

# The Taste 2021年9月餐單

日期	主食	主菜	配菜/生果	蔬菜
9/2 (四)	炒飯 / 粉麵	吞拿魚時蔬蛋炒飯	蒸腸粉	上湯娃娃菜
9/3 (五)	白飯	蜜汁叉燒	番茄炒蛋	清香花椰菜
9/4 (六)	白飯	番茄薯仔燉牛肉	日式關東煮	木耳翠瓜
9/6 (一)	白飯	蒜香醬魷魚柳	芙蓉豆腐	蒜蓉唐生菜
9/7 (二)	意麵 / 意粉	烤香腸菠菜意粉	越南春卷	鮮拌番茄小黃瓜
9/8 (三)	白飯	奶香麥皮雞丁	牛奶蒸蛋	奶油青豆粟米紅蘿蔔
9/9 (四)	炒飯 / 粉麵	肉碎什錦炒貴刁	香煎蘿蔔糕	蓮藕炒什蔬
9/10 (五)	白飯	照燒洋蔥肉丸	玉米炒蛋	脆炒耶菜紅蘿蔔
9/13 (一)	白飯	BQQ醬焗漢堡排	魚肉燒麥	清炒香菇耶菜
9/14 (二)	意麵 / 意粉	青醬雞肉意粉	葡式鷹嘴豆沙拉	甜玉米段
9/15 (三)	白飯	日式豬扒	蘋果甜咖喱魚蛋	木耳翠瓜
9/16 (四)	炒飯 / 粉麵	雞絲蛋炒飯	蒸餃	上湯娃娃菜
9/17 (五)	白飯	肉碎玉子豆腐	牛奶小饅頭	清香花椰菜
9/20 (一)	白飯	蒜香焗雞扒	火腿炒蛋	蒜蓉唐生菜
9/21 (二)	意麵 / 意粉	烤芝士火腿通心粉	越南春卷	鮮拌番茄小黃瓜
9/22 (三)	中秋節翌日			
9/23 (四)	炒飯 / 粉麵	潮州海鮮燜麵	馬來蝦片	蓮藕炒什蔬
9/24 (五)	白飯	和風壽喜菇豚肉飯	焗薯仔	脆炒耶菜紅蘿蔔
9/27 (一)	白飯	台式滷肉飯	五香滷蛋	清炒香菇耶菜
9/28 (二)	意麵 / 意粉	茄汁肉醬意粉	三角蔬菜餃	甜玉米段
9/29 (三)	白飯	紅燒三色蘿蔔肉丸	棒棒雞小腿	木耳翠瓜
9/30 (四)	炒飯 / 粉麵	番茄培根蛋炒飯	釀肉豆腐泡	上湯娃娃菜

\* 餐單會因季節性或食材供應等因素有所改動，如有更改恕不另行通知

Date	Staple	Main Dish	Side Dish / Fruit	Vegetables
9/2 Thu	Fried Rice / Noodle	Stir-fried Rice with Tuna and Egg	Steamed Rice Noodle Roll	Baby Cabbage in Chicken Broth
9/3 Fri	White Rice	BBQ Pork Cha Siu	Scramble Egg with Tomato	Steamed Cauliflower
9/4 Sat	White Rice	Beef Stew with Tomato and Potato	Japanese Oden Stew	Zucchini and Black Fungus
9/6 Mon	White Rice	Fish Fillet with Garlic Mayo Sauce	Simmered Tofu with Egg White	Stir-fried Lettuce with Garlic
9/7 Tue	Spaghetti / Pasta	Sausage Spinach Pasta Bake	Mini Spring Rolls	Cucumber and Tomato Salad
9/8 Wed	White Rice	Butter Cereal Chicken	Steamed Egg with Milk	Buttered Corn and Peas
9/9 Thu	Fried Rice / Noodle	Stir-fried Kway Teow Noodle with Pork and Assorted Vegetables	Pan-fried Radish Cake	Lotus Root with Assorted Vegetables
9/10 Fri	White Rice	Teriyaki Meatballs with Onion	Scramble Egg with Corn	Stir-Fry Cabbage and Carrots
9/13 Mon	White Rice	Grilled Burger with BBQ Sauce	Fish Siu Mai	Stir-Fry Mushroom with Cabbage
9/14 Tue	Spaghetti / Pasta	Chicken Pesto Pasta	Portuguese Chickpea Salad	Sweet Corn
9/15 Wed	White Rice	Japanese Style Pork Chop	Sweet Apple Curry Fish Balls	Zucchini and Black Fungus
9/16 Thu	Fried Rice / Noodle	Stir-fried Rice with Chicken and Egg	Steamed Dumplings	Baby Cabbage in Chicken Broth
9/17 Fri	White Rice	Japanese To Fu with Minced Pork	Mini Buns	Steamed Cauliflower
9/20 Mon	White Rice	Grilled Chicken Cutlet with Garlic	Scramble Egg with Ham	Stir-fried Lettuce with Garlic
9/21 Tue	Spaghetti / Pasta	Cheese Macaroni Bake with Ham	Soft-boiled Egg	Cucumber and Tomato Salad
9/22 Wed	Day After Mid-Autumn Festival			
9/23 Thu	Fried Rice / Noodle	Simmered Noodle with Seafood	Shrimp Crackers	Lotus Root with Assorted Vegetables
9/24 Fri	White Rice	Japanese Shouxi Mushroom Pork Rice	Baked Potatoes	Stir-Fry Cabbage and Carrots
9/27 Mon	White Rice	Taiwanese Braised Pork Rice	Braised Egg with 5 Spices	Stir-Fry Mushroom with Cabbage
9/28 Tue	Spaghetti / Pasta	Spaghetti Bolognese	Vegetable Samosas	Sweet Corn
9/29 Wed	White Rice	Braised Meatballs with assorted Vegetables	Chicken Lollipop	Zucchini and Black Fungus
9/30 Thu	Fried Rice / Noodle	Stir-fried Rice with Tomato and Bacon	Meat stuffed Tofu Puff	Baby Cabbage in Chicken Broth