

The Taste 2021年4月餐單

日期	主食	主菜	配菜/生果	蔬菜
4/1 (四)	炒飯 / 粉麵	三絲炒米	蜜汁香腸仔	上湯娃娃菜
4/2 (五)	白飯	耗油牛肉	洋蔥炒蛋	清香花椰菜
4/5 (一)	清明假期			
4/6 (二)	意麵 / 意粉	芝士吞拿魚意粉	德國什蔬洋芋沙拉	鮮拌番茄小黃瓜
4/7 (三)	白飯	BBQ醬烤雞扒	雞蛋沙拉卷	奶油青豆粟米紅蘿蔔
4/8 (四)	炒飯 / 粉麵	叉燒蛋炒飯	迷你薯仔餅	田園雜菜
4/9 (五)	白飯	梅菜蒸肉餅	生果	脆炒耶菜紅蘿蔔
4/12 (一)	白飯	腐竹肉丸	魚肉燒麥	清炒香菇耶菜
4/13 (二)	意麵 / 意粉	焗芝士意麵	糖心水煮蛋	甜玉米段
4/14 (三)	白飯	日式豬扒	蘋果甜咖喱魚蛋	木耳翠瓜
4/15 (四)	炒飯 / 粉麵	雞絲香菇蛋炒飯	越南春卷	上湯娃娃菜
4/16 (五)	白飯	薯仔燜牛肉	生果	清香花椰菜
4/19 (一)	白飯	塔塔醬魷魚柳	青瓜炒丸片	蒜香奶白菜
4/20 (二)	意麵 / 意粉	番茄肉醬意麵	焗薯仔	鮮拌番茄小黃瓜
4/21 (三)	白飯	鷹嘴豆紅蘿蔔燉肉	牛奶小饅頭	奶油青豆粟米紅蘿蔔
4/22 (四)	炒飯 / 粉麵	冬菇肉碎粉絲煲	棒棒雞小腿	田園雜菜
4/23 (五)	白飯	自製參樂雞	牛奶蒸蛋	脆炒耶菜紅蘿蔔
4/26 (一)	白飯	蒜香焗雞腿排	蔥花煎蛋	清炒香菇耶菜
4/27 (二)	意麵 / 意粉	蘑菇洋蔥免治雞肉意麵	馬來炸蝦片	甜玉米段
4/28 (三)	白飯	和風芝麻牛肉	螞蟻上樹	木耳翠瓜
4/29 (四)	炒飯 / 粉麵	田園蛋炒飯	蒸餃	上湯娃娃菜
4/30 (五)	白飯	紅燒肉燥飯	生果	清香花椰菜

Date	Staple	Main Dish	Side Dish / Fruit	Vegetables
4/1 Thu	Fried Rice / Noodle	Stir-fried Rice Noodle with Pork and Assorted Vegetables	Cocktail Sausages with Sweet Honey Sauce	Baby Cabbage in Chicken Broth
4/2 Fri	White Rice	Beef with Oster Sauce	Scramble Egg with Onion	Steamed Cauliflower
4/5 Mon	Cheng Meng Holiday			
4/6 Tue	Spaghetti / Pasta	Tuna and Cheese Pasta	German Potato Salad	Cucumber and Tomato Salad
4/7 Wed	White Rice	Grilled Chicken Cutlet with BBQ Sauce	Egg Roll Salad	Buttered Corn and Peas
4/8 Thu	Fried Rice / Noodle	Fried Rice with Cha Siu Pork and Egg	Mini Hush Brown	Garden Vegetables
4/9 Fri	White Rice	Meat Pie with Preserved Veggies	Fruit	Stir-Fry Cabbage and Carrots
4/12 Mon	White Rice	Meatball Stew with Yuba	Fish Siu Mai	Stir-Fry Mushroom with Cabbage
4/13 Tue	Spaghetti / Pasta	Cheese Macaroni Bake	Soft-boiled Egg	Sweet Corn
4/14 Wed	White Rice	Japanese Style Pork Chop	Omelet with Scallions	Zucchini and Black Fungus
4/15 Thu	Fried Rice / Noodle	Fried Rice with Chicken and Mushroom	Mini Spring Rolls	Baby Cabbage in Chicken Broth
4/16 Fri	White Rice	Braised Beef with Potato	Fruit	Steamed Cauliflower
4/19 Mon	White Rice	Fish Fillet with Tartar Sauce	Stir-fried Cucumber with Sliced Meatball	Stir-fried Baby Chinese Cabbage
4/20 Tue	Spaghetti / Pasta	Spaghetti Bolognese	Baked Potato Cubes	Cucumber and Tomato Salad
4/21 Wed	White Rice	Simmered Pork with Carrot and Chickpeas	Mini Bun	Buttered Corn and Peas
4/22 Thu	Fried Rice / Noodle	Vermicelli Pot with Pork Mince and Mushrooms	Chicken Lollipop	Garden Vegetables
4/23 Fri	White Rice	Homemade Chicken Nuggets	Steamed Egg with Milk	Stir-Fry Cabbage and Carrots
4/26 Mon	White Rice	Garlic Flavor Baked Chicken Thigh	Omelet with Scallions	Stir-Fry Mushroom with Cabbage
4/27 Tue	Spaghetti / Pasta	Ground Chicken with Mushroom and Onion	Shrimp Crackers	Sweet Corn
4/28 Wed	White Rice	Beef with Japanese Soy Sesame Sauce	Bean Noodles with Minced Meat	Zucchini and Black Fungus
4/29 Thu	Fried Rice / Noodle	Stir-fried Rice with Egg and Assorted Vegetables	Steamed Dumplings	Baby Cabbage in Chicken Broth
4/30 Fri	White Rice	Taiwanese Braised Minced Pork	Fruit	Steamed Cauliflower