




	Monday	Tuesday	Wednesday	Thursday
	24 May	25 May	26 May	27 May
<u>Meal</u> <b>A</b>	Chef Special Fried Rice	Pan Fried Chicken Breast	Irish Beef Stew	Chicken Curry
<u>Meal</u> <b>B</b> 	Zucchini Gratin	Ratatouille	Vegetarian Lasagna	Pumpkin and Leeks Risotto
Vegetables 	Roasted Carrot	Pumpkin	Caramelized Pumpkin	Broccoli
Dessert	Cup Cake	Chocolate Mousse	Ice Cream	Dessert Buffet
	31 May	01 June	02 June	03 June
<u>Meal</u> <b>A</b>		BBQ Korean Beef	Chicken Mustard Sauce	Pork Chop A La Plancha
<u>Meal</u> <b>B</b> 		Vegetarian Bolognese	Stuffed Eggplant With Tofu And Cherry Tomato	Japanese Fried Rice With Sea Weed And Tofu
Vegetables 		Pak Choi	Pak Choi	Green Bean
Dessert		Donuts	Ice Cream	Dessert Buffet
	07 June	08 June	09 June	10 June
<u>Meal</u> <b>A</b>	Grilled Pork Chop	Chicken Curry	Teriyaki Chicken Breast	BBQ Pork American Ribs
<u>Meal</u> <b>B</b> 	Vegetarian Lasagna	Vegetarian Stuffed Tomato	Stir Fry Udon & Veggie	Margarita Pizza 
Vegetables 	Cauliflower	Pumpkin	Cabbage	Mix Vegetables
Dessert	Chocolate Sponge Cake	Strawberry Pana Cotta	Apple Crumble	Dessert Buffet



These foods should form the basis of your diet. So fill up on them.



Best eaten in moderation. These food are still important for a balanced diet.



Don't have too much of these. Just treat ourselves every so often.



Vegetarian Choice









Sustainable Seafood

CHEF SPECIAL, SOUP, NOODLE, SALAD BAR Available EVERY NIGHT





	Monday	Tuesday	Wednesday	Thursday
	14 June	15 June	16 June	17 June
<u>Meal</u> <b>A</b>	Tuen Ng Festival	Pork Marengo	Chicken Mustard Sauce	Pork Chop A La Plancha
<u>Meal</u> <b>B</b> 		Pumpkin and Leeks Risotto	Stuffed Eggplant With Tofu And Cherry Tomato	Japanese Fried Rice With Sea Weed And Tofu
Vegetables 		Broccoli	Pak Choi	Green Bean
Dessert		Lemon Sponge Cake	Chocolate Mousse	Dessert Buffet
	21 June	22 June	23 June	24 June
<u>Meal</u> <b>A</b>	Chef Special Fried Rice	Pan Fried Chicken Breast	Beef Stroganoff	Chicken Curry
<u>Meal</u> <b>B</b> 	Zucchini Gratin	Ratatouille	Spinach Vegetarian Lasagna	Pumpkin and Leeks Risotto
Vegetables 	Roasted Carrot	Pumpkin	Grilled Green Zucchini	Broccoli
Dessert	Cup Cake	Fruit Salad	Ice Cream	Dessert Buffet
	28 June	29 June	30 June	01 July
<u>Meal</u> <b>A</b>	Chef Special Fried Rice	Pan Fried Chicken Breast	HKSAR Day	
<u>Meal</u> <b>B</b> 	Zucchini Gratin	Ratatouille		
Vegetables 	Roasted Carrot	Pumpkin		
Dessert	Apple Crumble	Crepes		



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