

⊗ NO MSG. ⊗ NO Beef&Mutton. ✓ ONLY Canola Oil. ✓ Healthier Option. ✓ NO Spicy & Seafood Option

**RED - Spicy Dish**   **BLUE - Seafood Dish (Ex. Fish)**   **PURPLE - Replacement Dish**

### 03NOV MONDAY

#### DESSERT LUNCH

- Chinese Sausage Omelette 香肠煎蛋
- **Butter Cereal Prawn** 黄油麦片虾 / **Butter Cereal Fish** 黄油麦片鱼
- Shanghai Green With Pig Skin 猪皮上海青
- **Sweet Potato Ginger Soup** 红薯姜汤
- **(SOUP)** - Shark Fin Melon Chicken Soup 鱼刺瓜鸡汤

OR

- **(4<sup>TH</sup> DISH)** - Steam Fish Dumpling With Snow & Black Fungus 蒸鱼胶白木耳

### 04NOV TUESDAY

- Char Siew Chicken Steak 叉烧鸡
- **Mala Grilled Fish** 麻辣烤鱼 / **Grilled Fish With Italian Sauce** 意大利酱烤鱼
- 3 Eggs Spinach 三蛋苋菜
- **(SOUP)** - Hairy Melon & Carrot Pork Ball Soup 毛瓜胡萝卜猪肉丸汤

OR

- **(4<sup>TH</sup> DISH)** - Black Bean Braised Lotus Root 黑豆烩莲藕

### 05NOV WEDNESDAY

- **Curry Pork Rib** 咖喱排骨 / **Kyoto Vingar Pork Rib** 京都排骨
- Skillet Chicken with Creamed Corn 玉米酱鸡排
- Garlic With Bok Choy 蒜香小白菜
- **(SOUP)** - Celery & Carrot Chicken Soup 芹菜红萝卜汤

OR

- **(4<sup>TH</sup> DISH)** - Steam 3 Eggs 蒸三蛋

### 06NOV THURSDAY

- Stir Fried Pork Slices with Pineapple and Bittergourd 凤梨苦瓜炒肉片
- Snakehead Fish Slice In Black Bean Sauce 喜酱生鱼片
- **Longtong Mixed Vege** 龙东杂菜 / **Snow Fungus Assorted Vegetable** 雪耳烩菜
- **(SOUP)** - Black Fungus Pork Rib Soup 黑木耳排骨汤

OR

- **(4<sup>TH</sup> DISH)** - Diced Chicken & Potato In Teriyaki Sauce 日烧鸡丁马铃薯

### 07NOV FRIDAY

- **Prawn Chilli Sauce** 辣椒蟹酱豆腐虾 / **Fried Fish Garlic & Dried Turnip** 蒜蓉菜圃干鱼
- Cranberry Chicken Chop 蔓越莓烤鸡
- Long Nai Bai With Garlic 蒜香长奶白
- **(SOUP)** - Appietising Four Item Chicken Soup 四神汤

OR

- **(4<sup>TH</sup> DISH)** - Steam Shui Mai & Gyoza 蒸烧卖饺子

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### 10NOV MONDAY

#### DESSERT LUNCH

- Three Cup Chicken With Basil 三杯鸡
- Steam Grouper HK Style 港蒸花斑
- **French Bean Dried Scallop** 干贝四季豆 / **French Bean Minced Pork** 肉碎四季豆
- **Barley With Beancurd Sheet Soup** 薏米腐皮汤
- **(SOUP)** - Long Cabbage Fishball Soup 白菜鱼圆汤

OR

- **(4<sup>TH</sup> DISH)** - Deep Fried Ngho Hiang Roll & Vegetable Spring Roll 炸五香卷&菜春卷

### 11NOV TUESDAY

- **Kung Po Chicken** 公保鸡丁 / **Fragrant Garlic Chicken Cube** 蒜香鸡丁
- Thai Basil Minced Meat 泰式九层塔肉碎
- Steam Lady Finger In Braised Sauce 红烧羊角豆
- **(SOUP)** - Dang Gui Dang Sheng Pork Rib Soup 当归党参排骨汤

OR

- **(4<sup>TH</sup> DISH)** - Steam Egg With Ginko 白果蒸蛋

### 12NOV WEDNESDAY

- Seared Smoked Duck Breast With Capsicum Sauce 彩椒烤鸭胸
- **Prawn Omelette** 虾仁蛋 / **Roast Pork Omelette** 烧肉蛋
- Stir Fried Assorted Vegetable 炒什锦蔬菜
- **(SOUP)** - Snow Pear Lotus Nuts Chicken Soup 雪梨莲子汤

OR

- **(4<sup>TH</sup> DISH)** - Egg Tofu With Chicken Mince 鸡碎金钱豆腐

### 13NOV THURSDAY

- Five Spice Braised Pork With Black Fungus 五香肉焖黑木耳
- **Prawn Vermicelli** 冬粉虾 / **Steam Snakehead Fish With Vermicelli** 冬粉生鱼
- Turmeric Cauliflower 黄姜花椰菜
- **(SOUP)** - Carrot & Radish Pork Rib Soup 双萝卜排骨汤

OR

- **(4<sup>TH</sup> DISH)** - Braised Beancurd Skin With Enoki Mushroom 卤豆皮金针菇

### 14NOV FRIDAY

- **Sambal Stingray** 参巴魔鬼鱼 / **Grilled Stingray Garlic & Onion** 蒜葱魔鬼鱼
- Golden Pumpkin Pork Rib 黄金排骨
- Stir Fried Eggplant with Capsicum & Baby Corn 彩椒玉米笋炒茄子
- **(SOUP)** - Shiitake Mushroom Chicken Soup 香菇鸡汤

OR

- **(4<sup>TH</sup> DISH)** - FuZhou Fishball With Choy Sum In Braised Sauce 福州鱼圆菜心

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### 17NOV MONDAY

#### DESSERT LUNCH

- **Masala Chicken** 马萨啦鸡 / **Italian Stew Chicken** 意式焖鸡
- Sweet & Sour Fish With Pineapple 凤梨糖醋炸鱼(S)
- Stir Fried Broccoli With Ikan Bilis 炒西兰花炒江鱼鱼
- **Cheng Teng Soup** 桂圆清汤
- **(SOUP)** - Pumpkin Corn Pork Rib Soup 南瓜玉米排骨汤

OR

- **(4<sup>TH</sup> DISH)** - Braised Potato With Black Fungus 焖土豆黑木耳

### 18NOV TUESDAY

- Truffle Cream Chicken Steak 松露奶油鸡
- Steamed Mince Pork With Salted Fish 咸鱼肉饼
- **Curry Assorted Vegetable** 咖喱什蔬菜 / **Stir Fried Cabbage Lohan Style** 罗汉包菜
- **(SOUP)** - Lotus Seed Lily Bulb & Barley Chicken Soup 莲子百合薏米鸡汤

OR

- **(4<sup>TH</sup> DISH)** - Onion Omelette 大葱蛋

### 19NOV WEDNESDAY

- Braised Pork Belly With Beancurd & Dou Pok 豆腐豆卜红烧五花肉
- **Tomato Sauce Prawn** 杂菜番茄炒虾 / **Tomato Sauce Fish Slice** 杂菜番茄炒鱼片
- Stir Fried Xiao Bai Chai With Minced Meat 肉碎炒小白菜
- **(SOUP)** - Herbal Bak Kut Teh 黑肉骨茶

OR

- **(4<sup>TH</sup> DISH)** - Bake Cherry Tomato&Pumpkin With Honey Sauce 烤蜜汁小番茄金瓜

### 20NOV THURSDAY

- **Mapo Tofu With Spicy Meat Sauce** 麻婆豆腐 / **Steam Tofu With Meat Sauce** 肉酱豆腐
- Chinese Orange Chicken 甜橘鸡
- Stir Fried Garlic Sprouts With Black Fungus 黑木耳炒蒜苗
- **(SOUP)** - Lotus Root Peanut Chicken Soup 莲藕花生鸡汤

OR

- **(4<sup>TH</sup> DISH)** - Fried Battered Bergedil 炸土豆饼

### 21NOV FRIDAY

- Grilled Salmon Steak In Garlic Butter Sauce 香蒜黄油三文鱼排
- **Cuttlefish & Diced Chicken Hosin** 鱿鱼鸡丁海鲜酱 / **Diced Chicken Hosin** 鸡丁海鲜酱
- Sesame Oil Seasoned Broccoli With Gluten 麻油香花椰菜
- **(SOUP)** - Cabbage & Corn Fishball Soup 白菜玉米鱼圆汤

OR

- **(4<sup>TH</sup> DISH)** - Japanese Chickuwa In Teriyaki Sauce 日式竹轮



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### 24NOV MONDAY

DESSERT LUNCH

- Honey Pork With Peas 蜜汁豌豆猪肉
- **Fried Prawn Tossed Pumpkin Sauce** 黄金虾 / **Chicken Tossed Pumpkin Sauce** 黄金鸡
- Shanghai Green With Mock Abalone Slice 鲍片上海青
- **Red Beans Lotus Nut Soup** 红豆莲子汤
- **(SOUP)** - Tomato & Potato Chicken Soup 番茄土豆鸡汤

OR

- **(4<sup>TH</sup> DISH)** - Sweet & Sour Pineapple Meat Ball 糖醋凤梨肉丸

### 25NOV TUESDAY

- Dangui Brasied Drumlets With Potato 当归土豆焖鸡腿
- Stir Fried Bitter Gourd With Black Beans & Fish Slice 黑豆鱼片焖苦瓜
- Kai Lan With Ikan Bilis 芥兰炒江鱼仔
- **(SOUP)** - Seaweed Tofu Meat Ball Soup 海带豆腐丸子汤

OR

- **(4<sup>TH</sup> DISH)** - Deep Fried Seaweed Chicken & Cheese Tofu 炸紫菜鸡&芝士豆腐

### 26NOV WEDNESDAY

- Taiwanese Braised Pork Belly 台湾卤肉
- Grilled Lemongrass Mid Wings With Cherry Tomato 香茅中翅
- **Long Beans With Sambal** 参巴炒长豆 / **Long Bean Veg. X.O Sauce** 素炒长豆。X.O酱
- **(SOUP)** - ABC Sliced Pork Soup ABC肉片汤

OR

- **(4<sup>TH</sup> DISH)** - Braised Beancurd With Mushroom 卤香菇豆干

### 27NOV THURSDAY

- **Mixed Seafood In Cream Sauce** 奶油杂海鲜 / **Grilled Fish In Cream Sauce** 奶油酱烤鱼
- Truffle Mushroom Pork Slice 松露香菇肉片
- Stir Fried Miso Eggplant With Rasine 味真葡萄干茄子
- **(SOUP)** - Tonifying Yu Zhu Chicken Soup 补益玉竹鸡汤

OR

- **(4<sup>TH</sup> DISH)** - Stew Potato In Itallian Sauce 意式焖土豆

### 28NOV FRIDAY

- Baked Chicken Chop With Hawaliian Sauce 夏威夷鸡排
- Grilled White Fish Lime Soya Sauce 香柠酱油烤鱼
- Truffle Broccoli Twin Mushroom 松露双菇花椰菜
- **(SOUP)** - Assorted Vegetable Miso Pork Ball Soup 什锦蔬菜味噌猪肉丸汤

OR

- **(4<sup>TH</sup> DISH)** - Chinese Dumpling In Oriental Sauce 油抄手