2024-Nov	Regular diet	mann (IR)		Regular diet	menu (IR)		Regular diet menu (1B)				Regular diet menu (1B)					Regular diet menu (1B)				Regular diet menu (1B)				Regular diet menu (1B)					Regular diet menu (1B)		
2024-Nov Date			3	4	5 1	6	7	7 8		10		12		14	15	In In		18	19		21 1	22	23	24	25	26	27	28	29	.B)	
Breakfast	Salted egg	1. dried fish floss	1. Marinated coriand	pork with black fungus	Marinated kelp 1. rolls with ground meat	1. dried fish floss 1	Marinated tofu	Sweet and Sour Bean Intestine     1.	Marinated coriander and bean buns	Marinated tofu	Salted egg 1.	stir-fry shredded meat with leek	dried fish floss	1. Tofa with Toon Pl	stir-fry meat with onion	Marinated kelp 1. rolls with ground meat	1. dried fish floss	Marinated tofu	Sweet and Sour Bean Intestine	Marinated 1. consunder and bean bans	Marinated tofu	1. Salted egg	1. dried fish floss	1. Marinated coriano 1	pork with black fungus	Marinated kelp 1. rolls with ground 1 meat	dried fish floss	Marinated tofu	Sweet and Sour Bean Intestine	Marinated contander and bean buns	
	2 pork with eggs&black	sliced meat with 2. rolled flour sluten	2. fried egg with carrots	2. braised tofu with soybean	2. fried egg with carrots	2. stir-fry sliced 2	scrambled eggs with scallion	2. pork with black fungus 2.	stir-fry sliced meat with onion	Stir-fried 2. Shredded Pork 2- with Burdock	pork with eggs&black	Three cups of noodle sausage	2. stir-fry bean curd	sliced meat with 2. rolled flour eluten	stir-fry rolled flour gluten	2. fried egg with carrots	2. stir-fry sliced meat	scrambled eggs with scallion	pork with black fungus	stir-fry sliced meat with onion	Stir-fried 2. Shredded Pork with Burdock	2. pork with eggs&black	2. sliced meat with rolled flour gluten	2. fried egg with carrots	braised tofu with soybean	2. fried egg with carrots	stir-fry sliced meat	2. scrambled eggs with scallion 2	pork with black fungus 2	stir-fry sliced meat with onion	
	3. seasonable vegetables	3. seasonable vegetables	seasomble vegetables	seasonable     vegetables	3. seasonable vegetables	seasonable 3     vegetables	seasonable vegetables	seasonable 3.     vegetables	seasonable vegetables	3. seasonable 3. vegetables	seasonable vegetables	seasonable vegetables	<ol> <li>seasonable vegetables</li> </ol>	3. seasonable vegetables	seasonable vegetables	3. seasonable vegetables	3. seasonable vegetables	3. seasonable seasonab	l. seasonable vegetables	3. seasonable vegetables	3. seasonable vegetables	3. seasonable vegetables	3. seasonable vegetables	3. seasonable vegetables	seasonable vegetables	3. seasonable 3 vegetables	seasonable vegetables	seasonable 3     vegetables	seasonable vegetables	seasonable vegetables	
	4. Peanut gluten	4. pickles	4. Jujube beans	boiled green soybeans	4. dressed burdock	boiled green     soybeans     4	Peanut gluten	4. pickles 4.	pickles	4. Jujube beans 4.	Peanut gluten 4.	boiled green soybeans	Peanut gluten	4. pickles 4	. Jujube beans	4. dressed burdock	boiled green     soybeans	4. Peanut gluten 4	l. pickles	4. pickles	4. Jujube beans	4. Peanut gluten	4. pickles	Jujube beans 4	boiled green soybeans	4. dressed burdock 4	boiled green soybeans	4. Peanut gluten 4	pickles 4.	. pickles	
Lunch	Braised Pork  1. Chop with  Scallions	1. pan-fry poek chop	roast chicken     with basil	steamed pork 1. ribs in fermented soybeans	steamed pork  1. ribs in fermented soybeans	Fish Fillet in Tomato Sauce	rosted chicken cutlet with rosemary	pan-fried pork  chop with red fermented rice paste	pan-fried fish標 魚	Chicken with  Scallion in Hot 1.  Oi	Braised Pork Chop with 1. Scallions	roast chicken with basil	steamed poek  1. ribs in fermented soybeans	Braised Fish with Scallions	steamed chicken cutlet with pincapple	steamed poek  1. ribs in fermented soybeans	1. Fish Fillet in Tomato Souce	rosted chicken  1. cutlet with rosemary	pan-fried pork chop with red fermented rice ruste	I. pan-fried fish側 魚	Chicken with I. Scallion in Hot Oi	Braised Pork  1. Chop with  Scallions	1. pan-fry poek chop	1. roast chicken with basil	steamed pork ribs in fermented soybeans	steamed pork  1. ribs in fermented 1 soybeans	Fish Fillet in Tomato Sauce	rosted chicken  1. cutlet with 1 rosemary	pan-fried pork chop with red fermented rice paste	pan-fried fish(f) (b)	
	2. gourd and Scrambled Egg	2. shredded pork with green onion	stewed diced 2. meat with seaweed	Stir-fried 2. Assorted Chicken Shreds	stir-fry chicken 2. breast with celery	2. Assorted Pork 2 Shreds	steamed eggs	soute sliced 2. meat with 2. broccoli	stewed chicken breast with rosemary	Sliced pork leg 2. with big melon 2. fungus	gourd and Scrambled Egg 2.	stir-fry pork with green peppers	Chicken with ginger and melon	Beans with 2. stewed diced meat	Steamed Minced Pork Tofu	2. stir-fry chicken celery	Stir-fried 2. Assorted Pork Shreds	2. Stir-Fried Tofu in Hot Sauce	saute sliced meat with broccoli	stewed chicken 2. breast with rosemary	Sliced pork leg 2. with big melon fungus	2. gourd and Scrambled Egg	2 shredded pork with green onion	stewed diced 2. mest with 2 seawced	Stir-fried Assorted Chicken Shreds	stir-fry chicken 2. breast with 2 celery	Stir-fried Assorted Pork Shreds	2. steamed eggs 2	saute sliced meat with 2. broccoli	stewed chicken breast with rosemary	
	seasonable vegetables	3. seasonable vegetables	seasonable vegetables	seasonable vegetables	3. seasonable vegetables	seasonable 3     vegetables	seasonable vegetables	seasonable 3. vegetables	seasonable vegetables	3. seasonable yegetables	seasonable vegetables	seasonable vegetables	seasonable vegetables	3. seasonable vegetables	seasonable vegetables	3. seasonable vegetables	3. seasonable vegetables	seasonable seasonable vegetables	l. seasonable vegetables	3. seasonable vegetables	3. seasonable vegetables	3. seasonable vegetables	3. seasonable vegetables	3. seasonable vegetables 3	seasonable vegetables	seasonable 3. vegetables	seasonable vegetables	3. seasonable vegetables 3	seasonable vegetables 3.	seasonable vegetables	
	4. Stir-fried Potato and stir-fry radish	4. curry potato	stewed bottle 4. guord and pumpkin	4. Tomato white cauliflowe	eggplant with bean sauce	4. Red Corn Shoots 4	stir-fry yam with carrots	Marinated 4. cilantro and 4. white radish	stewed pumpkinwith seasam	4. Susha Tea Soy Sprouts 4.	Stir-fried Potato and stir-fry radish	Susha Tea Soy Sprouts	4. Sweet and Sour Sweet Potatoes	4. radish with wolfberry	stewed pumpkin	eggplant with bean sauce	4. Red Corn Shoots	4. Susha Tea Soy Sprouts	l. stewed pumpkin	stewed 4. pumpkinwith seasum	4. Susha Tea Soy Sprouts	Stir-fried Potato 4. and stir-fry radish	4. curry potato	stewed bottle 4. good and 4 pumpkin	Tomato white cauliflowe	eggplant with bean sauce 4	Red Corn Shoots	4. stir-fry yam with 4 carnets	Marinated cilantro and 4. white radish	stewed pumpkinwith seasam	
	5. White radish ball soup	5. shredded pork soup with pickles	5. tempura soup	5. shredded meat soup	5. bamboo sprouts soup	5. burdock with sheedded meat	Jicama Pork Soup	shredded pork 5. soup with 5. pickles	fish ball soup	5. seaweed soup 5.	White radish ball soup	dressed burdock with shredded meat soup	Tempura soup	5. shredded meat soup	Cabbage Pork Soup	5. bamboo sprouts soup	dressed burdock 5. with shredded meat soup	5. Jicama Pork Soup	shredded pork soup with pickles	5. fish ball soup	5. seaweed soup	5. White radish ball soup	5. shredded pork soup with pickles	5. tempura soup 5	shredded meat soup	5. bamboo sprouts 5	burdock with shredded meat	5. Jicama Pork Soup	shredded poek soup with 5. pickles	i. fish ball soup	
	6. fruit 6	6. fruit	6. fruit	6. fruit	6. fruit	6. fruit 6	fruit	6. fruit 6.	fruit	6. fruit 6.	fruit 6.	fruit	6. fruit	6. fruit	fruit	6. fruit	6. fruit	6. fruit 6	i. fruit	6. fruit	5. fruit	6. fruit	6. fruit e	5. fruit 6	i. fruit	6. fruit 6	fruit	6. fruit 6	fruit 6.	i. fruit	
Dinner	1. pan-fry fish	1. pan-fry poek chop	1. pun-fried fish	steamed chicken 1. cutlet with pineapple	1. pan-fried fish	Chicken with 1. Scallion in Hot 1 Oil	pan-fried fish	Ginger Miso  1. Braised 1. Chicken Chop	steamed pork rib in onion	pan-fried fish     1.	pan-fry fish 1.	pan-fried fish	Ginger Miso 1. Braised Chicken Chop	pun-fried pork     chop	pan-fried fish	1. pan-fried fish	Chicken with 1. Scallion in Hot Oil	pan-fried fish	Ginger Miso Braised Chicken Chop	I. steamed pork rib in onion	l. pan-fried fish	1. pon-fry fish	1. pan-fry poek chop	pan-fried fish	steamed chicken cutlet with pincapple	pan-fried fish	Chicken with Scallion in Hot Oil	pan-fried fish	Ginger Miso Braised 1. Chicken Chop	steamed poek rib in onion	
	2. diced meat with cucumber	stir-fry chicken 2. breast with cabbages	diced chicken  2. breast with pincapple	2. stir-fry shrimp with corn	2. diced meat with soy bean	2. Potato and Red Kernel Chicken 2	stir-fry sliced meat with tomato	stir-fry minced pork with onion     2.	stir-fry tempura with chinese chives	2. stir-fry cuttlefish with 2.	diced meat with cucumber 2.	Soy sauce egg tofu	stir-fry chicken 2. breast with vegetables	stir-fry sliced 2. chicken breast with pineapple	stewed chicken breast with bird eggs	2. diced meat with soy bean	Potato and Red Kernel Chicken	stir-fry sliced meat with tomato	stir-fry minced pork with onion	stir-fry tempura 2. with chinese chives	stir-fry 2. cuttlefish with onion	2. diced meat with cucumber	stir-fry chicken 2. breast with cubbages	diced chicken 2. breast with 2 pineapple	stir-fry shrimp with com	2. diced meat with soy bean 2	Potato and Red Kernel Chicken	stir-fry sliced 2. meat with 2 tomato	stir-fry minced pork with onion 2	stir-fry tempura with chinese chives	
	seasonable vegetables	<ol> <li>seasonable vegetables</li> </ol>	seasonable vegetables	seasonable vegetables	3. seasonable vegetables	seasonable vegetables	seasonable vegetables	seasonable 3. vegetables 3.	seasonable vegetables	3. seasonable yegetables	seasonable vegetables	seasonable vegetables	<ol> <li>seasonable vegetables</li> </ol>	3. seasonable vegetables	seasonable vegetables	3. seasonable vegetables	3. seasonable vegetables	seasonable season	l. seasonable vegetables	3. seasonable vegetables	3. seasonable vegetables	3. seasonable vegetables	3. seasonable vegetables	3. seasonable vegetables 3	seasonable vegetables	seasonable 3     vegetables	seasonable vegetables	3. seasonable vegetables	seasonable vegetables 3.	seasonable vegetables	
	stir-fry eggplant	4. bitter guards with wolfberry	4. stir-fry seaweed with seasame	Soy Sprouts with yellow peppers	4. stir-fry radish	4. with fermented 4 soybeans	stir-fry pumpkin	4. Fried sea mushroom 4.	Red Corn Shoots	4. Stir-fried cloud cars with ginger 4.	stir-fry eggplant 4.	cloud-ear fungus with pineapple	4. mushroom with seaweed	4. Fried sea mushroom	eggplant with bean sauce	4. stir-fry radish	bitter guards 4. with fermented soybeans	4. stir-fry pumpkin	Fried sea mashroom	4. Red Com Shoots	4. Stir-fried cloud ears with ginger	4. stir-fry eggplant	4. bitter guards with wolfberry	t. stir-fry seawcod with seasame 4	Soy Sprouts with yellow peppers	4. stir-fry radish 4	bitter guards with fermented soybeans	4. stir-fry pumpkin 4	Fried sea mushroom	. Red Com Shoot	
	5. sweet soup	5. sweet soup	5. sweet soup	5. sweet soup	5. sweet soup	5. sweet soup 5	sweet soup	5. sweet soup 5.	sweet soup 甜湯	5. nutritional 5.	sweet soup 5.	sweet soup	5. sweet soup	S. formula	. sweet soup	5. sweet soup	5. sweet soup	5. sweet soup 5	i. sweet soup	5. sweet soup 證湯	5. formula	5. sweet soup	5. sweet soup	5. sweet soup 5	. sweet soup	5. sweet soup 5	sweet soup	5. sweet soup 5	sweet soup 5.	. sweet soup 註道	
			We have rights to modify the menu. Thank you.				We have rights to modify the menu. Thank you.			We have rights to modify the menu. Thank you.				We have rights to modify the menu. Thank you.				We have rights to modify the menu. Thank you.  We have rights to modify the menu. Thank you.					We have rights to modify the menu. Thank you.				We have rights to modify the menu. Thank you.				
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