

		Monday	Tuesday	Wednesday	Thursday	Friday
		03/10/2022	04/10/2022	05/10/2022	06/10/2022	07/10/2022
Soup of the Day	A	Rice w/ Pork Knuckle in Red Fermented Bean Curd Sauce	/	Rice w/ Beef Brisket & Radish in Chu Hou Sauce	Rice w/ Chicken in Chili Oil Sauce	Rice w/ Shredded Beef in Fresh Tomato Sauce
	B	Rice w/ Fish Fillets in Sweet Corn Sauce	/	Rice w/ Salt & Pepper Pork Chop	Rice w/ Pork & Pineapples in Sweet & Sour Sauce	Rice w/ Lemongrass Pork Chop
	C	Rice w/ Fried Beef & Lettuce	/	Rice w/ Steamed Chicken, Cordyceps Flower & Black Fungus	Rice w/ Teriyaki Beef	Rice w/ Chicken in Portuguese Sauce
	D	Rice w/ Braised Lotus Root, Courgettes & Black Fungus	/	Rice w/ Braised Hairy Gourds, Potato & Dried Tofu	Rice w/ Assorted Vegetables in Italian Tomato Sauce	Rice w/ Buddha's Delight in Red Fermented Bean Curd Sauce
		Minced Pork Soup w/ Tomatoes & Potatoes	/	Pork Bones Soup w/ Old Cucumbers & Snow Fungus	Chicken Soup w/ Coconut & Sweet Dates	Spareribs Soup w/ Papaya & Snow Fungus
		10/10/2022	11/10/2022	12/10/2022	13/10/2022	14/10/2022
Soup of the Day	A	Rice w/ Sweet & Sour Spareribs	Rice w/ Sautéed Bean Curd in Szechuan Style	Rice w/ Peking Pork Chops	Rice w/ Swiss Chicken Wings	Rice w/ Lemongrass Chicken Fillet
	B	Rice w/ Roast Chicken Chop in Korean Style	Rice w/ Steamed Chicken w/ Shaoxing Wine & Chinese Wolfberry	Rice w/ Sliced Pork in Black Pepper Sauce	Rice w/ Braised Yam Bean & Spareribs	Rice w/ Minced Meat & Vermicelli Steamed Egg
	C	Rice w/ Braised Chestnuts & Chicken	Rice w/ Spareribs in Shrimp Paste	Spaghetti w/ Herb-Roasted Chicken Chop	Rice w/ Satay Chicken in Malaysian Style	Rice w/ Braised Sliced Pork & Preserved Vegetables & Salted Eggs
	D	Rice w/ Braised Lily Buds, Black Fungus & Shiitake Mushrooms	Rice w/ Seitan Meat & Bitter Gourd in Black Bean Sauce	Rice w/ Dried Shiitake Mushrooms & Yam Bean in Hairy Gourd Rings	Rice w/ Braised Taro, Potatoes & Tofu	Rice w/ Lotus Root & Dried Tofu in Red Fermented Bean Curd Sauce
		Chinese Prayer-Beads Pork Soup w/ Jujube	Chicken Soup w/ Coconut & Sweet Dates	Pork Bones Soup w/ Hairy Gourd & Dried Octopus	Pork Bones Soup w/ Winter Melon, Pearl Barley & Sweet Dates	Sliced Pork Soup w/ Mustard Greens & Tofu
		17/10/2022	18/10/2022	19/10/2022	20/10/2022	21/10/2022
Soup of the Day	A	Rice w/ Braised Yam Bean & Spareribs	Roasted Pork Ribs in American BBQ Sauce	Rice w/ Diced Beef & Potatoes in Black Pepper Sauce	Rice w/ Braised Radish & Pork Belly	Rice w/ Braised Spicy Eggplants & Shredded Pork
	B	Rice w/ Chicken w/ Sand Ginger Powder	Rice w/ Steamed Chicken, Cordyceps Flower & Black Fungus	Rice w/ Fried Fish Slice & Carrot	Rice w/ Chicken Wings in Honey & Garlic Sauce	Rice w/ Lemongrass Chicken Fillet
	C	Rice Vermicelli in Singapore Style	Curry Chicken Chop Udon	Rice w/ Steamed Beef & Preserved Vegetables	Spaghetti w/ Sausages & Bacon in Onion Sauce	Rice w/ Sweet & Sour Chicken
	D	Rice w/ Fried Lettuce w/ Assorted Mushrooms & Purple Garlic	Rice w/ Braised Shiitake Mushrooms, Potatoes & Hairy Gourds	Vermicelli w/ Baby Cabbages & Shiitake Mushrooms	Rice w/ Seitan Meat & Bitter Gourd in Black Bean Sauce	Rice w/ Braised Assorted Mushrooms & Tofu
		Seaweed Soup w/ Tomato & Egg	Pork Bones Soup w/ Monk Fruit & Dried White Cabbage	Pork Bones Soup w/ Monk Fruit & Watercress	Pork Bones Soup w/ Corn & Papaya	Pork Bones Soup w/ Pak Choi & Night Blooming Cereus
		24/10/2022	25/10/2022	26/10/2022	27/10/2022	28/10/2022
Soup of the Day	A	Rice w/ Pork Ribs in Honey Sauce	Rice w/ Swiss Chicken Leg	Rice w/ Steamed Spareribs & Chicken Feet in Black Bean Sauce	Rice w/ Beef Brisket & Radish in Chu Hou Sauce	Rice w/ Roasted Chicken Drumsticks in Spicy Sauce
	B	Rice w/ Shredded Beef in Fresh Tomato Sauce	Rice w/ Minced Meat & Dried Scallops Steamed Egg	Rice w/ Steamed Spareribs & Black Fungus	Rice w/ Fried Chicken in Wine, Sesame Oil & Soy Sauce	Rice w/ Pork Chop in Onions & Garlic Sauce
	C	Rice w/ Stir-Fried Beef, Fresh Mushrooms & Celery	Braised E-Fu Noodle	Rice w/ Chinese Marinated Chicken Wings, Smoked Savory Red Sausage & Salted Egg	Rice w/ Chicken in Portuguese Sauce	Rice w/ Beef & Celery
	D	Rice w/ Braised Chili Pepper, Black Fungus & Dried Tofu	Rice w/ Buddha's Delight in Oyster Sauce	Rice w/ Braised Assorted Mushrooms & Potatoes	Rice w/ Braised Lotus Root, Courgettes & Black Fungus	Rice w/ Fried Lettuce w/ Assorted Mushrooms & Purple Garlic
		Sliced Pork Soup w/ Dried Cabbage & Tofu	Chicken Feet Soup w/ Peanuts & Black-Eyed Peas	Pork Bones Soup w/ Rice Beans & Arrowroot	Pork Bones Soup w/ Burdock	Pork Bones Soup w/ Fig & Night Blooming Cereus
		31/10/2022	01/11/2022	02/11/2022	03/11/2022	04/11/2022
Soup of the Day	A	Rice w/ Steamed Taro & Spareribs	/	/	/	/
	B	Rice w/ Curry Beef in Japanese Style	/	/	/	/
	C	Rice w/ Chicken in Portuguese Sauce	/	/	/	/
	D	Rice w/ Braised Lotus Root, Courgettes & Black Fungus	/	/	/	/
		Sliced Pork Soup w/ Pak Choi & Tofu	/	/	/	/