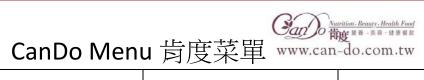
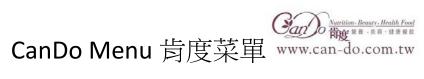


Week1	9/5 Monday	9/6 Tuesday	9/7 Wednesday	9/8Thursday	9/9 Friday
A 餐	□香烤雞腿排飯 (青江菜、大白菜、豆腐) Baked chicken with rice	□古早味爌肉飯 _{續內.蛋.青菜.高麗菜} Braised pork rice	□肉燥麵&蒸蛋 肉燥.滷肉.蒸蛋.包白.青菜 Tainan style broiled meat on noodles with egg	□麻油雞丁炒飯 (洋芹、彩椒、青江、木耳) Chicken fried rice with sesame oil	□豬肉燴飯 (木耳.洋蔥.蒸蛋.油菜) Pork Stew with Rice
				CHICKEN FRIEDERICE WITH SESAME OIL (BONDINESS)	POINT STEW WITH RICE
B 餐	□港式干炒牛河 牛肉. 河粉. 豆芽. 洋蔥. 高麗菜. 青花菜 Hong Kong Style stir fried rice noodles with beef	□什錦千層麵 (絞痩肉. 三色蔬菜. 花菜) Lasagna	□雞肉漢堡&濃湯 (雞腿.蛋.生菜.小黄瓜) Chicken hamburger / corn soup	□義大利肉醬麵 (絞瘦肉.洋蔥.花菜) Italian style spaghetti	□炸魚排&薯餅 魚排. 薯餅. 餐包. 地瓜. 青花 Fried fish with potato
	HONG NONG STYLE SHIRL FRIEDSRITE HODDES WHITE DEED 港市社立生河			MALIAN STYLE MEAT SURFACE	



Week2	9/12 Monday	9/13 Tuesday	9/14 Wednesday	9/15 Thursday	9/16 Friday
	□咖哩雞飯(不辣) (洋芋.紅蘿蔔.青菜) chicken and rice curry	□滷豬腱飯 (滷豆腐.豆芽.油菜.滷蛋) Braised pork on rice	□油雞飯 (青江菜、三角豆腐、筍) Rice with chicken and scallion oil	□滷豬排飯 (油菜、蛋、滷豬排) Pork chopstewed with soy sauce rice	□浦燒鯛魚飯 浦燒鯛. 高麗菜. 玉米紅蘿蔔. 蛋 Japanese Style Snapper with Rice
A 餐		滷牛腱飯			
	□藍帶炸豬排/ 咖哩洋芋紅蘿蔔/小黃瓜 Tonkatsu with rice	□菠菜香草雞肉麵 ^{雞肉. 彩椒、鮑魚菇、青花} Chicken with noodles	□雞肉比薩&濃湯 Chicken Pizza / chowder	□紅燒牛肉拌麵 Stir Fried noodles with Beef	□豬排鐵板麵(豬排. 豆芽.洋蔥.青菜) Hot plat noddles with pepper pork
B 餐	如匣程排紙 tonkatsu in eurzywith rice		THE PIZZA	STIR FRED NOODLES WITH BEIF	RHER



Week3	9/19 Monday	9/20 Tuesday	9/21Wednesday	9/22 Thursday	9/23 Friday
A 餐	□三杯雞肉飯 (蒸蛋 青菜 三杯雞) 3 cup boneless chicken with rice	□五香滷排骨飯 (豬排. 包白. 蒸蛋. 青菜) Spiced brine pork ribs with rice	□魚排飯 鯛魚.洋蔥炒蛋.油菜.香腸 Red snapper served on rice	□牛肉炒麵&鮮蔬 牛肉.蛋.洋蔥.榨菜.小白菜 Fried noodles with beef	□日式海鮮炒烏龍 (白菜、高麗菜、洋蔥) Japanese undonoodles with seafood
	3CUR BONELESS CHICKEN WITH RICE,	SPICED BRIVE RODASINBS WITH RICE	London Frird Fish with Rice 倫敦炸魚排飯		
B 餐	□紅燒豬肉拌麵 梅花肉. 豆芽, 韭菜, 紅 K Stir fried noodles with pork	□雞腿排鐵板麵(洋芹、紅蘿蔔、花菜) Chicken teppanyaki with noodles	■難肉通心麵 去皮腿仁丁. 三色豆. 小蘆笥 Macaroni with chicken	□奶油培根焗烤飯 (三色蔬菜.玉米) Bacon and Cream Risotto	□魚排佐餐包 Fried Fish with bread 帶皮薯條. 奶油玉米. 青花
	STIR FRIED SOODIJS WITH PORK		MACARONI WITH TENDER CHICKEN	BAKED RICE WITH BACON	



肯度健康養生餐廳

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	的雅·D双山區大府邓 <u>山</u> 山至173%				
Week4	9/26 Monday	9/27 Tuesday	9/28 Wednesday	9/29 Thursday	9/30 Friday
	□香煎魚肚飯	□雞排蓋飯	□鮮果叉燒飯	□香烤雞腿排&炒飯	□煎魚&青醬炒飯
	魚肚. 小白菜. 豆干. 高麗菜	雞排.蛋.大白菜.青菜	叉燒. 黃豆芽. 蛋. 青菜	青豆.玉米.紅蘿蔔.青江	(魚.蛋.洋蔥.高麗菜.青花)
	Fish with rice	Chicken cutlet rice	B.B.Q. pork with	Baked chicken with	Fish with stir fried
		bowl	Rice	stir fried rice	rice
A 餐		護律蓋数 Chicken cutjet rice ba双li	B.B.O. PORK WITH RICE		
	□紅燒豬軟排麵 蛋、高麗菜、青江菜、蘿蔔 Noodles with spareribs	□香煎蘿蔔糕 奶皇 包.蛋.玉米.毛豆 Salmon risotto in cream sauce	□香草烤洋芋&雞米花. 奶油玉米. 餐包 Popcorn chicken with baked potatoes	□牛肉義大利麵 牛肉絲.洋蔥.彩椒.蛋絲.青花 Beef pasta	□什錦焗烤飯 Italian baked rice
B 餐	紅燒豬雞瓶 noodles with spareribs			牛肉養大利麵 beef pasta	