASSORTED VEG</li> <li>❖ STIR FRIED FRENCH BEAN W SALTED FISH</li> <li>❖ LOTUS ROOTS &amp; BLACK BEAN PORK RIB SOUP</li> </ul> <p><u>07TH OCT 2021</u></p> <ul style="list-style-type: none"> <li>❖ STIR FRIED PORK CHOP W TOM YUM SAUCE <i>(STIR FRIED PORK CHOP W SALTED EGG SAUCE)</i></li> <li>❖ PAN FRIED FU YONG EGG</li> <li>❖ STIR FRIED MIXED VEG</li> <li>❖ OLD MELON CHICKEN SOUP</li> </ul> <p><u>08TH OCT 2021</u></p> <ul style="list-style-type: none"> <li>❖ HAINANESE CHICKEN CHOP</li> <li>❖ DEEP FRIED FISH W TUMERIC CURRY SAUCE <i>(DEEP FRIED FISH W DARK SOYA SAUCE)</i></li> <li>❖ STIR FRIED SPINACH W WOLFBERRY</li> <li>❖ ABC SLICED PORK SOUP</li> </ul>	<p><u>11TH OCT 2021</u></p> <ul style="list-style-type: none"> <li>❖ DEEP FRIED JIN DU PORK RIB</li> <li>❖ HOME MADE STEAMED OTAK <i>(STEAMED FISH TEOCHEW STYLE)</i></li> <li>❖ STIR FRIED BROCCOLI W CRABSTICK &amp; EGG</li> <li>❖ LOTUS SEED, LILY BULBS &amp; BARLEY CHICKEN SOUP</li> </ul> <p><u>12TH OCT 2021</u></p> <ul style="list-style-type: none"> <li>❖ DEEP FRIED CHICKEN W LEMON SESAME SEED</li> <li>❖ STEAMED TOFU W MINCED PORK &amp; MUSHROOM</li> <li>❖ CURRY VEG <i>(STIR FRIED CABBAGE W LOHAN VEG)</i></li> <li>❖ WINTER MELON &amp; CARROT SLICED PORK SOUP</li> </ul> <p><u>13TH OCT 2021</u></p> <ul style="list-style-type: none"> <li>❖ HOME MADE ROASTED CHAR XIU</li> <li>❖ THAI STYLE STEAMED PRAWN W GARLIC CHILLI <i>(DEEP FRIED PRAWN W SOYA SAUCE)</i></li> <li>❖ <i>(DEEP FRIED FISH W LIGHT SOYA SAUCE)</i></li> <li>❖ STIR FRIED LONG BEAN W IKAN BILIS</li> <li>❖ PAPAYA &amp; WHITE FUNGUS CHICKEN SOUP</li> </ul> <p><u>14TH OCT 2021</u></p> <ul style="list-style-type: none"> <li>❖ STIR FRIED SPICY BEEF CUBE W POTATO W CAPSICUM <i>(STIR FRIED BEEF CUBE W POTATO &amp; CAPSICUM)</i></li> <li>❖ <i>(STIR FRIED PORK CUBE W POTATO &amp; CAPSICUM)</i></li> <li>❖ STIR FRIED EGG W ENOKITAKE MUSHROOM &amp; HAM</li> <li>❖ STIR FRIED SHANGHAI GREEN W GARLIC</li> <li>❖ BLACK BEAN &amp; PEANUTS PORK RIB SOUP</li> </ul> <p><u>15TH OCT 2021</u></p> <ul style="list-style-type: none"> <li>❖ STEAMED CHICKEN DRUMLET W GARLIC SOYA SAUCE</li> <li>❖ DEEP FRIED SLICED FISH W S/S SAUCE</li> <li>❖ STIR FRIED SAMBAL EGGPLANT <i>(STIR FRIED EGG PLANT W MEAT PORK)</i></li> <li>❖ <i>(STIR FRIED XIAO BAI CHYE MINCED PORK)</i></li> <li>❖ MUSHROOM &amp; TOMATO SLICED PORK SOUP</li> </ul>
Week 3	Week 4
<p><u>18TH OCT 2021</u></p> <ul style="list-style-type: none"> <li>❖ CURRY CHICKEN <i>(BRAISED SESAME CHICKEN)</i></li> <li>❖ STEAMED THREADFIN W GINGER &amp; SOYA SAUCE</li> <li>❖ STIR FRIED CHINESE CABBAGE W BLACK FUNGUS</li> <li>❖ HAIRY MELON PORK BALL SOUP</li> </ul> <p><u>19TH OCT 2021</u></p> <ul style="list-style-type: none"> <li>❖ SWEET &amp; SOUR PORK W PINEAPPLE</li> <li>❖ STEAMED EGG W GINGKO NUTS</li> <li>❖ STIR FRIED LADY FINGER W SAMBAL <i>(STIR FRIED LADY FINGER W SILVER FISH)</i></li> <li>❖ <i>(STIR FRIED FRENCH BEAN W IKAN BILIS)</i></li> <li>❖ ANTI-AGING CHICKEN SOUP</li> </ul> <p><u>20TH OCT 2021</u></p> <ul style="list-style-type: none"> <li>❖ BRAISED MID WING W ROSE WINE</li> <li>❖ DEEP FRIED PRAWN W MALA SZE CHUAN SAUCE <i>(DEEP FRIED PRAWN SALTED EGG)</i></li> <li>❖ <i>(DEEP FRIED SLICED FISH W SALTED EGG)</i></li> <li>❖ STIR FRIED ASSORTED MIXED VEG</li> <li>❖ FISH MAW &amp; CARROT PORK RIB SOUP</li> </ul> <p><u>21ST OCT 2021</u></p> <ul style="list-style-type: none"> <li>❖ STIR FRIED SPICY SLICED PORK W ASSORTED VEG <i>(STIR FRIED SLICED PORK W ASSORTED VEG)</i></li> <li>❖ DEEP FRIED FISH TOFU</li> <li>❖ STIR FRIED ENDIVE W BRAISED PEANUTS</li> <li>❖ SWEET CORN &amp; RADDISH CHICKEN SOUP</li> </ul> <p><u>22ND OCT 2021</u></p> <ul style="list-style-type: none"> <li>❖ GRILLED SATAY CHICKEN CHOP</li> <li>❖ DEEP FRIED FISH W ASSAM CHILLI SAUCE <i>(DEEP FRIED FISH W PLUM SAUCE)</i></li> <li>❖ STIR FRIED KAI LAN W STRAW MUSHROOM</li> <li>❖ PUMPKIN SLICED PORK SOUP</li> </ul>	<p><u>25TH OCT 2021</u></p> <ul style="list-style-type: none"> <li>❖ DEEP FRIED MARMITE PORK CHOP</li> <li>❖ LAKSA PRAWN <i>(STEAMED HERBAL PRAWN)</i></li> <li>❖ <i>(STEAMED FISH W LEMON GARLIC BEAN SAUCE)</i></li> <li>❖ BRAISED HAIRY MELON W EGG &amp; SHREDDED CARROT</li> <li>❖ ASSORTED BEAN CHICKEN SOUP</li> </ul> <p><u>26TH OCT 2021</u></p> <ul style="list-style-type: none"> <li>❖ DEEP FRIED CHICKEN DRUMLET W KOREAN CHILLI <i>(DEEP FRIED CHICKEN DRUMLET W ROCK HONEY SAUCE)</i></li> <li>❖ <i>BRAISED HARD BOILED EGG W MUSHROOM &amp; BEANSHEET</i></li> <li>❖ STIR FRIED FRENCH BEAN W IKAN BILIS</li> <li>❖ KERNEL CORN CABBAGE &amp; CARROT SLICED PORK SOUP</li> </ul> <p><u>27TH OCT 2021</u></p> <ul style="list-style-type: none"> <li>❖ STIR FRIED CURRY SLICED BEEF <i>(STIR FRIED SLICED BEEF W BEAN SAUCE)</i></li> <li>❖ <i>(STIR FRIED SLICED PORK W BEAN SAUCE)</i></li> <li>❖ DEEP FRIED FISH W SWEET &amp; SOUR SAUCE</li> <li>❖ STIR FRIED CAULIFLOWER W STRAW MUSHROOM</li> <li>❖ SIX HERBS PORK RIB SOUP</li> </ul> <p><u>28TH OCT 2021</u></p> <ul style="list-style-type: none"> <li>❖ DEEP FRIED CHICKEN KARAAGE W LEMON DIP</li> <li>❖ MAPO TOFU <i>(STEAMED TOFU W ENOKITAKE MUSHROOM &amp; CRABSTICK)</i></li> <li>❖ STIR FRIED CAI SIM W MINCED PORK</li> <li>❖ WINTERMELON &amp; CARROT SLICED PORK SOUP</li> </ul> <p><u>29TH OCT 2021</u></p> <ul style="list-style-type: none"> <li>❖ BRAISED PORK RIB W PUMPKIN</li> <li>❖ DEEP FRIED SLICED FISH W THAI CHILLI SAUCE <i>(DEEP FRIED SLICED FISH W BUTTER CEREAL)</i></li> <li>❖ STIR FRIED SPINACH W WOLFBERRY</li> <li>❖ WHITE FUNGUS &amp; CARROT CHICKEN SOUP</li> </ul>

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第一周	第二周	第三周	第四周
<p><u>十月四日</u></p> <ul style="list-style-type: none"> <li>❖ 鸡丁炒马铃薯九层塔</li> <li>❖ 蒸鱼辣椒豆酱 (炸鱼港式酱清)</li> <li>❖ 毛瓜炒鸡蛋</li> <li>❖ 冬瓜红萝卜猪肉圆鸡汤</li> </ul>	<p><u>十月十一日</u></p> <ul style="list-style-type: none"> <li>❖ 炸金都排骨</li> <li>❖ 蒸自制屋打 (潮州式蒸鱼)</li> <li>❖ 西兰花蟹条鸡蛋</li> <li>❖ 莲子百合薏米鸡汤</li> </ul>	<p><u>十月十八日</u></p> <ul style="list-style-type: none"> <li>❖ 加喱鸡 (麻油鸡)</li> <li>❖ 蒸午鱼姜丝酱清</li> <li>❖ 大白菜炒小木耳</li> <li>❖ 毛瓜猪肉圆汤</li> </ul>	<p><u>十月二十五日</u></p> <ul style="list-style-type: none"> <li>❖ 妈咪排骨王</li> <li>❖ 娘惹辣沙虾 (蒸药材虾)</li> <li>❖ 蒸鱼柠檬蒜头豆酱</li> <li>❖ 毛瓜炒鸡蛋</li> <li>❖ 杂豆鸡汤</li> </ul>
<p><u>十月五日</u></p> <ul style="list-style-type: none"> <li>❖ 南瓜奶油排骨</li> <li>❖ 印尼式咖喱虾 (蒜头蒸虾)</li> <li>❖ 烤鱼柠檬牛油酱</li> <li>❖ 白菜花炒鱼饼</li> <li>❖ 虫草花玉米鸡汤</li> </ul>	<p><u>十月十二日</u></p> <ul style="list-style-type: none"> <li>❖ 炸柠檬芝麻鸡块</li> <li>❖ 蒸豆腐香菇碎肉</li> <li>❖ 咖喱杂菜 (包菜炒罗汉素)</li> <li>❖ 冬瓜红萝卜瘦肉汤</li> </ul>	<p><u>十月十九日</u></p> <ul style="list-style-type: none"> <li>❖ 估佬肉</li> <li>❖ 白果蒸蛋</li> <li>❖ 羊角豆炒虾米辣椒 (羊角豆炒江鱼仔)</li> <li>❖ 四季豆炒江鱼仔</li> <li>❖ 抗老药材鸡汤</li> </ul>	<p><u>十月二十六日</u></p> <ul style="list-style-type: none"> <li>❖ 炸小鸡腿韩国辣椒酱 (炸小鸡腿蜜汁蜜糖)</li> <li>❖ 熟蛋焖腐竹冬菇</li> <li>❖ 四季豆炒江鱼仔</li> <li>❖ 包菜玉米粒瘦肉汤</li> </ul>
<p><u>十月六日</u></p> <ul style="list-style-type: none"> <li>❖ 印尼式辣椒焖鸡 (药材蒸鸡)</li> <li>❖ 炸蛋豆腐炒杂菜</li> <li>❖ 四季豆炒咸鱼</li> <li>❖ 莲藕黑豆排骨汤</li> </ul>	<p><u>十月十三日</u></p> <ul style="list-style-type: none"> <li>❖ 烤蜜糖叉烧</li> <li>❖ 泰式蒜头辣椒蒸虾 (炸虾炒酱清)</li> <li>❖ 炸鱼港式酱清</li> <li>❖ 长豆炒江鱼仔</li> <li>❖ 白木耳木瓜玉鸡汤</li> </ul>	<p><u>十月二十日</u></p> <ul style="list-style-type: none"> <li>❖ 玫瑰露中翅</li> <li>❖ 麻辣四川虾 (炸咸蛋虾)</li> <li>❖ 炸咸蛋鱼</li> <li>❖ 炒杂菜</li> <li>❖ 鱼鳔红萝卜排骨汤</li> </ul>	<p><u>十月二十七日</u></p> <ul style="list-style-type: none"> <li>❖ 咖喱牛肉片 (牛肉片炒豆酱)</li> <li>❖ 猪肉片炒豆酱</li> <li>❖ 炸酸甜鱼</li> <li>❖ 白菜花炒草菇</li> <li>❖ 六味排骨汤</li> </ul>
<p><u>十月七日</u></p> <ul style="list-style-type: none"> <li>❖ 炸猪排泰式冬鸯酱 (炸猪排咸蛋酱)</li> <li>❖ 煎芙蓉蛋</li> <li>❖ 炒杂菜</li> <li>❖ 老黄瓜鸡汤</li> </ul>	<p><u>十月十四日</u></p> <ul style="list-style-type: none"> <li>❖ 牛肉丁炒辣椒马铃薯灯笼椒 (牛肉丁炒马铃薯灯笼椒)</li> <li>❖ 猪肉丁炒马铃薯灯笼椒</li> <li>❖ 火腿金针菇煎蛋</li> <li>❖ 上海青炒蒜头</li> <li>❖ 花生黑豆排骨汤</li> </ul>	<p><u>十月二十一日</u></p> <ul style="list-style-type: none"> <li>❖ 猪肉片炒辣椒杂菜 (猪肉片炒杂菜)</li> <li>❖ 自制鱼豆腐</li> <li>❖ 久白菜卤花生</li> <li>❖ 玉米白萝卜鸡汤</li> </ul>	<p><u>十月二十八日</u></p> <ul style="list-style-type: none"> <li>❖ 炸日式鸡块柠檬酱</li> <li>❖ 麻婆豆腐 (蒸豆腐金针菇蟹条)</li> <li>❖ 菜心炒碎肉</li> <li>❖ 冬瓜红萝卜瘦肉汤</li> </ul>
<p><u>十月八日</u></p> <ul style="list-style-type: none"> <li>❖ 海南式蒸鸡排</li> <li>❖ 炸鱼黄姜咖喱 (炸鱼黑酱油)</li> <li>❖ 菠菜炒枸杞子</li> <li>❖ ABC 瘦肉汤</li> </ul>	<p><u>十月十五日</u></p> <ul style="list-style-type: none"> <li>❖ 蒸酱油蒜头小鸡腿</li> <li>❖ 炸酸甜鱼片</li> <li>❖ 辣椒茄子 (茄子炒碎肉)</li> <li>❖ 小白菜碎肉 (小白菜碎肉)</li> <li>❖ 蘑菇番茄瘦肉汤</li> </ul>	<p><u>十月二十二日</u></p> <ul style="list-style-type: none"> <li>❖ 烤沙嗲鸡排</li> <li>❖ 炸鱼啊参辣椒酱 (炸鱼梅酱)</li> <li>❖ 芥兰炒草菇</li> <li>❖ 南瓜瘦肉汤</li> </ul>	<p><u>十月二十九日</u></p> <ul style="list-style-type: none"> <li>❖ 南瓜焖排骨</li> <li>❖ 炸鱼片泰式辣椒 (炸鱼片牛油麦片)</li> <li>❖ 菠菜炒枸杞子</li> <li>❖ 白木耳红萝卜鸡汤</li> </ul>