

# The Taste

Lunch Menu 01/2021

Date	Staple	Main Dish	Side Dish / Fruit	Vegetables
1/4 Mon	White Rice	Teriyaki Meatballs with Onion	Steamed Egg with Milk	Stir-Fry Mushroom with Cabbage
1/5 Tue	Spaghetti / Pasta	Spaghetti Bolognese	Baked Potato Cubs	Sweet Corn
1/6 Wed	White Rice	Beef and Potato Stew	Scramble Egg with Tomato	Zucchini and Black Fungus
1/7 Thu	Fried Rice / Noodle	Stir-fried Rice with Tuna and Egg	Steamed Rice Noodle Roll	Baby Cabbage in Chicken Broth
1/8 Fri	White Rice	Baked Chicken Thigh with Japanese Sesame Sauce	Fruit	Steamed Cauliflower
1/11 Mon	White Rice	Meat Pie with Mushroom and Water Chestnut	Japanese Oden Stew	Stir-fried Baby Chinese Cabbage
1/12 Tue	Spaghetti / Pasta	Pasta with Assorted mushrooms and Chicken	Soft-boiled Egg	Cucumber and Tomato Salad
1/13 Wed	White Rice	Simmered Fish Fillet with Minced Pork in Oyster Sauce	Scramble Egg with Ham	Buttered Corn and Peas
1/14 Thu	Fried Rice / Noodle	Stir-fried Rice Noodle with Pork and Assorted Vegetables	Pan-fried Radish Cake	Garden Vegetables
1/15 Fri	White Rice	BBQ Pork Cha Siu	Fruit	Stir-Fry Cabbage and Carrots
1/18 Mon	White Rice	Teriyaki Chicken Nuggets	German Potato Salad	Stir-Fry Mushroom with Cabbage
1/19 Tue	Spaghetti / Pasta	Ham Spinach Pasta Bake	Mini Spring Rolls	Sweet Corn
1/20 Wed	White Rice	Kyoto Shredded Pork	Scramble Egg with Bacon	Zucchini and Black Fungus
1/21 Thu	Fried Rice / Noodle	Stir-fried Rice with Chicken and Pineapple	Steamed Dumplings	Baby Cabbage in Chicken Broth
1/22 Fri	White Rice	Fish Fillet with Potato and Italian Herbs	Fruit	Steamed Cauliflower
1/25 Mon	White Rice	Teriyaki Chicken Cutlet	Vegetable Samosa	Stir-fried Baby Chinese Cabbage
1/26 Tue	Spaghetti / Pasta	Macaroni with Ham and Mushroom in White Sauce	Soft-boiled Egg	Cucumber and Tomato Salad
1/27 Wed	White Rice	Taiwanese Braised Pork Rice	Braised Egg with 5 Spices	Buttered Corn and Peas
1/28 Thu	Fried Rice / Noodle	Stir-fried Udon with Pork Tenderloin	Braised Tofu with Assorted Mushrooms	Garden Vegetables
1/29 Fri	White Rice	Sweet and Sour Chicken	Fruit	Stir-Fry Cabbage and Carrots

\*All menu items are subject to change without prior notice due to seasonality and product availability

# The Taste 2021年1月餐單

日期	主食	主菜	配菜/生果	蔬菜
1/4 (一)	白飯	照燒洋蔥肉丸	牛奶蒸蛋	清炒香菇耶菜
1/5 (二)	意麵 / 意粉	茄汁肉醬意粉	焗薯仔	甜玉米段
1/6 (三)	白飯	薯仔甘筍燉牛肉	番茄炒蛋	木耳翠瓜
1/7 (四)	炒飯 / 粉麵	吞拿魚時蔬蛋炒飯	蒸腸粉	上湯娃娃菜
1/8 (五)	白飯	和風芝麻醬焗雞腿	生果	清香花椰菜
1/11 (一)	白飯	冬菇馬蹄蒸肉餅	關東煮	蒜香奶白菜
1/12 (二)	意麵 / 意粉	野菌燴雞肉通粉	糖心水煮蛋	鮮拌番茄小黃瓜
1/13 (三)	白飯	蠔油肉醬炆魚柳	火腿炒蛋	奶油青豆粟米紅蘿蔔
1/14 (四)	炒飯 / 粉麵	三絲炒米粉	香煎蘿蔔糕	田園雜菜
1/15 (五)	白飯	蜜汁叉燒	生果	脆炒耶菜紅蘿蔔
1/18 (一)	白飯	醬燒麥樂雞球	德國什蔬洋芋沙拉	清炒香菇耶菜
1/19 (二)	意麵 / 意粉	烤火腿菠菜意粉	越南春卷	甜玉米段
1/20 (三)	白飯	京都肉絲	培根炒蛋	木耳翠瓜
1/21 (四)	炒飯 / 粉麵	菠蘿雞絲蛋炒飯	蒸餃	上湯娃娃菜
1/22 (五)	白飯	奶香洋芋燴魚柳	生果	清香花椰菜
1/25 (一)	白飯	照燒雞腿扒	蔬菜咖喱角	蒜香奶白菜
1/26 (二)	意麵 / 意粉	芝士蘑菇火腿意麵	糖心水煮蛋	鮮拌番茄小黃瓜
1/27 (三)	白飯	台式滷肉飯	五香滷蛋	奶油青豆粟米紅蘿蔔
1/28 (四)	炒飯 / 粉麵	日式豬柳炒烏冬	菌菇燴玉子豆腐	田園雜菜
1/29 (五)	白飯	咕嚕雞丁	生果	脆炒耶菜紅蘿蔔

\* 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